higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

(11011013)

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09:00–12:00

This question paper consists of 11 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
FOOD PREPARATION
NQF LEVEL 3
TIME: 3 HOURS
MARKS: 180

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 (1.1.1–1.1.5) in the ANSWER BOOK.

1.1.1 Fish must be thawed in a cold room at a temperature below …

A 10 °C.
B 5 °C.
C 7 °C.
D 0 °C.

1.1.2 A bacteria commonly found in fish

A Staphylococcus aureus
B Baccarus seserus
C Salmonella
D E. Coli

1.1.3 Ready-to-eat cooked fish, such as smoked salmon should be stored …

A on shelves above raw fish.
B on shelves below raw foodstuffs.
C in a common refrigerator.
D in the dry store in a sealed container.

1.1.4 A fish refrigerator keeps fish at …

A 3−4 °C.
B -18 °C.
C 0 °C.
D -22 °C.

1.1.5 Equipment washed by hand should have a final rinse with water at …

A 100 °C.
B 97 °C.
C 82 °C.
D 65 °C.

(5 × 1) (5)

1.2 Read the recipe below and answer the questions.

Spicy Honey-Glazed Salmon
Recipe source: Fresh Living Autumn 2022
Serves 2

Combine 3 Tbsp (45 ml) honey, a glug olive oil, 1 chopped red chilli and 1 Tbsp (15 ml) each chopped coriander and dill to make a glaze. Season 2 fish fillets (250 g each) skin-on salmon. Brush salmon with glaze and place in air-fryer. Set air-fryer on fish function for 10 minutes at 160 °C. Place cooked salmon on a bed of pak choy. Brush with remaining glaze, sprinkle with sesame seeds and garnish with fresh dill, serve with lime wedges.

1.2.1 Identify the type of fish used in the given recipe. (1)

1.2.2 Name the cut of fish used in the above recipe. (1)

1.2.3 The method of cooking in the recipe is grilling. State the reason for grilling fish with the skin on. (2)

1.2.4 The recipe requires an air-fryer. Suggest two other methods to cook the fish, if an air-fryer is unavailable. (2)

1.2.5 In the recipe the fish requires basting. Give reasons for basting food before grilling. (2)

1.3 Substitute for the following out of stock ingredients:

1.3.1 Dill

1.3.2 Pak Choy

1.3.3 Lime

(3 × 1) (3)

1.4 State the storage procedure for fresh fish. (3)

1.5 Management decides on portion size and prices on menu items.

If portion sizes are too small or too generous, what effect will this have on the establishment? (3)

1.6 A whole fish must be correctly prepared. One of the basic preparation methods is washing.

After washing, list FOUR other preparation methods. (4)

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1.7 Name the correct knife to be used for the following:

1.7.1 Filleting fish

1.7.2 Skinning fish

(2 × 1) (2)

1.8 Describe how you would plate and present a fish fillet that is not skinned. (2)

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QUESTION 2

Read the recipe below and answer the questions.

Brown Stock Recipe Adopted from Practical Cookery by Ceserani and Kinton 2 kg raw beef bones 4 ℓ water ½ kg mirepoix (carrots, leeks, celery) 1 × bouquet garni 12 peppercorns

2.1 Write down a detailed FIVE-step method, with the steps in the correct order, to make a brown stock. Make use of the following key words in your answer.

skim; strain; caramelise; simmer; blanch; deglaze

(5 × 2) (10)

2.2 Give ONE reason why salt is not added to the list of ingredients. (2)

2.3 Give THREE methods to clarify stock. (3)

2.4 State THREE main uses for brown stock. (3)

2.5 Describe the qualities of a good stock. (5)

2.6 Describe how you would plate and garnish soup for each of the following:

2.6.1 Room service (4)

2.6.2 Take-away service (3)

2.7 What action will you take in the following situations:

2.7.1 Beef bones are unavailable (2)

2.7.2 Low gas supply for the cooker hood (3)

[35]

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QUESTION 3

Analyse the recipe below and answer the questions.

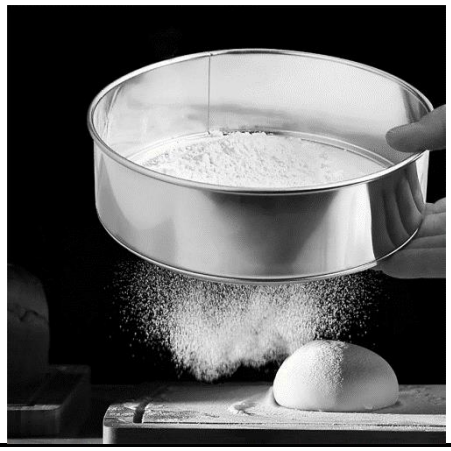
Crispy Biscuits (makes 3 dozen)
Source: Sasko Sally's Biscuit Recipe Leaflet No.7

120 g cake flour
2 g salt
120 g butter
110 g castor sugar
1 large egg yolk
70 g corn flakes, coarsely crushed

Method
1. Preheat the oven to 200 °C and then grease a baking sheet.
2. Sift flour and salt together.
3. In a separate bowl, cream butter and sugar until light and fluffy. Whisk egg yolk and add to creamed mixture. Beat well.
4. Add sifted ingredients and mix well.
5. Cover and chill in the refrigerator for 1 hour.
6. Drop spoonfuls of mixture into the cornflakes and roll into balls, arrange on the greased baking sheet. Allow room for spreading.
7. Bake for 10−15 minutes until golden brown.
8. Lift the biscuits onto wire rack to cool completely. Store in air-tight containers.

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

COLUMN A		COLUMN B
3.1.1		A wooden spoon B baking sheet C sieve D teaspoon E measuring cups and spoons F digital scale
3.1.2		

3.1.3		
3.1.4		
3.1.5		

(5 × 1) (5)

3.2 Classify the type of biscuit dough. (1)

3.3 Describe each of the following methods of cake making:

3.3.1 Creaming

3.3.2 Whisking

3.3.3 Melting

(3 × 2) (6)

3.4 State the function(s) of each of the following ingredients in the recipe:

3.4.1 Butter (2)

3.4.2 Egg (2)

3.4.3 Salt (1)

3.5 Give reasons for sifting dry ingredients, like flour and salt. (2)

3.6 What quality points will you look for when purchasing flour for biscuit making? (2)

3.7 Suggest TWO variations that can be added in place of the cornflakes to create a different flavoured biscuit. (2)

3.8 The recipe yields 3 dozen biscuits. Recovery time needs to be practised.

Explain how this can be done. (2)

3.9 When placing the biscuit mixture on the tray, it must be spaced on the tray to allow for spreading.

Explain the characteristics of baked biscuits with regard to over-spreading. (3 × 1) (3)

3.10 What will the effect be on the biscuits if:

3.10.1 Baked in an oven with a low temperature. (2)

3.10.2 Biscuits are not cooled completely and stored in an airtight container. (2)

3.10.3 Biscuits left to cool completely. (1)

3.11 You were unable to complete the baking of all 3 dozen biscuits.

How would you store the raw biscuit dough? (2)

3.12 Write down hints for a smooth workflow when baking. (5)

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QUESTION 4

Read the case study below and answer the questions.

An environmental health team found dirty tables and equipment, as well as damaged floors, walls and ceilings at a local bakery. The owner was fined. He has committed to raising the hygiene and safety standards, particularly regarding the following offences:

- Cigarette ends found in food storage areas
- Insufficient food safety management procedures
- Inadequate record keeping

4.1 State the ONE golden rule to follow when working in the kitchen. (1)

4.2 Describe step-by-step how work counters are prepared before and after use. (4)

4.3 Write down FIVE procedures to follow at the end of a shift to ensure adherence to health, safety and hygiene guidelines. (5)

4.4 As a staff member at the bakery, you noticed the damage to the walls, floors and ceiling.

What procedure should have been taken to ensure it is repaired? (4)

4.5 Bread loaves are baked daily at this bakery. Customers have complained that the bread sold here is undercooked.

Describe how to determine a good quality baked loaf. (5)

4.6 The owner now realises his shortcomings. He wants to renovate and host a re-opening of the bakery with new menu items.

Suggest THREE sweet and THREE savoury dough products to add to the menu. (3 × 2) (6)

4.7 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (4.7.1–4.7.5) in the ANSWER BOOK.

4.7.1 Doughnuts are deep fried at 180 °C.

4.7.2 Salt provides food for the yeast to ferment and grow.

4.7.3 A French loaf is also known as a Grissini.

4.7.4 Under-proofing dough will result in a loaf with less volume and a leathery crust.

4.7.5 Over-proofing will result in a sour dough product.

(5 × 1) (5)

[30]

QUESTION 5

Look at the picture and then answer the questions.

Vol-au-vent



[Source: *www.google/images.co.za*]

5.1 Identify the type of pastry to make the vol-au-vent. (1)

5.2 How is this pastry shell made? (4)

5.3 List the characteristics of a well-baked vol-au-vent. (5)

5.4 After baking for the required time, the vol-au-vent had poor volume.

State the possible causes for this fault. (3)

5.5 When using a cutter to shape the pastry, give a hint to prevent the pastry from sticking to the cutter (1)

5.6 Pastry needs to be glazed. Suggest ONE suitable ingredient that can be used to glaze pastry:

5.6.1 Before baking pastry

5.6.2 After baking pastry

(2 × 1) (2)

5.7 A high tea is being planned.

Give TWO examples of sweet and TWO savoury fillings for the vol-au-vents.

(2 × 2) (4)

5.8 Mention TWO other pastry types besides the answer to QUESTION 5.1. (2)

5.9 List THREE suitable fats that can be used to prepare pastry dough. (3)

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QUESTION 6

Look at the picture and then answer the questions.



[Source: *www.google/images.co.za*]

6.1	In terms of quality, how would you evaluate a sandwich platter.	(3)
6.2	Suggest suitable platter items for a gourmet vegetarian-type platter.	(3)
6.3	Write down THREE ways to reduce contamination threats when preparing sandwiches.	(3)
6.4	What items of food must be avoided for a halaal platter?	(2)
6.5	List FOUR types of bases that can be used for open or closed sandwiches.	(4)
6.6	Sandwich fillings can be prepared in advance. How would you store such fillings?	(2)
6.7	A food slicer was used for the preparation of sandwich fillings. How would you clean this cutting equipment after use?	(3) **[20]**

TOTAL: 180

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