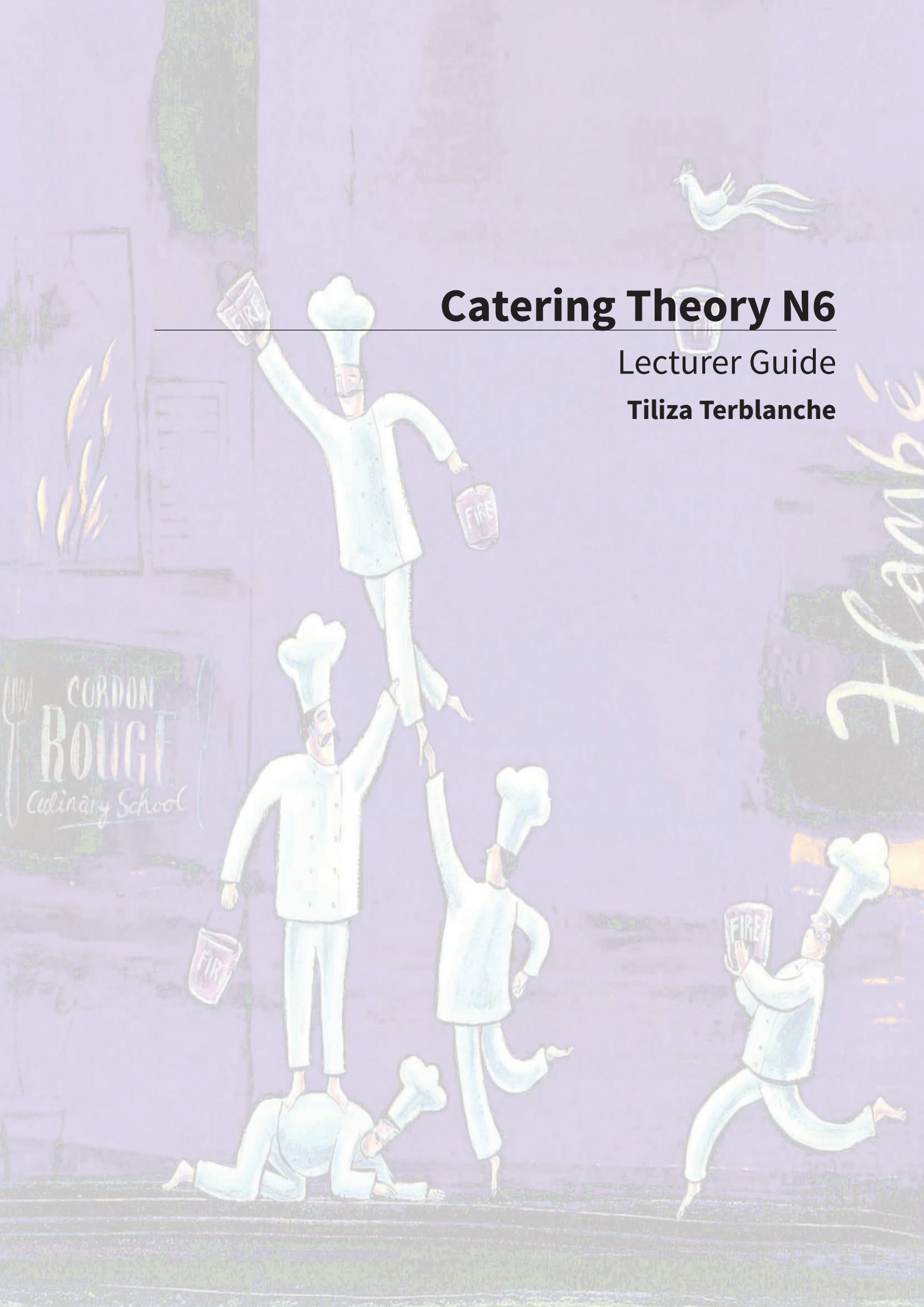


# Catering Theory N6

Lecturer Guide

Tiliza Terblanche



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(Info obtained from the Syllabus, Code number:10070346, Date of implementation January 1995)

**GENERAL AIM OF THE SUBJECT**

Students should be able to produce and discuss suitable and acceptable dishes for service and functions.

**SPECIFIC AIMS**

To equip students with knowledge, skills, techniques and the correct attitude pertaining to:

- Different types of meals and menus, the planning and writing out of menus within given constraints and according to the specific requirements of the function, different age groups and emergency conditions.
- Standardisation of recipes and the alteration of portions and costing according to the factor method.
- The organisation and planning of functions considering seating, drinks, staff, furniture and reception.
- The incorporation of the influence of ethnicity on the selection of different types of food.
- Sugar and sweet cookery and frozen desserts.
- The prepreparation, classification and cooking of seafood.

**DURATION AND TUITION TIME**

Full-time: 6 months (one semester)  
 Theory: 4 hours per week  
 Practical: 8 hours per week

**EXAMINING**

**Examination**

- A formal theory examination is conducted during June and November each year by means of a paper set externally and marked and moderated externally. The duration of the examination is 3 hours and the total of the marks 200.
- Reproduction (knowledge and comprehension), application, analysis, synthesis and evaluation are important indicators of norms and standards in determining the student’s knowledge and understanding of this instructional offering and should be weighted as follows in the examination:

	Knowledge and comprehension	Application	Synthesis, analysis and evaluation
N6	30 – 50	30 – 50	5 – 25



**Weighted values of modules**

The weighted value of a module gives an indication of:

- The percentage of the total content of the work dealt with in each module.
- The percentage of the time available for the instructional offering to be spent on each module, and
- The percentage of the total marks for the examination paper to be allocated to each module.

Module	Weighted value
1. Menu planning	30
2. Large-scale food preparation and function planning	35
3. The influence of ethnic cultures	15
4. Special preparation techniques	20
	100

**Pass requirements**

The student must obtain 40% in both the semester mark and the examination mark to pass this instructional offering.

## **SYNOPSIS**

### **MODULE 1: MENU PLANNING**

(weighted value [30])

- 1.1 Varieties and types of menus
- 1.2 The composition and planning of a menu
- 1.3 Factors affecting menu planning
- 1.4 Menu planning for functions
- 1.5 Menu writing
2. Special requirements for different age groups
3. Emergency planning

### **MODULE 2: LARGE-SCALE FOOD PREPARATION AND FUNCTION PLANNING**

(weighted value [35])

- 2.1 Functions
  - Organisation and planning
  - Table seating and plans
  - Drink arrangements
  - Staff
  - Furniture
  - Reception
  - Outside catering
  - Function costing
  - Restaurant service
- 2.2 Recipes
  - Standardised recipes
  - Effective food cost control
  - Calculating costs of ingredients and recipes

### **MODULE 3: THE INFLUENCE OF ETHNIC CULTURES**

(weighted value [15])

- 3.1 Introduction
- 3.2 South African eating habits
- 3.3 Religious groups
- 3.4 International cookery

### **MODULE 4: SPECIAL PREPARATION TECHNIQUES**

(weighted value [20])

- 3.1 Sugar cookery and crystallisation
  - Sugar cookery
  - Chocolate cookery
  - Frozen desserts
- 3.2 Seafood: shellfish
  - pre-preparation
  - classification
  - cooking techniques

SUGGESTED SEMESTER PLAN

REPORT 191, HOSPITALITY N6

CATERING THEORY N6

Week no	Date	No. of days	Topic and outcomes	Important Dates	Actual date completed/ Pace	Comments/review
<b>SEMESTER 1</b>						
1		5				
2		5				
3		5	<b>Mod 1 &amp; part of Mod 4</b> Menu planning/special prep Techniques (frozen desserts)			
4		5	<b>Mod 1:</b> Classic menu sequence, menu writing			Hand out AM1
5		5	<b>Mod 1:</b> Factors affecting menu planning, functions			
6		5	<b>Mod 1:</b> Special dietary requirements, emergency planning			
7		5	<b>Mod 3:</b> Traditional eating habits, religions			
8		5	<b>Mod 3:</b> Vegetarians, international cooking			
9		5	<b>Mod 2:</b> Types of functions, prep for a function, table seating and plans			Test series (TM1)
10		5	<b>Mod 2:</b> Staff furniture, outside catering			Test series (TM1)
11		3	<b>Mod 2:</b> Standardised recipe, portion control			21 March – Public holiday
12		5				
13		0				
14		0	<b>Mod 2:</b> Costing, mark-ups, factor method			
15		3	<b>Mod 2:</b> Function memorandum/booking forms			17 April – Public holiday
16		3	<b>Mod 4:</b> Sugar cookery, icings			
17		4	<b>Mod 4:</b> Seafood			1 May – College holiday
18		5	<b>Mod 4:</b> Chocolate cookery			
19		5				Internal exams (TM2)
20		5	REVISION			
21		5	EXAMS			
22		5	EXAMS			SUBMIT ICASS MARKS
23		5	EXAMS			
24		5	HOLIDAY			

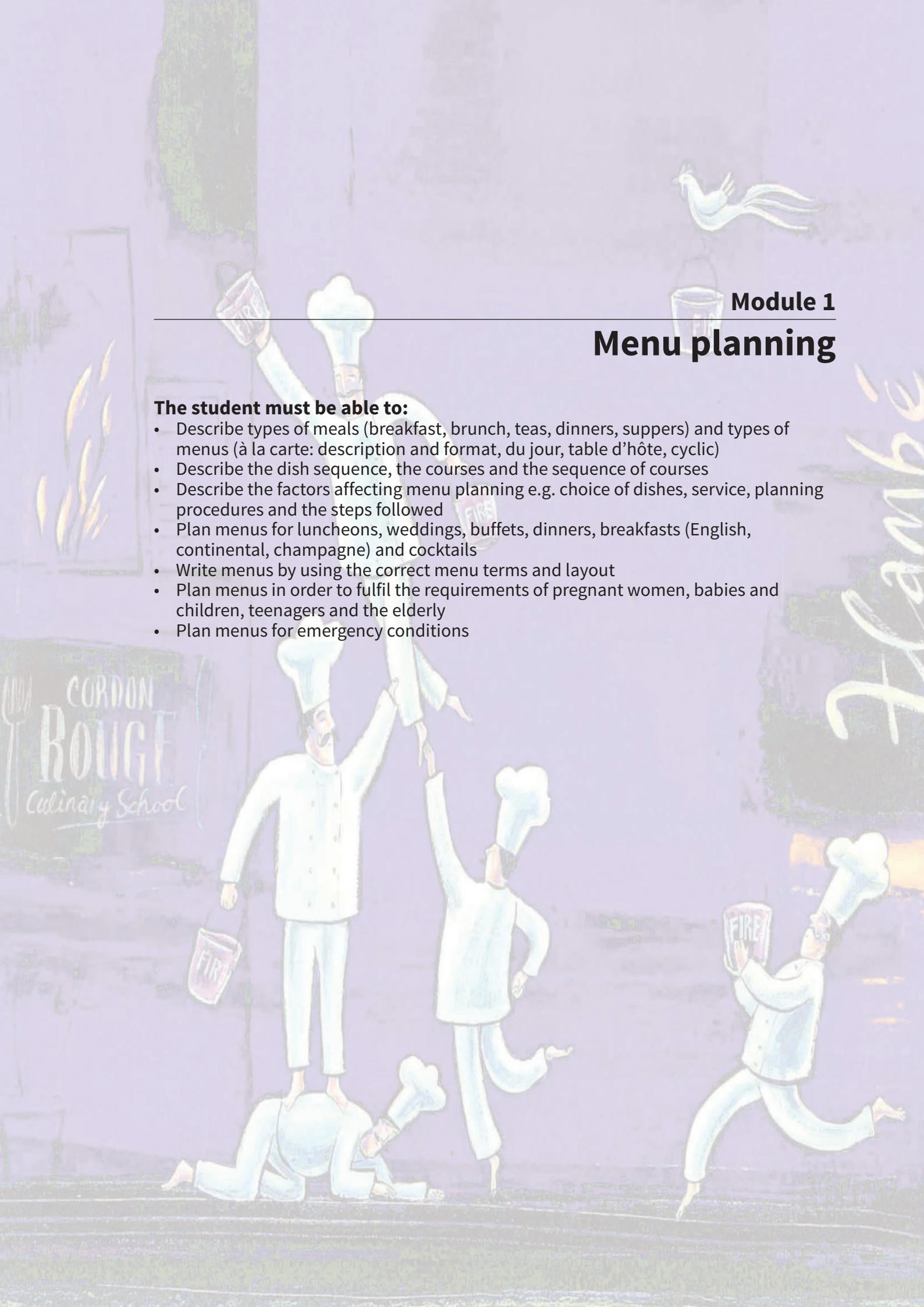




# Menu planning

**The student must be able to:**

- Describe types of meals (breakfast, brunch, teas, dinners, suppers) and types of menus (à la carte: description and format, du jour, table d'hôte, cyclic)
- Describe the dish sequence, the courses and the sequence of courses
- Describe the factors affecting menu planning e.g. choice of dishes, service, planning procedures and the steps followed
- Plan menus for luncheons, weddings, buffets, dinners, breakfasts (English, continental, champagne) and cocktails
- Write menus by using the correct menu terms and layout
- Plan menus in order to fulfil the requirements of pregnant women, babies and children, teenagers and the elderly
- Plan menus for emergency conditions



## SHORT QUESTIONS

1. Various possible options are provided as answers to the following questions. Choose the correct answer and mark A–D with a X.
  - 1.1.1 A continental breakfast may include the following items:
    - A Oats porridge, fried eggs, bacon and wholewheat rolls
    - B Fruit juice, croissants, toast, preserves, coffee and tea**
    - C Stewed fruit, muesli, omelette, wholewheat bread, coffee and tea
    - D Yoghurt, cornflakes, kippers, potato cakes, croissants and toast
  - 1.1.2 A characteristic of a table d'hôte menu:
    - A Each menu item is cooked to order
    - B A set number of courses**
    - C Each dish priced separately
    - D A waiting time has to be allowed
  - 1.1.3 In the preparation of devils on horseback, prunes are stuffed with ...
    - A prepared mustard
    - B chutney**
    - C cottage cheese
    - D oysters
  - 1.1.4 “Poisson” is the term used for ...
    - A chicken
    - B potatoes
    - C fish**
    - D soup
  - 1.1.5 This is the first of the meat courses which is not roasted or grilled:
    - A Rôti
    - B Hors-d'oeuvre
    - C Entrée**
    - D Farinaceous
  - 1.1.6 The French term for egg dishes is ...
    - A poisson
    - B oeufs**
    - C entrée
    - D farinaceous
  - 1.1.7 Minestrone is classified as ... on the traditional French menu.
    - A potage**
    - B hors-d'oeuvre
    - C entrée
    - D fromages
  - 1.1.8 An elderly woman should ...
    - A eat more carbohydrates
    - B eat plenty of salt
    - C preferably eat more refined foods
    - D eat more foods rich in calcium**

- 1.1.9 The first semi-solid food given to a 3-4 month baby is ...  
 A finely blended chicken  
 B mashed hard-boiled egg whites  
 C strained softly boiled vegetables  
**D iron-fortified baby cereals**

- 1.1.10 The meal served between 9:00 and 12:00 in the morning:  
**A Brunch**  
 B Lunch  
 C Breakfast  
 D High tea

2. Choose from COLUMN B the dish/food item which best matches the course in COLUMN A. Write only the letter (A–F) next to the question number.

COLUMN A	COLUMN B
2.1 Poisson <b>D</b>	A meringue glacée
2.2 Fromage <b>E</b>	B cock-a-leekie
2.3 Entrement <b>A</b>	C mixed grill
2.4 Potage <b>B</b>	D filet de plié frite
2.5 Entrée <b>C</b>	E Camembert
	F contrefilet de boeuf

3. You are completing your in-service training as a waiter at a restaurant. Explain the following dishes that appear on the restaurant menu.

- 3.1 Saumon fumé  
Smoked salmon p.11
- 3.2 Chowder  
American potato soup, normally incorporating fish – p.11
- 3.3 Ravioli  
Pasta filled with variety of stuffing, such as chicken, beef and spinach p.12
- 3.4 Choufleur mornay  
Cauliflower with cheese sauce p.14
- 3.5 Châteaubriand  
Grilled double fillet steak p.13

4. Select the dish in COLUMN B, which suits the course in COLUMN A best.

	COLUMN A		COLUMN B
4.1	Hors-d'oeuvres <b>E</b>	A	Bisque d'homard
4.2	Potage <b>A</b>	B	Pommes sautées
4.3	Oeufs <b>F</b>	C	Crêpes Suzette
4.4	Legumes <b>B</b>	D	Stilton
4.5	Entremets <b>C</b>	E	Cocktail de crevettes roses
		F	Omelette au lard

5. Name the main ingredients of the following hors-d'oeuvres:

- 5.1 Pâté maison  
Goose liver/Chicken liver pate p.11
- 5.2 Moules marinière  
Mussels in a rich flavoured sauce p.11
- 5.3 Cocktail Florida  
Orange and grapefruit segments p.11
- 5.4 Truite fumée  
Smoked trout p.11

6. In each case, choose ONE correct answer.

- 6.1 A Carte du Jour menu is  
  - A the dish of the day**
  - B this menu contains a number of dishes, usually seasonal
  - C a menu that is repeated every third week
  - D a menu that is served buffet style
- 6.2 The following may be included in a continental breakfast menu:  
  - A Poached haddock
  - B Cold meats and cheese**
  - C Grilled tomatoes
  - D Cheese omelette
- 6.3 This course includes all types of fresh fruits and nuts, served in a basket or on a plate:  
  - A Hors-d'oeuvres
  - B
  - C Entrée
  - D Dessert**

### LONG QUESTIONS

1. The following items normally form part of a full English breakfast menu. Rearrange the food items so that they are in the correct order.

**ENGLISH BREAKFAST MENU**

Fruit juices  
Sliced fresh seasonal fruits  
Compote of fruits

Variety of breakfast cereals

Smoked kipper  
Kedgerie

Scrambled egg  
Crispy back bacon  
Beef sausage  
Sautéed mushrooms  
Grilled tomato

Muffins and croissants

Tea and coffee

2. Study the list below of possible courses for a luncheon menu and answer the questions.

- A Paella
- B Mille-feuille with summer fruit
- C Seafood Risotto
- D Sliced smoked duck served with orange vinaigrette
- E Ravioli au gratin
- F Bobotie with saffron rice
- G Poached Salmon Florentine
- H Vol-au-vent Forestière
- I Roast loin of lamb
- J Mushroom and marog soup
- K Creamy Spinach Frittata

2.1 Explain the term *paella*.

Rice with shellfish, chicken, vegetables and saffron simmered in stock and olive oil in a paella pan p.12

2.2 Identify TWO courses which are classified as farinaceous dishes.

Ravioli au gratin  
Seafood risotto

2.3 Would you serve (D) as an **hors-d'oeuvre**/a relevé/an entremets?

2.4 Identify TWO dishes where puff pastry is used.

Vol-au-vent forestière  
Mille-feuille with summer fruit

2.5 What dish is a frittata similar to?

An omelette

2.6 “Florentine” refers to a dish containing ...

Spinach

2.7 With which country do we associate “risotto”?

Italy

2.8 Describe the dish “Bobotie”.

South African dish consisting of spiced minced meat, baked with an egg based topping. Served with yellow rice, banana and chutney.

2.9 During which course on the menu will you serve “I”.

Rôtis – Roasts

2.10 Which ONE of the abovementioned dishes is not suitable for dinner?

Mille-feuille with summer fruit – it is a dessert.

3. Distinguish between an À LA CARTE and a TABLE D’ HÔTE menu.

À la carte	Table d’hôte
Dishes are individually priced	Fixed selling price
Guests can choose how many courses they want – compile their own menu	Set number of courses 3–4 courses for lunch 4–5 courses for dinner
Guest have a lot of choices	Limited or no choice
Food gets prepared on order and guest needs to wait	Ready for service at a set time Could also be served buffet style

4. Distinguish between a “FULL AFTERNOON TEA” and a “HIGH TEA” p.4–5

Full afternoon tea	High tea
Consists of sandwiches, toasted teacakes, pastries and cakes	Simple cooked meal; meat dishes, fish dishes, baked goods, vegetables
Involves things like manners, lace and dainty foods	Working-class meal
Served mid-afternoon	Served shortly after 5 pm
Ladies’ social occasion	Served on high tables Family meal

5. Explain the following types of menus:

5.1 Plat du jour

Dish of the day p. 8

5.2 Carte du jour

Menu of the day p. 8

5.3 Cyclic menu

Menus are compiled over a set period of time and then repeated p. 8

5.4 Selective menu

Two or more choices in each menu category p. 8



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Orange Juice Cornflakes Milk	Pineapple Tidbits Cinnamon Raisin Bagel <b><i>Cream Cheese</i></b> Milk	Fresh Orange Wedges 1 slice of Cheese Toast Milk	Pears French Toast (1 1/2 slices) <b><i>Syrup</i></b> Milk	Apple Juice Crispy Rice Cereal 1 slice of Whole wheat toast <b><i>Margarine and Jelly</i></b> Milk
<b>Lunch/ Supper</b>	Ham 1 slice of Whole Wheat Bread <b><i>Margarine</i></b> Egg Noodles Green Beans Sweet Potatoes Milk	Beef-aroni Garlic Bread Tossed Salad (Lettuce, Tomato, Cucumber) <b><i>Low fat Ranch Dressing</i></b> Fruit Salad Milk	Fricase de Pollo Rice Fried Plantains Spinach Milk	*Breaded Fish <b><i>Ketchup</i></b> Roll Coleslaw Mixed Vegetables Milk	Arroz Con Pollo Cuban Bread or Roll Mixed Greens Salad (Spinach leaves, Lettuce, Tomato, Cucumber) <b><i>Low fat French Dressing</i></b> Peaches Milk
<b>Snack</b>	Animal Crackers Applesauce	Turkey (Cubed or sliced) Whole Wheat Bread <i>Low fat mayo and/or mustard</i>	Egg Salad Assorted Crackers	Yogurt Banana	Oatmeal Cookies Milk

7. Study the menu above and answer the following questions

- 7.1 What is this type of menu called?  
Cyclic menu
- 7.2 How would you define this type of menu?  
Compiled menu to cover a given period of time. These set menus repeat themselves weekly, monthly, etc. found in cafeterias, hostels, hospitals, etc.
- 7.3 Explain the steps to follow when you plan this type of menu.
  - Main dish
  - Main item for breakfast
  - Vegetables and salads
  - Soups and sandwiches
  - Desserts/sweets
  - Bread
  - Beverages

8. Explain the term hors-d'oeuvre.

A spicy bite-size food to whet your appetite p.10

8.1 Name the TWO main categories of hors-d'oeuvres.

Hors-d'oeuvres varies

Single hors-d'oeuvres

9. Catering establishments have to review their menus periodically.

State and discuss the factors which have to be considered when compiling new menus.

Target market – profile of the clientele

Nutritional requirements

Food habits and preferences

Organisational goals and the type of establishment

Production and service constraints – Amount of money available

Equipment and physical facilities

Personnel

Availability

Service

Food characteristics and combinations

The choice of dishes

10. The following items will be served at a banquet:

**angels on horseback; borscht; chateaubriand; chou-fleur mornay; crêpe Suzette; espinards en branches; moules marinière; pommes lyonnaise; rôti; sole véronique**

Write out the table d'hôte menu and indicate the items in the correct order.

p. 24

MENU
Banquet menu
Moules marinière
Borscht
Sole Véronique
Chateaubriand
Rôti
Pommes Lyonnaise
Espinards en branches
Chou-fleur mornay
Crêpe Suzette
Angels on horseback
Date



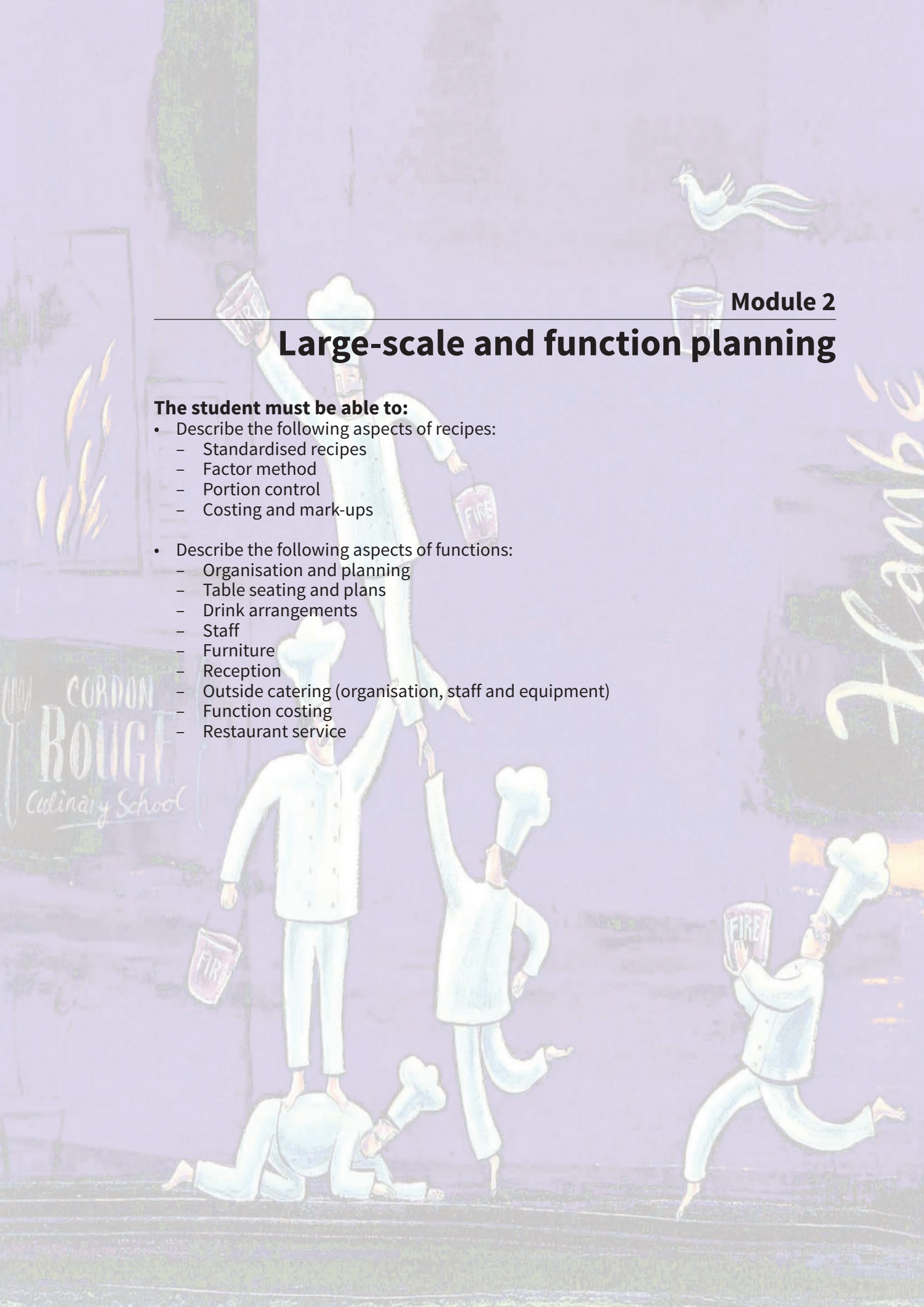
11. Give THREE guidelines to conserve water during a water crisis.  
Fill all containers with water when emergency becomes apparent  
Swimming pool water can be purified and used  
Water can also be obtained from steam jacket kettles and hot-water geysers  
p. 31
  
12. Explain how you would store meat in the refrigerator during a long power failure.  
Meat should be kept as dry as possible  
Meat can be cut into thin strips and hung to dry (biltong)  
Meat can be cured  
Place meat in curry sauce  
Cooking the meat  
p. 32
  
13. Menus for the elderly need careful planning. Discuss the most important factors to keep in mind.  
Smaller meals more frequently  
Fibre is important  
Fats and carbs should be controlled  
Absorption of nutrients such as calcium, iron etc. can be influenced by medicine  
Sweets should be avoided  
p. 30
  
14. During an emergency situation, how can you alter your cooking methods to save fuel?  
Cook food until just done  
Food that can be eaten raw shouldn't be cooked  
Use tinned food  
Food that can be cooked on a fire  
p. 32



## Large-scale and function planning

**The student must be able to:**

- Describe the following aspects of recipes:
  - Standardised recipes
  - Factor method
  - Portion control
  - Costing and mark-ups
- Describe the following aspects of functions:
  - Organisation and planning
  - Table seating and plans
  - Drink arrangements
  - Staff
  - Furniture
  - Reception
  - Outside catering (organisation, staff and equipment)
  - Function costing
  - Restaurant service



## SHORT QUESTIONS

1. Indicate whether the following statements are TRUE or FALSE. Choose the correct answer and write it down next to the question number.
  - 1.1 Each cover should be at least 45 cm wide to ensure that each guest will be seated comfortably. **False 50–60cm**
  - 1.2 Liqueur is served at the end of a meal. **True**
  - 1.3 A round table with a diameter of 1,5 meters can seat 12 persons. **False 8**
  - 1.4 Apart from the top table, no precedence is given to rank or gender at banquets. **False**
  - 1.5 Mise en place is the prepreparation of sideboards and tables in a restaurant. **True**

## LONG QUESTIONS

1. List the information that waiting staff need for the preparation of a function.
  - Date and time of function
  - Number to be served
  - Where to assemble
  - When to serve
  - Menu detail
  - Plan of tables
  - List of guests
  - Drink, aperitifs, wine, liqueurs, spirits and whether booked/cash
  - Cigars and cigarettes
  - Other information e.e. function programme

p. 39
2. State FOUR factors to consider when choosing stackable chairs.
  - Lightness and ease of handling
  - Absence of underside protection
  - Wall-saver legs
  - High stacking

p. 50
3. What must be kept in mind when preparing a platter for a function?
  - Plan your platter ahead of time – make a sketch
  - Divide platter in 6/8 equal parts, avoiding lopsided/crooked arrangements
  - Have a good design – arrange in lines/rows
  - Have a focal point – give direction and height
  - Items should be kept in proportion – don't overwhelm guests with garnish/dominate platter with a centrepiece
  - Garnish should enhance dish p.54
4. Why is a buffet such a popular way of entertaining?
  - Visual appeal
  - Efficiency
  - Adaptability

p. 51

5. How can you create the impression of lavishness on a buffet table?
  - Use variety of colour
  - Centrepiece is an important feature – give height to buffet
  - Make sure bowls and platters are always full
  - Items should be properly spaced

p. 52
  
6. When is a recipe regarded as standardised?
  - When it is a well-established formulation in a set pattern in which the amounts and proportions of ingredients and procedures of combining them will constantly produce a highly acceptable product and yield a given number of portions of a particular size.
  - A recipe is considered to be standardised for a food service operation only when it has been tested, evaluated and adapted for use and repeatedly prepared under the same carefully controlled conditions with consistent results, by the food service operation, to meet their objectives effectively.

p. 57
  
7. What are the advantages of using standard recipes?
  - Ensures accurate cost control
  - Ensures standardised purchasing, issuing and recording
  - Ensures a constant yield
  - Leads to optimal equipment and utilisation
  - Ensures uniformity in size and quality
  - Ensures customer satisfaction
  - Ensures standard costing and selling price
  - Ensures quick production due to the familiar standard methods
  - Casual staff would be able to prepare the same quality products
  - Useful for training new staff

p. 58
  
8. Name SEVEN essential points that must be recorded on a standardised recipe card.
  1. Format
  2. Ingredients, type, form and grade
  3. Equipment and utensils
  4. Work procedures and handling techniques
  5. Temperatures and preparation times
  6. Total yield in weight, volume and/or number of portions
  7. Portion size in weight, volume and/or count
  8. Portioning and serving procedures

p. 57
  
9. Give the meaning of the following TWO abbreviations which are often used in standardised recipes:
  - 9.1 AP – As purchased (your product as you bought it, before you peel, debone, etc. your product)
  - 9.2 EP – Edible portion (the portion that is left after you peeled, deboned, etc. your product)
  
10. List the factors which play an important role in determining the size of a portion.
  - Type of establishment
  - Type of customer
  - Desired selling price
  - Particular characteristics of the food item

11. List FOUR tasks of a station waiter at the end of a service before he/she goes off duty.
  1. Return special equipment to appropriate work areas
  2. Switch off and clean sideboard hotplates
  3. Remove plugs, having switched off all electrical sockets
  4. Return any surplus china and silver to store cupboards

p. 47
  
12. There are THREE main types of table plans. Name and discuss them briefly.
  1. Formal layout – Involves lines of long tables. In some of them “sprigs” (lines of long tables) run at right angles to a top table. Waiters can work more easily if space is left between the top table and sprigs.
  2. Informal layout – seated guests at separate/individual tables
  3. Cabaret/dinner and dance layout – arrange smaller tables often leaving space for dancing/entertaining

p. 42
  
13. The restaurant asked you to do a recipe costing for the main course that was served on the day.  
 From the ingredients for the dish listed below, **cost the recipe**; calculate the **cost per portion**, and the **total cost of the recipe**.

**Grilled beef fillet in a red wine sauce, served with mashed potatoes and summer roasted vegetables**

This recipe yields 6 portions

**Ingredients:**

- 1.5 kg beef fillet
- 375 ml red wine
- 125 g sugar
- 1.25 kg potatoes
- 100 ml olive oil
- 500 g carrots
- 350 g red, green and yellow peppers

Recipe costing		
Ingredients	Price per unit	Cost
1.5 kg beef fillet	R89.99/kg	R134.99
375 ml red wine	R25.90/750 ml	R12.95
125 g sugar	R14.50/2.5 kg	R0.73
1.25 kg potatoes	R42.90/10 kg	R5.36
100 ml olive oil	R35.75/1 litre	R3.58
500 g carrots	R3.99/250 g	R7.98
350 g red, green and yellow peppers	R12.99/kg	R4.55
	Total cost per recipe	R170.14
	Total cost per portion	R170.14/6 R28.36



14. Complete the formula for recipe costing and price per portion for the following table by writing the answers next to the question numbers (14.1 – 14.12).

14.1 Formula for recipe costing =  
p. 62

‘Three-cheese and Mushroom Quiche’ (8 portions)		
Ingredients	Price Per Unit	Price Per Portion
150g button mushrooms	250 g/R19.50	14.2 R11.70
2 brown onions, thinly sliced	1 onion/R2.20	14.3 R4.40
60 g Cheddar cheese, grated	1 kg/R42.80	14.4 R2.57
25 g Parmesan cheese, grated	1 kg/R52.70	14.5 R1.32
125 g Camembert cheese, sliced	125 g/R17.50	14.6 R17.50
3 extra large eggs	1 dozen R18.00	14.7 R4.50
250 ml fresh cream	250 ml/R11.25	14.8 R11.25
125 ml fresh full-cream milk	1 litre/R9.90	14.9 R1.24
<b>PRICE PER RECIPE</b>		14.10 R54.48
<b>PORTION</b>		14.11 R54.48/8
<b>PRICE PER PORTION</b>		14.12 R6.81

15. You have to bake a wedding cake. Use the quantities below and the factor method to increase the ingredients to be enough to serve 200 guests. Show the calculation of the factor. Write the factor amount for each ingredient on the sheet below.

**WEDDING CAKE** (serves 10)

Ingredients	Quantity	Price/unit	Adapted quantity × 20	Cost
Cake mix	750 g	R28.00/kg	15 kg	R420.00
Pitted dates	125 g	R15.99/250 g	2.5 kg	R159.90
Glacé cherries	300 ml (200 g)	R19.99/100 g	4 kg	R799.60
Pecan nuts	125 ml (50 g)	R98.00/kg	1 kg	R98.00
Brandy	125 ml	R33.99/750 ml	2.5 kg	R113.30
Margarine	250 g	R16.49/kg	5 kg	R82.45
Sugar, brown	250 ml (200 g)	R5.29/750 g	4 kg	R28.21
Eggs	5	R8.50/doz	100	R70.83
Apricot jam	15 ml (15 g)	R10.99/900 g	300 g	R3.66
Cake flour	500 ml (280 g)	R16.99/2.5 kg	5.6 kg	R38.06
Salt	1 ml (1 g)	R2.55/kg	20 g	R0.05
Nutmeg	3 ml	R7.29/100 ml	60 ml	R4.37

Ingredients	Quantity	Price/unit	Adapted quantity × 20	Cost
Cinnamon, ground	3 ml	R7.29/100 ml	60 ml	R4.37
Mixed spice	5 ml	R7.29/100 ml	100 ml	R7.29
Ginger, ground	5 ml	R7.29/100 ml	100 ml	R7.29
Bicarbonate of soda	3 ml (3g)	R12.00/500 g	60 g	R1.44
		<b>TOTAL</b>		R1838.82

16. **CRUSTLESS CARAMEL CHEESE CAKE (Yield: 10 portions)**

Ingredients	Quantity	Price	Adapted quantity × 15	Cost
Castor sugar	100 g	R10.95/kg	1.5 kg	R16.43
Cream	125 ml	R13.95/500 ml	1.875 litres	R52.31
Cottage cheese	500 g	R7.95/250 g	7.5 kg	R238.50
Vanilla essence	5 ml	R3.50/30 ml	75 ml	R8.75
Lemon juice	10 ml	R7.20/500 ml	150 ml	R2.16
Eggs	5	R4.90/6	75	R61.25
Strawberries	300 g	R14.90/410 g	4.5 kg	R163.54
Kirsch	100 ml	R105.00/750 ml	1.5 litres	R210.00
		<b>Total cost</b>		R752.94

16.1 Use the factor method to adapt the recipe for 150 guests at the function.

16.2 Calculate the cost of the adapted recipe.

16.3 What will the gross profit be if the cheese cake is sold at R15.00 a portion?

Show all your calculations.

$$R752.94/150 = R5.02$$

$$R15.00 - R5.02 = R9.98$$

$$R9.98/R15 \times 100 = 66.53\%$$

17. Use the nougat recipe to answer the following questions.

**NOUGAT**

Ingredients	Quantity	Price/unit
Sugar	400 g	R26.00/2.5 kg
Golden syrup	300 g	R30.00/907 g
Water	250 ml	
Egg whites	3	R45.00/2½ dozen
Vanilla essence	5 ml	R29.00/500 ml
Glazed cherries	80 g	R19.00/75 g
Blanched almonds	100 g	R22.00/100 g
Pecan nuts	75 g	R30.00/100 g



- 17.1 The nougat is set in a dish, 15 cm deep, 24 cm long and 24 cm wide. How many portions will it yield if you cut it into 3 cm × 3 cm squares?

$$\frac{24 \times 24}{3 \times 3} = \frac{576}{9} = 64 \text{ portions}$$

- 17.2 Increase the recipe by means of the factor method to yield 320 nougat squares.  $320/64 = 5$

Ingredients	Quantity	Price/unit	Adapted quantity × 5	Cost
Sugar	400 g	R26.00/2.5 kg	2 kg	R20.80
Golden syrup	300 g	R30.00/907 g	1.5 kg	R49.61
Water	250 ml			
Egg whites	3	R45.00/2½ dozen (30)	15	R22.50
Vanilla essence	5 ml	R29.00/500 ml	25 ml	R1.45
Glazed cherries	80 g	R19.00/75 g	400 g	R10.13
Blanched almonds	100 g	R22.00/100 g	500 g	R110.00
Pecan nuts	75 g	R30.00/100 g	375 g	R112.50
		<b>Total cost</b>		R326.99

18. Rewrite the quantities of the following TWO ingredients in standard form (kilograms and litres):

18.1 12.5 ml golden syrup – 0,012 litre

18.2 25 g cornflour – 0.025 g

19. You wish to sell muffins in a home industries shop. The muffins cost you R20.00 a dozen to make.

- 19.1 What would the gross profit percentage be if you sell them in made-up trays at R35.00 per dozen?

$$\frac{15}{35} \times \frac{100}{1} = 43\%$$

- 19.2 What would the gross profit percentage be if you were to sell the muffins individually at R5.00 each?

$$\frac{3.33}{5} \times \frac{100}{1} = 66.6\%$$

- 19.3 Would it be more profitable to sell each muffin loose or in made-up trays of a dozen?

Loose

20. You are asked to cater for 176 people for a breakfast function. The instructions for the catering seating plan are as follows:
- One table to seat 8 persons (main table)
  - The rest of the tables will seat 6 persons each
  - A buffet table to accommodate the fruit, fruit juices, cereals and bread items

20.1 Calculate how many tables will be necessary to seat 176 guests.

$$(176 - 8)/6 = 28 + 1 = 29$$

20.2 List the factors that must be considered when deciding on positioning of the buffet table.

**Arrange the room for the best flow.** Beginning with clearing the room you plan to use for your event, place the serving table in the middle of the room. This allows guests access to the food from both sides of the buffet table and will keep the line moving quickly.

**Plan a separate table for beverages.** By situating the beverage table far away from the food table, you give your guests a chance to choose their food and put the plate down before pouring a drink, minimising spills. This is another way to ensure that your guests can manoeuvre the lines with ease.

**Begin planning your buffet table the night before the event.** So you are not making last minute decisions and preparations, gather all of your serving dishes together the night before the event and place them on the table with sticky notes attached reminding you which food goes in which dish.

**Place the plates at the start of the line.** If you are planning an event with a lot of people, it is a good idea to set up a buffet with 2 or 3 stacks of plates with about 10 plates in each stack. You don't want to pile the plates too high so that they won't be in danger of tipping over.

**Line up the food according to temperature.** The first stop on the food line should be the cold foods. The hot foods, which are usually the main dishes, should be at the end of the table. This way, your guests won't be dining on cold main courses when they find their seats.

**Finish the table with the utensils and napkins.** A common mistake made by many hosts when planning an event is to place utensils and napkins at the front end with the plates. It can be cumbersome to try to hold on to knives, forks, spoons and linens along with a plate while your guests are trying to serve themselves.

20.3 Calculate how many waiters will be required if each waiter is responsible for two tables, except one waiter who will do duty at the main table only.

$$28/2 + 1 = 15 \text{ waiters}$$

21. Complete the dispatch list in the ADDENDUM below for the following function:

**ADDENDUM A  
DISPATCH LIST**

Type of function: Luncheon

Place of function: Willow Park CC

Numbers to be catered: 50

Date of function: 10 June 2016

Time of function: 12:00

Van departure time: 9:00

MENU		CROCKERY, GLASS, SILVER			
		Item	Amount	Item	
Spinach and broccoli soup		Hors-d'oeuvre plates		Ice cream spoons	
Brinjal and feta cheese tart		Soup plates		Tablespoons	
Mediterranean salad		Entrée plates		Table forks	
Banana loaf with citrus coulis		Joint plates	50	Cruet sets	
Monis medium cream sherry		Sweet plates		Mustard pots and spoons	
Nederburg Rosé		Cheese plates	50	Oil and vinegar holders	
Nederburg Lyric		Fruit plates		Water jugs	
Nederburg Cabernet Sauvignon		Side plates		Butter dishes	
Nederburg Special Late Harvest		Dessert bowls		Flower vases	
JC le Roux La Chanson		Coffee cups and saucers		Gravy boats	
Amount		Coffee pots		Cream jugs	
50		Milk jugs	50	Champagne glasses	
50		Sugar basins	50	Sherry glasses	
50		Soup spoons	50	White wine glasses	
50		Fish knives and forks	50	Red wine glasses	
50		Entrée knives and forks		Liqueur glasses	
		Side knives		Wine coolers	
		Meat knives and forks		Cocktail glasses	
		Dessert spoons		Tumblers	
		Coffee spoons		Port glasses	
Commodities		Linen etc.		Other equipment	
Amount	Item	Amount	Item	Amount	Item
	Butter	5	Tablecloths		Tables
	Rolls	5	Overlays		Chairs
	Biscuits	50	Serviettes		Urns
	Coffee				Ashtrays
	Milk				Tin openers

	Cream			5	Bottle openers
	Sugar				Spirits
				10	Trays
					Salvers
					Hot trays
				3	Tureens

## The influence of ethnic cultures

### The student must be able to:

- State reasons why food service supervisors should have the knowledge of eating habits of various cultures and religions

### South African eating habits:

- Name and broadly discuss the factors influencing traditional eating habits
- Tabulate or state briefly the South African eating habits according to regional traditions
- Discuss the traditional food of the black population, name examples of the traditional dishes from each type of traditional food and name the most important traditional cookery utensils
- Express briefly the role authority hierarchy plays in the service and seat allocation in the black population and the ways in which food is handled during the eating ceremony

### Religious groups:

- Jewish – Name and briefly discuss the Laws of Kashrut
- Muslim – Briefly discuss Malayan food, with examples
- Hindu – Briefly discuss Indian food, with examples
- Name and briefly describe two to three typical dishes from England, Wales, Scotland, Ireland, France, Switzerland, Austria, Germany, Scandinavia, Italy, Spain, Greece, Russia, India, China, Japan and South-East Asia

### SHORT QUESTIONS

1. Select the dish in COLUMN B which is traditional to each country mentioned in COLUMN A. Write only the letter (A–K) next to the question number.

COLUMN A		COLUMN B	
Country of origin		Dish	
1.1	Turkey <b>D</b>	A	Peking duck
1.2	Italy <b>H</b>	B	Taramasalata
1.3	Scotland <b>G</b>	C	Sake
1.4	Russia <b>E</b>	D	Shish
1.5	Greece <b>B</b>	E	Caviar
1.6	China <b>A</b>	F	Tournedos Rossini
1.7	France <b>F</b>	G	Cock-a-leekie
1.8	Spain <b>K</b>	H	Mortadella
1.9	Japan <b>C</b>	I	Pumpkin pie
1.10	USA <b>I</b>	J	Raclette
		K	Tapas

2. Indicate whether the following statements are TRUE or False. Write only the correct answer next to the question number.

- 2.1 Rosh Hashanah is the Muslim New Year celebration. **False, Jewish**
- 2.2 Kosher food must be prepared in the presence of a Jewish person. **False, a Rabbi**
- 2.3 Yams are not as sweet as a sweet potato. **False, sweeter and more moist than sweet potato**
- 2.4 A “cow pea” is a bean traditionally eaten by South African tribes. **True**
- 2.5 Prosciutto is an Italian ham and is often eaten raw. **True**
- 2.6 Moussaka moss pudding is a traditional Japanese pudding.  
**False, moussaka = Greece; Carageen moss pudding = Ireland**
- 2.7 Dusserah is a Jewish festival celebrating good over evil. **False, Hindu**
- 2.8 Bombay duck is a specially raised duck, basted with honey and roasted.  
**False, a salted dried fish. Peking duck, specially raised**
- 2.9 Dim sum are traditional Chinese tea delicacies. **True**
- 2.10 Burritos are Mexican pancakes. **False, a wrap**



3. Select the dish/food item from COLUMN B that best matches the country of origin in COLUMN A. Write only the letter (A–K) next to the question number.

COLUMN A Country of origin	COLUMN B Dish
a) Morocco <b>B</b>	A. Guacamole
b) Italy <b>F</b>	B. Couscous
c) Scotland <b>E</b>	C. Paella
d) Russia <b>H</b>	D. Bouillabaisse
e) Greece <b>J</b>	E. Haggis
f) Mexico <b>A</b>	F. Osso bucco
g) France <b>D</b>	G. Chowder
h) Spain <b>C</b>	H. Zabuska
i) USA <b>G</b>	I. Sukiyaki
j) Japan <b>I</b>	J. Moussaka
	K. Apple pie

4. Select the dish/food item from COLUMN B that the vegetarian in COLUMN A is allowed to eat. Write only the letter (A–H) next to the question number.

COLUMN A VEGETARIAN	COLUMN B DISH/FOOD ITEM ALLOWED
4.1 Lacto vegetarian <b>D</b>	A raw and dried fruit
4.2 Lacto-ovo vegetarian <b>F</b>	B only fish
4.3 Semi-vegetarian <b>E</b>	C meat
4.4 Pescatarian <b>B</b>	D milk and milk products
4.5 Vegan <b>H</b>	E white meat, fish and poultry
4.6 Fruitarian <b>A</b>	F milk, milk products and eggs
4.7 Ovo-vegetarian <b>G</b>	G eggs
	H only plants

5. Name the country of origin of the following dishes:
- |                                    |                                  |
|------------------------------------|----------------------------------|
| 5.1 Chelsea buns – England         | 5.2 Shortbread – Scotland        |
| 5.3 Gnocchi – Italy                | 5.4 Black Forest cake – Germany  |
| 5.5 Sachertorte – Germany          | 5.6 Fondue – Switzerland         |
| 5.7 Tapas – Spain                  | 5.8 Shish – Turkey               |
| 5.9 Worcestershire sauce – England | 5.10 Gado gado – South-East Asia |
| 5.11 Leek pie – Wales              | 5.12 Fúl medames – Egypt         |
| 5.13 Vindaloo – India              | 5.14 Dim sum – China             |
| 5.15 Sake – Japan                  |                                  |

## LONG QUESTIONS

1. List FOUR factors that have contributed to the increase of ethnic eating places.  
p. 78
  - People from other countries have opened establishments
  - Tourism has increased the demand
  - Interest is stimulated by media e.g. TV and magazines
  - Perishable food from distant places is readily available
  - They often offer food at prices people can afford
  
2. List any FOUR traditional South African dishes derived from the Cape settlers.  
p. 81
  - Koeksisters
  - Pancakes
  - Boerebeskuit
  - Milk tart
  - Moskonfyt and jams
  
3. Some of the guests for a function are Muslims. Which guidelines should you keep in mind when planning the menu?  
p. 87–88
  - No pork – pork is considered unclean
  - Meat should be halaal
  - Any birds that fly may be eaten except those that seize their prey
  - No alcohol/intoxicating drinks
  
4. What do Jewish people traditionally serve at the following celebrations?  
  
Passover  
p. 87  
Only unleavened bread (matzo) may be eaten  
  
Pentecost  
Cheesecake is a traditional dish served at this celebration  
  
Hanukkah  
Pancakes and potato dish (potato latkes) are eaten
  
6. Explain the following traditional dishes:
  - 6.1 Antipasto  
p. 91  
Italian starters, which consist of marinated vegetables, seafood and slices of salami/  
other cold meats
  
  - 6.2 Smörgåsbord  
p. 92  
Scandinavian buffet that includes many dishes using fresh, smoked and pickled  
herring and other fish, shrimps and prawns
  
  - 6.3 Garam masala  
p. 93  
A mixture of spices, black cardamom, cinnamon, cloves, peppercorns and nutmeg



## Special preparation techniques

### The student must be able to:

#### Sugar cookery:

- Describe sugar cookery with regard to:
  - Properties of sugar
  - Crystalline sugar products (fondant, fudge)
  - Non-crystalline sugar products (toffee, brittle syrups)
  - Cake icing (seven-minute frosting, boiled icing, butter icing)

#### Chocolate cookery:

- Describe chocolate cookery with regard to:
  - Temperature
  - Using chocolate for sweets

#### Frozen desserts:

- Discuss frozen desserts with regard to:
  - Types
  - Preparation

#### Seafood: shellfish:

- Describe seafood cookery with regard to:
  - Prepreparation
  - Classification
  - Cooking techniques

## SHORT QUESTIONS

1. Choose a description from COLUMN B to match an item in COLUMN A. Write only the letter (A–E) next to the question number.

COLUMN A	COLUMN B
1.1 Crayfish <b>B</b>	A Sauce américaine
1.2 Lobster <b>A</b>	B Nantua sauce
1.3 Oyster <b>E</b>	C Stuffing for suprêmes of chicken
1.4 Scallop <b>C</b>	D Used to colour soup
1.5 Squid <b>D</b>	E Carpetbagger steak

### Hints!

- Sauce américaine** is a recipe from classic French cookery. Américaine – Treat as for lobster américaine. Pound shells and meat in the mortar and incorporate equal quantity of fish velouté, add butter. The recipe for lobster américaine includes chopped onions, tomatoes, white wine, brandy, salt, cayenne pepper and butter. As with many other classic dishes, the original recipe has been adapted over time and almost every chef will prepare the sauce in a slightly different way. Modern recipes usually include tarragon, will use lobster stock rather than pounded lobster and often replace cayenne pepper with paprika.
- Nantua sauce (French: *Sauce Nantua*)** is a classical French sauce consisting of: a béchamel sauce base, cream, crayfish butter, crayfish tails. The term *à la Nantua* may be used in classical French cuisine to refer to any dish containing crayfish.
- Cephalopod ink** is a dark pigment released into water by most species of cephalopod, usually as an escape mechanism. All cephalopods, with the exception of the Nautilidae and the Cirrina (deep-sea octopuses), are able to release ink. The ink is released from the ink sacs (located between the gills) and is dispersed more widely by accompanying its release with a jet of water from the siphon. Its dark colour is caused by its main constituent, melanin. Each species of cephalopod produces slightly differently coloured inks; generally, octopuses produce black ink, squid ink is blue-black and cuttlefish ink is brown.
- Carpetbag steak or carpetbagger steak** is a luxury dish, probably of American derivation, popular in the 1950s and 1960s in Australia and New Zealand. It consists of an end cut of steak, such as Scotch fillet. A pocket in the meat is made, into which oysters are stuffed and sutured with toothpicks or thread.
- Scallops** are characterised by having two types of meat in one shell: the adductor muscle, called “scallop”, which is white and meaty, and the roe, called “coral”, which is red or white and soft. Sometimes, markets sell scallops already prepared in the shell, with only the adductor muscle intact. Scallops can be served as appetisers or as an ingredient in the preparation of various dishes and appetisers, or used as a stuffing for chicken supreme.

2. Various possible options are provided as answers to the following questions. Choose the correct answer and mark A–D with a X.
- 2.1 When making fondant or fudge, the sugar syrup should be allowed to cool to a temperature of ... °C before being beaten.
- A 20  
**B 40**  
 C 80  
 D 100
- 2.2 An example of a bivalve mollusc:
- A Abalone  
**B Cephalopod**  
 C Prawn  
 D Lobster
- 2.3 Icecream should be stored at ... °C to prevent the formation of large ice crystals.
- A -4  
 B -8  
 C -10  
**D -18**
3. Indicate whether the following statements are TRUE or FALSE. Choose the correct answer and write only “true” or “false” next to the question number.
- 3.1 Panocha is an example of a crystalline sweet. **True**
- 3.2 When making marshmallow sweets, the syrup is boiled to a higher temperature than for making fondant. **True**
- 3.3 Peanut brittle is a non-crystalline type of sweet. **True**
- 3.4 When making fudge, the syrup solution is boiled to a higher temperature than for toffee. **False**
- 3.5 The higher the temperature at which crystallisation begins, the coarser the crystals. **True**

### LONG QUESTIONS – SUGAR COOKERY

1. How will you prevent the formation of crystals when you prepare nougat?
- p. 105  
 Cooking to very high temperatures so that the finished product hardens before the crystals have a chance to form  
 Adding such large amounts of interfering substances that the crystals cannot form  
 Combining these methods

- A To what stage should you boil the sugar when preparing nougat?  
p. 105  
Hard ball  
121–130 degrees
- B What should the result be if you do a cold water test at this stage?  
p. 105  
When dropped into cold water, it forms a hard ball that retains its shape but is still pliable
2. What does the term “ripening” imply in sweet making?  
p. 104  
As crystalline sweets stands after crystallisation is complete, they become somewhat more moist and smooth and knead more easily  
Changes occur during the initial period of storage and are called ripening
3. How is crystallisation prevented in the making of non-crystalline sweets?  
p. 105  
Cooking to very high temperatures so that the finished product hardens before the crystals have a chance to form  
Adding such large amounts of interfering substances that the crystals cannot form  
Combining these methods
4. How will you prepare an Italian meringue icing?  
p. 107  
Heat sugar and water (boil until 115–120 degrees)  
Beat egg whites until soft peak stage  
While beating, add hot syrup slowly  
Continue beating until meringue forms firm peaks
5. List FIVE factors that will affect the degree of sweetness when tasting sweet products.  
p. 99  
Concentration of sweetener  
Temperature  
pH  
Presence of other substances  
Sensitivity of the taster
6. Give FIVE guidelines to follow when melting fondant to be used as a cake icing.  
p. 107  
Heat fondant over a warm water bath, stirring constantly to thin out the icing and make it pourable. Do not heat over 38 degrees or it will lose its shine.  
If it is still too thick, thin out with a little simple sugar syrup/water  
Flavour and colour as desired  
To make chocolate fondant, stir melted bitter chocolate into warm fondant. It will thicken fondant so the icing may require more thinning with sugar syrup  
Apply fondant by pouring over the item/by dipping items into it

7. Explain the following types of icing:

7.1 Fudge icing

p. 108

Rich, cooked icings which are heavy and thick.

Boil sugar and water (115 °C) then add shortening. Fudge icings are stable and hold up well on cakes in storage. Stored icings must be covered tightly to prevent drying and crusting. To use stored icing, warm in a double boiler until it is soft enough to spread.

7.2 Flat icing

p. 108

Also called water icings. Mixture of water and icing sugar. Sometimes corn syrup and a flavouring and colouring are also added.

Flat icings are warmed to 39 degrees for application and are handled like fondant. It is used on coffee cakes, Danish pastry and sweet rolls.

7.3 Royal icing

p. 108

Decorator's icing is thicker than flat icings and made with egg whites which makes it hard and brittle when dry. Used for decorative work.

Mix icing sugar with small amount of cream of tartar, beat in egg white a little at a time till a smooth paste forms. Keep unused icing covered with a damp towel.

8. State the THREE main functions of cake icings.

p. 106

Improve the keeping qualities of the cake

Contribute flavour and richness to a baked product

Improve the appearance of the product

9. When preparing a Crème Caramel for a menu, you need to caramelize the sugar.

Indicate the characteristics of caramel.

p. 98

less sweet than the original sucrose

non-crystalline

soluble in water

different sugars caramelised at different temperatures

## LONG QUESTIONS – CHOCOLATE COOKERY

1. Explain the difference between couverture and coating chocolate.

p. 112

Couverture chocolate becomes very hard when it sets while coating chocolate does not break easily and has a softer texture.

Couverture chocolate has a high gloss and shrinks a little, while coating chocolate does not have a high gloss and is cheaper than couverture chocolate



2. Give reasons for the following defects in dipped chocolates:
  - 2.1 Grey streaked surfaces

p. 114  
unfavourable room temperature  
incorrect chocolate temperatures  
direct draughts  
excessive humidity  
insufficient stirring of the chocolate  
too slow cooling of the chocolate
  - 2.2 A broad base on the dipped chocolate

p. 114  
dipping at too a high temperature  
failing to remove excess chocolate after dipping
  - 2.3 Sticky spots on the surface

p. 114  
leakage of the centres because of incomplete coating with the chocolate
3. List THREE uses of couverture chocolate.

p. 112  
cover fillings  
Easter eggs  
decorative figures
4. List the most suitable conditions for the preparation of chocolates.

p. 113  
choose a nice cool day  
room temperature should be 15–20 degrees  
air should be warm and dry  
prevent steam and damp air, as this will make the chocolate dull and grey  
draughts should be avoided
5. Discuss the rules to remember when melting chocolate the conventional way.

p. 113  
Chocolate should be melted over medium heat  
Stir slowly to prevent the formation of air bubbles and use a dry wooden spoon  
Grate/cut chocolate into small pieces  
Place chocolate in top part of double boiler; water in bottom half should be 55 degrees  
Do not use dry heat/too high temperatures = flaky chocolate  
No liquid should be added  
Chocolate should be heated until it reaches body temperature (37 degrees)

6. Explain the couverture chocolate tempering process.  
 p. 113  
 heat choc to 45–50 degrees  
 keep this temperature for 30–40 minutes  
 pour out onto a marble slab and work the chocolate with a spatula/scrapper  
 reduce temperature evenly to 27 degrees for dark choc and 25–26 degrees for milk/white chocolate  
 chocolate will begin to thicken  
 place chocolate back into the warmer and stir  
 ideal working temperature = dark 32 degrees; milk/white 30–31 degrees
7. How should chocolate be stored?  
 p. 114  
 in a cool, dry, well-ventilated area of 15 degrees

### LONG QUESTIONS – FROZEN DESSERTS

1. Give the correct description of the following terms:
- 1.1 Sorbet  
 p. 116  
 water-sugar syrups combined with fruit/other flavouring, gelatine, whipped egg white, vegetable gum/other stabilisers
- 1.2 Parevine  
 p. 116  
 imitation ice cream containing no dairy ingredients
- 1.3 Mellorine  
 p. 116  
 imitation ice cream milk fat is replaced with non-dairy substance such as vegetable fat
- 1.4 Parfait  
 p. 120  
 alternate layers of ice cream and fruit, nuts/syrup in a tall narrow glass
- 1.5 Cassata  
 p. 121  
 a mixture of Italian meringue, whipped cream and candied fruit that fills the centre of the ice cream mould
- 1.6 Bombe  
 p. 121  
 moulded ice cream lining a dome, freezing it hard and filling the centre with another flavour and freezing it again
- 1.7 Baked Alaska  
 p. 121  
 ice cream set on a layer of cake, covered with soft meringue and browned slightly before serving

1.8 Sundae  
 p.121  
 one/two scoops of ice cream in a dish/glass, topped with different syrups, fruit and nuts

1.9 Mousse  
 p.116  
 sweetened and flavoured whipped cream that may contain gelatine and is frozen without stirring

1.10 Praline  
 p.116  
 sugar and nuts cooked to hard crack stage, crushed and used for decorating and in ice creams

2. List the FOUR main types of frozen desserts.

p. 115  
 ice creams  
 ice milks  
 sherbets  
 water ices (sorbets)

3. What are the characteristics of a high quality ice-cream?

p. 117  
 smooth  
 creamy  
 dry and stiff texture  
 tiny crystals

### LONG QUESTIONS – SHELLFISH

1. Give the classification of shellfish with ONE example of each kind.

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 Shellfish can be categorized into two groups:  
 1. Molluscs – Snails, Whelk, Clam  
 2. Crustaceans – Lobster, Crab, Shrimp

2. Explain the difference between *crustaceans* and *molluscs*. Tabulate FIVE differences.

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Crustaceans	Molluscs
Covered in hard, horny crust-like shell	Hard outer calcified shell
Usually jointed limbs – legs, tail, claws, etc.	Hinged shells – bivalve
Move easily	Single shell – univalve
Shell often changes colour when cooked, e.g. the blue-black lobster turns bright red	No limbs
Segmented body	Limited mobility
	Some examples, such as oysters, can be eaten raw
	Soft inner body/flesh



3. Give the quality characteristics to look for when you buy the following seafood:

3.1 Live bivalves

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the shell should be firmly closed, indicating the shellfish is still very fresh and alive

shell should not be sticky

a fresh salty smell should be present

3.2 Live snails

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live snails will shrink back into their shells when touched

3.3 Fresh lobster

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the tail of the lobster will be tightly curled beneath it. Should feel heavy for its size

3.4 Crab

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should feel heavy for its size

live crab should show obvious signs of movement and have no claws missing

4. How will you extract and clean raw abalone meat?

Remove the abalone from the shell with a spoon and clean thoroughly.

Cover cleaned abalone with cold water and cook for approximately 20 minutes.

Remove from the water and mince.

Add a grated onion and cook again for 30 minutes in some of the liquid in which it has been cooked.

Flavour with nutmeg, salt and lemon juice. Add butter and stir. Cook for another 5 minutes.

Thicken with breadcrumbs.

Serve on rice.

5. What is the common name for Homard?

French term for lobster

6. Explain the proper method to prepare the prawns for use in a seafood tart.

Twist the head from the body, leaving the tail meat intact.

Peel off the shell with your fingers, leaving the tail flange on if you like.

Make a shallow cut along the back of the prawn or shrimp.

Remove the dark intestinal vein that runs along the back (if prawns are frozen, thaw before deveining).

See additional notes

7. Describe the appearance of mussels and name THREE uses thereof.

A bivalve with a bluish-black shell which has a pointed hinged end.

As the main ingredient in a soup

Snack item – seasoned with vinegar

Garnish for rice, pasta/fish dishes

8. Which type of shellfish is associated with the term thermidor?

Crustacean – lobster thermidor



**EXTRA INFO:****STORAGE OF SHELLFISH:****LOBSTER, CRABS AND CRAYFISH:**

When purchased alive, these shellfish should be cooked as soon as possible. If covered with damp seaweed or a damp sack, lobsters, crabs and crayfish will stay alive and in good condition for several hours.

**MUSSELS, SCALLOPS AND OYSTERS:**

Store in the bottom of the refrigerator. Leave in the box or container in which the shellfish were delivered. Covered with damp seaweed or a damp sack in the refrigerator, oysters and mussels will stay alive for two or three days, provided they were fresh when purchased.

Cooked shellfish are stored under refrigeration or deep-frozen for later use.

**DESCRIPTION OF THE PRINCIPAL CRUSTACEANS AND MOLLUSCS AND THEIR CATERING USES:****CRUSTACEANS**

Type	Description and uses
<b>Crab</b> ( <i>crabe</i> )	A large powerful crab measuring over 20 cm across the shell. The large claws, when cracked open, provide white meat, the brown meat being found in the shell. Cooked in boiling salted water. <b>Uses:</b> Dressed crab: Both the brown and the white meat are arranged in the cleaned shell and decorated with sieved hard-boiled egg, chopped parsley, paprika, anchovy fillets, capers, etc. Soup: bisque, bouillabaisse Paté/mousse Soufflé – hot
Crawfish/spiny lobster ( <i>langouste</i> )	Reddish-brown colour. Most of the flesh is contained in the tail. <b>Uses:</b> As for lobster
Crayfish ( <i>écrevisse</i> )	This is a freshwater crustacean. In appearance, it is like a miniature lobster. Crayfish are pale pink in colour and, once cooked, the shell changes to dark reddish-brown. Only the tails are eaten. <b>Uses:</b> Soup – bisque d'écrevisse Boiled, stewed Mousse – hot/cold Sauce – Nantua sauce (classic seafood sauce) Garnish – hot and cold fish and chicken

Lobster ( <i>homard</i> )	<p>Dark bluish-black colour, which changes to red when cooked. The claws contain well-flavoured white meat, as does the tail/abdomen. Female lobsters contain eggs in the form of red roe or coral.</p> <p><b>Uses:</b>                  Soup – bisque de homard                  Sauce – Sauce américaine                  Grilled – split lengthways before cooking                  Boiled – in court-bouillon and served cold for salad or decorated for presentation on a cold buffet                  Mousse – hot/cold                  Soufflé – hot</p>
Type	Description and uses
<b>Prawn:</b> scampi ( <i>langoustine</i> )	<p>Rose to pink in colour, resembling a miniature lobster, growing to 18 cm in length. Only the tail is used.</p> <p><b>Uses:</b>                  Deep frying – egg-and-crumbed                  Shallow frying meunière style                  Stewing – provençale                  Garnish for fish, chicken and veal dishes                  As part of a “fruits de mer” mixture</p>
Prawn: jumbo ( <i>crevette rouge</i> )	<p>These large prawns grow up to 20 cm long and are light pinkish to yellowish-grey in colour, turning pink-red when cooked.</p> <p><b>Uses:</b>                  Hors-d’oeuvre whole, unpeeled on a bed of crushed ice                  Salads                  Grilled or shallow fried</p>
Shrimp ( <i>crevette grise</i> )	<p>Shrimps are smaller than prawns, semi-transparent grey in colour with dark spots, changing to reddish-brown when cooked</p> <p><b>Uses:</b>                  Soup – bisque de crevettes                  Potted in butter                  Snack item</p>

## MOLLUSCS

Type	Description and uses
Mussel ( <i>moule</i> )	<p>Mussels are popular bivalves with a bluish-black shell which has a pointed hinged end</p> <p><b>Uses:</b>                  Soup – as the main ingredient or a garnish item                  Ingredient for a “fruits de mer” mixture                  Garnish for rice, pasta and fish dishes                  Snack item – seasoned with vinegar                  Popular mussel dishes include stuffed, curried, grilled, poulette and marinière</p>
Oyster ( <i>huître</i> )	<p>Oysters are the most highly valued of all molluscs. They are grey in colour with a ridged shell. They are mainly eaten raw. Oysters are opened at the hinged end, turned, bearded and placed into the convex upper shell.</p> <p><b>Uses:</b>                  Raw – with lemon juice                  Garnish for carpetbagger steak                  Alternatively, oysters can be steamed, poached, grilled and baked                  Wrapped in bacon and grilled (angels on horseback)</p>

Scallop ( <i>coquille Saint-Jacques</i> )	Scallops have a fan-shaped ribbed, pinkish-red convex upper shell, the under shell being white and flat. The edible parts of a scallop consist of the large round white muscle and the orange-red tongue of coral. The frill is rarely eaten. <b>Uses:</b> Ingredient for “fruits de mer” mixture Mousse – hot or cold Stuffing for fish, suprêmes of chicken, escalpes of turkey Poached, deep-poached in court-bouillon, deep-fried, etc. and served with a suitable sauce or garnish
Type	Description and uses
Whelk	Larger than the winkle <b>Use:</b> Snack item seasoned with vinegar
Periwinkle ( <i>bigorneau</i> )	Winkles have small black spiral shells They are cooked in boiling salted water <b>Use:</b> Snack item seasoned with vinegar
Cuttlefish ( <i>seiche</i> )	Cuttlefish are oval, growing up to 25 cm long <b>Uses:</b> Stewing – often with a base mixture of onion, garlic, olive oil and tomatoes Stuffed – with veal, pork, breadcrumbs, etc. Garnish for soup, risotto, pasta and polenta dishes
Octopus ( <i>pieuvre/poulpe</i> )	Stewing – as for cuttlefish Garnish for risotto and pasta dishes
Squid/calamari ( <i>encornet/calmar</i> )	When purchased, squid are semi-transparent and pearly-grey in colour. <b>Uses:</b> Stuffing – using a variety of different mixtures Soup – the ink can be used to colour the soup Deep frying of shallow frying Stewing – as for cuttlefish Garnish for rice, pasta and polenta dishes Hors d'oeuvres

Although SNAILS are actually land-based molluscs, they are often classed as shellfish for culinary purposes.

Type	Description and uses
Snail ( <i>escargot</i> )	Snails are land-based univalve molluscs with a pearly-brown spiral shell. The flesh is rather tough to eat. <b>Uses:</b> Popularly served in the cleaned shell with garlic butter on a special dish with round hollows. A portion usually consists of six snails.

### COOKING TECHNIQUES:

Shellfish, the flesh of which appears to differ in structure from that of finfish, are much firmer and are easily toughened by high temperature. In cooking most shellfish, high temperature and long cooking should be avoided.

## **MOLLUSCS:**

### **UNIVALVES:**

#### **ABALONE:**

1. Remove the abalone from the shell with a spoon and clean thoroughly.
2. Cover cleaned abalone with cold water and cook for approximately 20 minutes.
3. Remove from the water and mince.
4. Add a grated onion and cook again for 30 minutes in some of the liquid in which it has been cooked.
5. Flavour with nutmeg, salt and lemon juice. Add butter and stir. Cook for another 5 minutes.
6. Thicken with breadcrumbs.
7. Serve on rice.

### **OYSTERS:**

#### **RAW OYSTERS:**

Raw oysters on the half-shell are kept on crushed ice or on a block of ice. Allow 5–6 oysters per person; serve with slices of lemon and thin buttered slices of brown bread or crackers. Flavour with freshly ground black pepper; Tabasco or Worcester sauce is desired. Oysters have a very delicate flavour and very little seasoning should be added.

#### **BOILED OYSTERS:**

1. Cook cleaned oysters in their own juice over moderate heat until they swell and the edges begin to curl.
2. Add salt and pepper and a little butter, and serve on toast, or in timbales or pastry cases.

#### **GRILLED OYSTERS:**

1. Drain cleaned oysters in a colander. Catch the liquid and use it for oyster soup or sauce.
2. Sprinkle with salt and pepper.
3. Wrap each oyster in a rasher of bacon and fasten with a toothpick, or thread the wrapped oysters in sixes onto wooden skewers.
4. Grill until the bacon is crisp and brown all round.
5. Serve immediately with toast.

#### **FRIED OYSTERS:**

1. Sprinkle cleaned, drained oysters with salt and pepper.
2. Dip the oysters into a beaten egg, diluted with 12.5 ml milk and roll in dried breadcrumbs.
3. Brown all over in a little butter in a pan, or in deep fat at 190 °C. Drain on absorbent paper.
4. Serve with sauce tartare.