higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 4

16 November 2023

This marking guideline consists of 9 pages.

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QUESTION 1

1.1
1.1.1 C
1.1.2 A
1.1.3 D
1.1.4 C
1.1.5 C
1.1.6 D
1.1.7 C
1.1.8 A
1.1.9 A
1.1.10 C

(10 × 1) (10)

1.2
- Sunflower oil
- Coconut oil
- Canola oil
- Olive oil
- Walnut oil
- Corn oil/maize oil
- Soya bean oil
- Avocado oil
- Groundnut (peanut) oil
- Sesame oil

(Any 5 × 1) (5)

1.3
- In a temporary emulsion, oil and vinegar will separate when allowed to stand.
- In a permanent emulsion, vinegar and oil mix completely when allowed to stand and will not separate. (2)

1.4
1.4.1 Mayonnaise
1.4.2 Hollandaise
1.4.3 Beurre manié
1.4.4 Roux

(4 × 1) (4)

1.5
- It is a cold sauce.
- It is an egg-and-oil-based sauce/egg-and-oil emulsion. (2)

1.6 Egg yolk (1)

1.7
- Creamy and pale ivory in colour.
- Thick enough to coat the back of the spoon.
- The flavour should have a hint of vinegar and lemon juice.
- It should not be overpowered by other flavours.
- It should be smooth. (5)

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1.8
- Add oil slowly/drop by drop.
- The oil should be at room temperature/oil not too warm✓ or too cold✓.
- It should be whisked sufficiently.
- Use fresh eggs.
- Use clean equipment and utensils. (Any 4 × 1) (4)

1.9
- It should have minimal visible fat.
- It should be sold from licenced butcheries or wholesalers.
- The flesh has no unpleasant smell.
- It should be free from bruises✓ and bleeding✓.
- The ears should tear easily.
- It must be well-fleshed.
- The flesh should be plump.
- It must have sharp claws.
- Lower jaw bones should break easily.
- The flesh should be dark brownish-red in colour. (Any 7 × 1) (7)

[40]

QUESTION 2

2.1
2.1.1 Reduction/reducing
2.1.2 T-bone steak
2.1.3 Mousse/chocolate mousse
2.1.4 Garnish
2.1.5 Dry/ambient/room temperature storage
(5 × 1) (5)

2.2
- It should be in a well-ventilated area.
- It should be easy to clean.
- It should be made of a material that does not rust.
- The shelves should be plastic-coated to prevent it from rusting.
- The refrigerator should be serviced regularly.
- Door seals must be in good condition.
- It must have an accurate thermometer.
- The temperature must be between 1 ºC and 4ºC.
- Temperatures should be checked according to the organisation's policies.
- Defrosting should be carried out following the manufacturer's instructions.
- It should not be overloaded.
- Raw food should be stored away from cooked food.
- Crates must be stored on pallets.
- Fans, grids and shelves must be clean.
- Light covers must be free from rust.
- Food should not be placed directly in front of the cooling units or fans.

(Any 10 × 1) (10)

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2.3
- Use fresh meat as soon as possible.
- Separate meat from other foods.
- Separate raw meat and cooked meat/cooked meat should be stored above raw meat.
- Open vacuum-packed meat only when you are ready to use it.
- Place in meat containers/trays loosely covered with plastic.
- Thaw frozen meat in the refrigerator.
- Raw fresh meat should be hung on hooks in a cool room with drip trays under the meat.
- Raw meat should not touch the wall surface of the refrigerator.
- FIFO should be practised when storing meat. (Any 5 × 1) (5)

2.4
- Your physical strength.
- The shape of the object.
- How the object can be held.
- How far the object has to be moved.
- The conditions under which you are working. (Any 4 × 1) (4)

2.5
- The milk should be stored in a refrigerator/fridge/cool room.
- The milk must be stored at a temperature between 1°C and 4°C.
- FIFO✓ method must be applied.
- The milk must not be stored on the floor but rather on a shelf.
- Ensure that use-by-date is not exceeded.
- If the milk will not be used soon it can be frozen until needed.

(Any 4 x 1) (4)

2.6 It is a technique in which shredded/jullienne✓ vegetables/ingredients are fried✓ in a small amount of very hot oil✓ while being stirred frequently in a wok.✓
(Any 3 × 1) (3)

2.7
- High heat ensures fast cooking/quick cooking method.
- It saves time.
- It saves energy.
- Vegetables remain crisp.
- Vegetables stay colourful.
- Most nutrients are preserved. (Any 5 × 1) (5)

2.8 Add hot peppers,✓ garlic,✓ spring onion✓ and ginger.✓ (4)
[40]

QUESTION 3

3.1
3.1.1 C
3.1.2 F
3.1.3 G
3.1.4 A
3.1.5 B

(5 × 1) (5)

3.2 3.2.1
- Place the breast on a cutting board.
- Remove the skin and excess fat.
- Insert the knife between the meat and bone.
- Cut and pull away the flesh from the bone.

(NOTE: the steps must be provided in the correct order to attain marks.) (4)

3.2.2 To prevent it from being damaged/falling apart. (1)

3.2.3
- To prevent them from drying out/to retain moisture.
- To distribute the heat of the fat✓ in such a way as to allow the food inside the coating to cook without the outside becoming overdone.✓
- To give another texture to the breasts/to give the breast a crispy texture.
- To conform to a particular style of cooking.
- To improve the flavour of the breasts.
- To improve the appearance/colour.
- To prevent the breasts from sticking. (Any 7 × 1) (7)

3.2.4 (a) Pan-frying/shallow frying (1)

(b)
- It requires little fat/oil.
- All sides of the chicken are evenly cooked.
- The crust/crumbs can cook to a crisp, golden-brown colour.
- It improves the flavour of the chicken.
- The chicken will remain moist as it is a fast-cooking method. (Any 4 × 1) (4)

(c) Drain it on a paper towel to absorb excess oil. (1)

3.2.5
- Knife/skewer/fork test
- Thermometer (2)

3.2.6
- Follow organisational policy as to whether the product should be discarded or not.
- Start preparing the dish all over again.
- Find out why the dish was overcooked✓ and take steps to correct the problem.✓
- Study the recipe well and follow it closely.
- Never leave the dish unattended during the cooking process.
- Set the correct cooking temperature/adjust the cooking temperature. (Any 5 × 1) (5)

3.2.7 (a)
- The customer will not be happy.
- The customer will complain and will ask to speak to the manager.
- The customer will not return to the establishment.
- The customer will return the dish. (Any 3 × 1) (3)

(b)
- Overcooked dishes will have to be discarded if it cannot be eaten.
- The costing for that particular dish will increase.
- This can result in financial losses for the establishment.
- The establishment will lose profitability. (Any 3 × 1) (3)

(c) Serving overcooked chicken will negatively affect the quality of the dish. (1)

3.2.8
- Seasoning
- Stuffing
- Coating
- Tying

(NOTE: Slicing is not an outcome.) (Any 3 × 1) (3)

[40]

QUESTION 4

4.1
4.1.1 Compote
4.1.2 Coating
4.1.3 Not appealing
4.1.4 Air
4.1.5 Stabilise

(5 × 1) (5)

4.2
- Clean all equipment and utensils after use.
- Mop up food scraps and spilt or splashed food.
- Clean as you go.
- Waste bins should be covered.
- Empty waste bins after each shift.
- Wash all service points and dry them.
- Throw away all cracked or chipped items.
- Establish a cleaning routine for all large pieces of equipment.
- Keep sinks unblocked. (Any 8 × 1) (8)

4.3
- Milk
- Cream
- Eggs (3)

4.4
- Onions
- Eggplants/brinjals
- Peppers
- Mushrooms
- Zucchinis/courgettes/baby marrows
- Cauliflower
- Carrots
- Green beans
- Sweet potatoes
- Potatoes
- Broccoli

(NOTE: Any suitable vegetable that can be coated that is not listed can be accepted.) (Any 8 × 1) (8)

4.5
- Julienne/strips
- Brunoise/small dice
- Macedoine/½ cm dice
- Jardiniere
- Paysanne
- Batons
- Chiffonade
- Tourné
- Batonnet
- Batons
- Macedoine (Any 5 × 1) (5)

4.6 4.6.1
- To refresh the vegetables.
- To soften the skin of tomatoes.
- To destroy the enzymes in vegetables intended to be frozen or kept for a certain length of time.
- To preserve colour,✓ flavour✓ and texture.✓
- To remove surface dirt.
- To kill micro-organisms.
- To preserve the vitamins.
- To soften and wilt vegetables and make them easy to pack.

(Any 6 × 1) (6)

4.6.2
- To set the colour.
- To stop the cooking process.
- To revive or keep salad ingredients crisp. (3)

4.6.3 Boil water and immerse the vegetables briefly. (1)

4.6.4 Plunge the basket of hot vegetables into cold water/run cold water into the saucepan through a sieve. (1)

[40]

QUESTION 5

5.1
5.1.1 False
5.1.2 True
5.1.3 False
5.1.4 True
5.1.5 False
5.1.6 False
5.1.7 False
5.1.8 False
5.1.9 False
5.1.10 True

(10 × 1) (10)

5.2
- Whisks
- Food processor components
- Blenders
- Piping bags
- Chopping boards
- Zesters
- Graters
- Peelers

(Any 6 × 1) (6)

5.3
5.3.1 A dessert (1)

5.3.2 A cold dessert (1)

5.3.3 To prevent curdling (1)

5.3.4 (a) To blend/beat ingredients together quickly✓ to incorporate air✓ into the mixture to increase the volume✓ of the mixture. (Any 2 × 1) (2)

(b) The liquid is heated to its boiling point (100 ºC)✓ and maintained while cooking✓ or the action of bringing a liquid to the temperature at which it bubbles✓ and turns to vapour.✓ (Any 2 × 1) (2)

5.3.5 To set the dish (1)

5.3.6 Moulding/portioning (1)

5.3.7
- To set the dessert
- To enhance the texture of the dessert
- To enhance the appearance of the dessert (3)

5.4
- Swiss rolls
- Mousses
- Cold soufflé
- Carrot cake (4)

5.5 5.5.1
- It should be firm but tender
- Smooth in texture
- Non-porous
- Free from moisture (4)

5.5.2 To garnish consommés (1)

5.5.3 Liquid oozes out of it/syneresis takes place (1)

5.5.4 Double-boiler cooking method/bain-marie cooking method (1)

5.5.5 It prevents the dish from curdling (1)
[40]

TOTAL: 200

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