higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

17 November 2023

This marking guideline consists of 8 pages.

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QUESTION 1

1.1 1.1.1 B
1.1.2 A
1.1.3 A
1.1.4 C
1.1.5 C

(5 × 1) (5)

1.2 1.2.1 Oily fish (1)

1.2.2 Fillet (1)

1.2.3
- The skin keeps the fish moist
- The skin holds the fish together, prevents fish from falling apart while cooking. (2)

1.2.4
- A griddle pan can be used on the stove top.
- Fish can be grilled in the oven or salamander. (2)

1.2.5
- The basting mixture adds flavour to the fish.
- Basting prevents the fish from drying out while being cooked. (2)

1.3 1.3.1 Parsley or fennel

1.3.2
- Kale
- Spinach
- Swiss chard
- Broccoli (Any ONE)

1.3.3 Lemon

(3 × 1) (3)

1.4
- Fresh fish can be stored in a fish box packed with ice.
- Or in a separate refrigerator at a temperature 1−2 °C.
- Raw fish must be placed on lower shelf of the refrigerator. (3)

1.5
- The customers will feel cheated and not return to the establishment.
- This leads to customer dissatisfaction and complaints.
- This will in turn leads to business loss. (3)

1.6
- Gutting
- De-scaling
- Trimming
- Skinning (4)

1.7 1.7.1 Filleting knife
1.7.2 Chef's/Cook's/Utility knife

(2 × 1) (2)

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1.8 The fillet should be on a dinner plate or side plate, depending on the portion size and complement. The presentation side is the side without the skin. (2)
[30]

QUESTION 2

2.1 STEP 1: Remove skin, fat and marrow from the bones. Blanch bones.
STEP 2: Place blanched bones in an oven tray, caramelise the bones in the oven.
STEP 3: Deglaze the pan. Strain. Add liquid to stock pot.
STEP 4: Add cold water, mirepoix, bouquet garni and peppercorns.
STEP 5: Simmer for 6−8 hours. Skim and strain the stock.
(5 × 2) (10)

2.2 Stock is concentrated and combined with other ingredients. If salt is added, the stock may become too concentrated. (2)

2.3
- Chill the stock, then skim fat.
- Add ice cubes to the stock, fat solidifies, then skim fat off.
- Use a disposable paper towel to remove the fat that floats on the surface of the stock.
- Use an egg white to clarify stock. (Any 3 × 1) (3)

2.4
- Espagnole and other brown sauces
- Gravies
- Soups (Any 2 × 1) (2)

2.5
- Well flavoured liquid
- Have clarity
- No fat floating on the surface
- Have good colour
- Fresh aroma (5)

2.6 2.6.1
- Soups are taken to the room by order.
- Appropriate tableware is arranged on a service tray or trolley.
- Soup should be covered with food dome on the service tray or trolley.
- Soup is served with applicable accompaniments. (4)

2.6.2
- Soups are served in disposable thermal containers or cups with lids, serviettes, and disposable spoons.
- Accompaniments, e.g. rolls, are served in separate packaging.
- Garnishes are added to the soup. (3)

2.7 2.7.1 Substitute for meaty mutton bones. (2)

2.7.2
- Inform the supervisor.
- Supervisor will contact the gas supply company.
- Continue cooking the food using alternative source of heat, e.g. electric stove (3)

[35]

QUESTION 3

3.1 3.1.1 E
3.1.2 F
3.1.3 A
3.1.4 B
3.1.5 C
(5 × 1) (5)

3.2 Drop biscuits (1)

3.3 3.3.1 Butter and sugar are creamed together with a wooden spoon until light and pale yellow.

3.3.2 A whisk is used to beat eggs and sugar until thick and creamy.

3.3.3 Butter is melted, then added to dry ingredients
(3 × 2) (6)

3.4 3.4.1 Adds flavour, colour and richness. Increases keeping quality of baked products. (2)

3.4.2 Acts as a leavening agent, adds colour, richness (2)

3.4.3 Adds flavour (1)

3.5
- Sifting allows incorporation of air.
- Helps get rid of lumps.
- Allows mixing of ingredients. (Any 2 × 1) (2)

3.6
- Flour that contains gluten
- Rice flour is best suited for biscuits as it contributes to the crispness (2)

3.7
- Desiccated coconut
- Chocolate chips (2)

3.8 Re-heating of the oven after the first batch is baked. This allows the oven temperature to rise back to the required temperature. (2)

3.9 Biscuits will over-spread if the following is present:
- Biscuit dough has a high sugar content.
- Too much baking soda added to dough mixture.
- Low oven temperature.
- Dough too soft.
- Biscuit dough placed on heavily greased baking trays. (Any 3 × 1) (3)

3.10 3.10.1 Biscuits will increase spreading because the fat starts to melt before the heat sets the protein. (2)

3.10.2 Biscuits will lose their crispness, become soft. (2)

3.10.3 Biscuits will harden and stick to the pan, making them difficult to remove. (1)

3.11
- Shape the biscuit dough, place on baking sheet, cover with plastic and freeze.
- Store shaped biscuits labelled in an airtight container suitable for freezing. (2)

3.12
- Plan your work.
- Know your recipe.
- Collect and measure all ingredients.
- Preheat oven.
- Prepare baking containers.
- Clean as you go. (Any 5 × 1) (5)

[40]

QUESTION 4

4.1 Clean as you go. (1)

4.2
- Wipe up spills.
- Spray on the sanitiser. Wait for 20 seconds.
- Wipe off sanitiser with a damp cloth.
- Allow to air-dry. (4)

4.3
- Power off all electrical appliances. Food mixers dismantled, washed and reassembled.
- All preparation areas must be left clean and sanitised.
- Ensure all mixing bowls are washed clean, dried and put back in the equipment room.
- Baking tins are washed and dried thoroughly to prevent rusting.
- All preparation and cooking areas must be cleaned according to health, safety and hygiene guidelines. (5)

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4.4
- Follow company policy and procedure regarding maintenance issues.
- Inform all maintenance issues to the supervisor.
- Record the issue in the maintenance book.
- Stay clear of unsafe areas in the kitchen. (4)

4.5
- Golden brown appearance
- A pleasant, cooked aroma
- A well-risen loaf
- A hollow sound when you tap on the loaf
- The loaf has shrunken away slightly from the tin (5)

4.6 Sweet dough products:
- Fruit scones
- Muffins
- Doughnuts
- Cream buns
- Chelsea buns
- Koeksisters

Savoury dough products:
- Savoury muffins
- Garlic rolls
- Seeded buns
- Pizza bases
- Pita bread
- Naan bread (Any 3 × 2) (6)

4.7
4.7.1 True
4.7.2 False
4.7.3 False
4.7.4 True
4.7.5 True

(5 × 1) (5)
[30]

QUESTION 5

5.1 Puff pastry (1)

5.2
- Roll one puff pastry sheet 3 mm thick and the other sheet 6 mm thick.
- Cut an equal number of 7,5 cm circles from each sheet.
- Cut out the centres of the thick circles with a 5 cm cutter.
- Egg-wash the thin circle and place the thick circle on the thin circle

(4 × 1) (4)

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5.3
- Many fine, distinct alternating layers of pastry
- No excess flour on the outside
- Evenly separated layers with even distribution of shortening
- Even colour
- Minimum shrinkage (5)

5.4
- Oven temperature too low
- Poor rolling technique
- Insufficient resting
- Pastry rolled out too thinly, less than 2 mm (Any 3 × 1) (3)

5.5 Dip the cutter in flour before use (1)

5.6 5.6.1 Egg wash
5.6.2 Warm apricot jam for sweet pastry
(2 × 1) (2)

5.7 Sweet filling:
- Whipped cream
- Custard
- Fruit
- Jam

Savoury filling:
- Cream cheese
- Tuna and mayonnaise
- Cooked chicken
- Roasted vegetables (Any 2 × 2) (4)

5.8
- Shortcrust pastry
- Sweet shortcrust pastry
- Choux pastry
- Suet pastry
- Rough puff/flaky pastry (Any 2 × 1) (2)

5.9
- Butter
- Suet
- Margarine suitable for baking (3)

[25]

QUESTION 6

6.1
- Sandwich platters must consist of an assortment of breads and fillings
- Be affordable – cost effective without sacrificing taste
- Readily available
- Accommodate for guests' expectations (Any 3 × 1) (3)

6.2
- Meze platter with toasted pita, falafels, olives, feta-stuffed peppadews, cucumber sticks, hummus
- Cheese platter with variety of different cheeses and savoury biscuits and nuts
- Crudité platter with fresh vegetables and dips (3)

6.3
- Bacteria from raw food can spread to cooked food. Store raw food away from cooked food.
- Use knives and colour-coded chopping boards for different ingredients, e.g. green board for vegetables only.
- Ensure all packaging like cans are cleaned before use. (3)

6.4
- Food must be certified halaal.
- No pork and no alcohol to be used in the preparation. (2)

6.5
- White, brown slices bread
- Baguettes
- Rolls
- Pita bread
- Crackers
- Pancakes (Any 4 × 1) (4)

6.6 Store in labelled container with tight fitting lids or in clean bowls covered with plastic, in the refrigerator above raw food. (2)

6.7
- Power off the appliance and unplug.
- Use hot soapy water and wash the machine. Careful when cleaning the blades.
- Wipe/rinse with warm water, allow to dry. (3)

[20]

TOTAL: 180

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