higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 4

(11011014)

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
FOOD PREPARATION
NQF LEVEL 4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer all the questions.
2. Read all the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Use only a black or blue pen.
5. Write neatly and legibly.

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QUESTION 1

1.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 The duty of a storekeeper is to …

A keep a record of all menus used.
B keep track of all staff who are absent.
C keep dated price lists of all products.
D keep an eye on all cleaners in the kitchen.

1.1.2 Documents that are used when purchasing and receiving stock should be kept in a safe place to …

A have accurate proof of all transactions.
B see where the organisation is headed.
C deal with fraud and all fraud-related matters.
D maintain order in the storeroom.

1.1.3 Vegetables that are covered in sauce cannot be stored for a very long time in the fridge because …

A they require similar temperatures for re-heating.
B they require high temperatures for re-heating.
C they require low temperatures for re-heating.
D they require different temperatures for re-heating.

1.1.4 This method is not suitable for preparing vegetables.

A Slicing
B Dicing
C Caramelising
D Puréeing

1.1.5 … can thrive in desserts such as chocolate mousses since they contain uncooked eggs.

A Bacillus
B Mycobacterium
C Salmonella
D Campylobacter

1.1.6 Custard such as crème Anglaise should be kept in the refrigerator to prevent the risk of …

A curdling.
B drying out.
C syneresis.
D food poisoning.

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1.1.7 The cow is viewed as a sacred animal in the … religion, which means that its meat cannot be eaten.

A Muslim
B Jewish
C Hindu
D Christian

1.1.8 The best method to thaw raw meat is to …

A wrap it and refrigerate it overnight.
B wrap it and leave it at room temperature.
C wrap it and place it in warm water.
D wrap it and place it in ice cold water.

1.1.9 Adding liquid to a hot pan to remove and dissolve browned food residue which has collected in the pan during cooking is called …

A de-glazing.
B removing.
C dissolving.
D clarifying.

1.1.10 … is a savoury cooking liquid that forms the basis of many dishes.

A A sauce
B Melted butter
C Stock
D Vegetable oil

(10 × 1) (10)

A vinaigrette is a temporary emulsion consisting of three parts oil and one part vinegar flavoured with pepper, salt, and mustard.

1.2 Recommend FIVE oils that can be used when making a vinaigrette dressing. (5)

1.3 Explain the difference between a *temporary emulsion* and a *permanent emulsion.* (2)

1.4 Name the product that is produced when the following ingredients are combined:

1.4.1 Egg yolk, vinegar, and oil

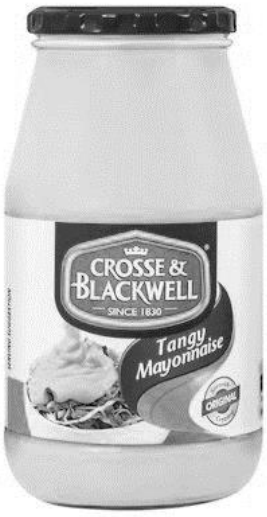
1.4.2 Clarified butter and egg yolk

1.4.3 Raw butter and flour

1.4.4 Cooked butter and flour

(4 × 1) (4)

Look at the picture below and answer the questions.



1.5 What are the TWO categories to which the sauce above belongs? (2)

1.6 Name the ingredient that is used as an emulsifying agent when making mayonnaise. (1)

1.7 Explain the characteristics of *good home-mad*e mayonnaise. (5)

1.8 How can you prevent mayonnaise from curdling? (4)

1.9 You are hosting guests for a special occasion and plan to prepare a game dish called Rabbit Cacciatore for dinner.

Discuss SEVEN characteristics of good quality game. (7)
[40]

QUESTION 2

2.1 Give ONE term for each of the following descriptions. Write only the term next to the question number (2.1.1−2.1.5) in the ANSWER BOOK.

2.1.1 Cooking over high heat to evaporate the liquid and to concentrate the flavour.

2.1.2 A beef steak consisting of the rump end of the sirloin which includes the bone and the fillet.

2.1.3 A dessert made with whipped egg white, cream, gelatine, and flavourings such as chocolate.

2.1.4 An embellishment added to a meat dish to enhance its appearance.

2.1.5 A storage area for tinned foods, herbs, and spices. (5 × 1) (5)

2.2 Discuss TEN characteristics of a good refrigerator. (10)

2.3 Explain how to store raw meat correctly in a cool room. (5)

2.4 Name FOUR factors to consider when carrying light objects. (4)

2.5 It is important to keep food deliveries in the best condition until needed.

What is the proper method for storing fresh cow's milk to prevent spoilage? (4)

2.6 Define the *stir-fry* cooking method. (3)

2.7 Explain FIVE advantages of the stir-fry cooking method. (5)

2.8 How will you flavour the oil you use to stir-fry food? (4)

[40]

QUESTION 3

3.1 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–H) next to the question number (3.1.1−3.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	A vegetable dish that is topped with cheese and breadcrumbs mixed with butter and then heated in the oven until it becomes brown and crisp	A	vinaigrette
		B	veal paupiette
		C	gratin
3.1.2	A list of items that can be found in the inventory	D	stock ledger
		E	butter cake
3.1.3	A flat cake, often thin and round prepared from flour, eggs and milk, and cooked on a hot surface or in a frying pan	F	stock sheet
		G	flapjack
3.1.4	A light sauce made of vinegar, oil and seasonings	H	veal remoulade
3.1.5	A thin slice of veal, flattened, stuffed with stuffing, rolled, loosely tied, and braised		

(5 × 1) (5)

3.2 Read through the recipe below and answer the questions.

CHICKEN CORDON BLEU

INGREDIENTS

4	boneless, skinless chicken breasts
	salt to taste
	pepper to taste
15 ml	garlic powder
15 ml	onion powder
16 slices	Swiss cheese
225 g	thinly sliced ham
Oil	for frying
4	eggs
500 mℓ	panko breadcrumbs

METHOD:

1. Sprinkle the chicken breasts with salt, pepper, garlic, and onion powder, tossing to coat evenly.
2. On a cutting board, place a chicken breast between two sheets of plastic wrap and pound until about 1 cm thick with a meat mallet, rolling pin or heavy pan.
3. Remove the plastic wrap and place 2 slices of ham, then another layer of Swiss cheese, and another layer of ham. Roll the chicken evenly and place onto a new plastic wrap.
4. Wrap the chicken in the plastic wrap tightly and use the excess plastic on the side to twist, firming up the roll of chicken cordon bleu as you work. Tie the excess plastic.
5. Repeat with the remaining ingredients, then chill the rolls in the fridge for 30 minutes. Pre-heat a tall-sided pan with 30 mℓ of oil to 170 °C.
6. After the rolls are set, prepare 2 separate large, wide dishes with the flour, beaten egg, and bread. Dredge the chicken in the flour, then the egg and then breadcrumbs.
7. Place the breaded chicken cordon bleu in the oil and cook for 5 minutes per side, or until golden brown.
8. Slice the chicken and serve.

3.2.1 Explain the steps to debone the chicken breasts used to make chicken cordon bleu. (4)

3.2.2 Why should the chicken breasts be placed between the two sheets of plastic wrap before pounding as indicated in step number 2? (1)

3.2.3 Why is it necessary to coat the chicken breasts in step number 6? (7)

3.2.4 Choosing the correct cooking method for a recipe is essential to ensure a favourable outcome.

(a) Identify the cooking method used in step number 7. (1)

(b) Explain why the method identified in QUESTION 3.2.4 (a) is the best cooking method for the chicken cordon bleu. (4)

(c) How can you prevent the chicken from being too oily after cooking it? (1)

3.2.5 Suggest TWO utensils or equipment that can be used to test if the cordon bleu is cooked. (2)

3.2.6 Explain what you would do if the chicken breasts were overcooked during the cooking process. (5)

3.2.7 What effect will an overcooked chicken cordon bleu have on the following:

(a) Customer satisfaction (3)

(b) Cost to the establishment (3)

(c) Quality of the dish (1)

3.2.8 Identify THREE preparation methods that are used in the preparation of chicken cordon bleu. (3)

[40]

QUESTION 4

4.1 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (4.1.1−4.1.5) in the ANSWER BOOK.

4.1.1 A dessert made of whole or pieces of fruit in sugar syrup is called a (compote/jelly).

4.1.2 (Seasoning/Coating) is when a liquid or powder is applied to the surface of vegetables before frying.

4.1.3 Repetition of colours and textures in meat dishes is (appealing/not appealing) to the guest.

4.1.4 Boxes of food items should not be double stacked to allow (air/light) to circulate around them.

4.1.5 The function of an emulgent is to (stabilise/destabilise) an emulsion. (5 × 1) (5)

Areas used for the preparation of desserts must be kept clean with no visible signs of food debris or food particles.

4.2 Explain how the above statement can be achieved in a food service establishment. (8)

4.3 Name THREE ingredients that are regarded as high-risk foods in dessert making. (3)

Vegetables that are properly cooked, change in several ways.

4.4 Compile a list of EIGHT vegetables that can be coated before cooking. (8)

4.5 Recommend FIVE examples of vegetable cuts that are used when preparing vegetables. (5)

4.6 Compare the difference between *blanching* and *refreshing*. Complete the table below. Write only your answer next to the question number (4.6.1−4.6.4) in the ANSWER BOOK.

	BLANCHING	**REFRESHING**
Purpose	4.6.1 (6)	4.6.2 (3)
Application	4.6.3 (1)	4.6.4 (1)

(11)
[40]

QUESTION 5

5.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (5.1.1–5.1.10) in the ANSWER BOOK.

5.1.1 Peeled potatoes should be covered with cold water to stop wilting.

5.1.2 Frozen vegetables should be labelled and dated to minimise waste before storage.

5.1.3 A balanced diet for a diabetic customer should contain sausages, fried chicken, and vegetables only.

5.1.4 Off-cut meat should be used to make other dishes to minimise waste.

5.1.5 Requisition forms are used only when the storekeeper does not have sufficient stock in the storeroom.

5.1.6 It is the responsibility of the chef to supervise the receipt of food deliveries and make sure that each item goes to the correct storage area in a large hotel.

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5.1.7 In a take-away service, food is packaged and eaten on the premises.

5.1.8 Roasting is an example of a moist heat method where heat is applied directly to the surface of the food.

5.1.9 When making desserts, high-risk ingredients should be collected at an early stage to prevent the risk of shortages at a later stage.

5.1.10 Working in an organised manner involves familiarising yourself with the ingredients and the method of preparing the dish.

(10 × 1) (10)

5.2 List SIX examples of food equipment that have parts in which food particles may be trapped. (6)

5.3 Read through the recipe below and answer the questions.

BAVARIAN CREAM

INGREDIENTS

1	vanilla bean
1¼ cups	heavy cream
3 tablespoons	milk
1 tablespoon	gelatine
¼ cup	sugar
5	egg yolks
1¼ cups	whipped cream
6	sliced strawberries

METHOD:

1. Put the split vanilla bean in cream and slowly bring to the boil. Turn off heat and let sit for 1 hour.
2. Remove bean and scrape out seeds, add to the cream and discard the pod. Sprinkle the gelatine into the milk and set aside.
3. Whisk the sugar and egg yolks together. Warm the cream mixture and slowly whisk into eggs. Place mixture over simmering water and stir until thick enough to coat the back of a wooden spoon. Remove from heat and add milk-and-gelatine mixture.
4. Place bowl in ice bath and stir until at room temperature.
5. Fold in whipped cream and pour mixture into 6 ramekins. Place in refrigerator for 4−5 hours or until mixture is set. Remove from moulds and garnish with strawberries.

5.3.1 What type of dish is a Bavarian cream? (1)

5.3.2 How will you classify a Bavarian cream? (1)

5.3.3 Explain why the cream mixture should be cooked over simmering water as indicated in step number 3. (1)

5.3.4 Define the following terms that are found in the Bavarian cream recipe:

(a) Whisking (2)

(b) Boiling (2)

5.3.5 Why is gelatine used in step number 2 when making a Bavarian cream? (1)

5.3.6 What is the process of pouring the mixture into ramekins (step 5) called? (1)

5.3.7 Provide THREE reasons why is it necessary to chill the Bavarian cream. (3)

5.4 Select FOUR examples of desserts that use the whisking method from the list below.

carrot cake; caramel sauce; mousse; fruit compote; flans; cold soufflé; fruit fritters; Swiss rolls

(4)

5.5 Royale is an egg custard, baked in a water bath and then cut into fancy shapes, but most often into diamonds.

5.5.1 Discuss FOUR characteristics of a perfect Royale. (4)

5.5.2 Recommend ONE function of Royale. (1)

5.5.3 How will you know if the Royale is overcooked? (1)

5.5.4 Suggest a suitable cooking method for Royale. (1)

5.5.5 Motivate your answer to QUESTION 5.5.4. (1)

[40]

TOTAL: 200

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