higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

XX February 2020

This marking guideline consists of 7 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	D		
	1.1.2	D		
	1.1.3	C		
	1.1.4	C		
	1.1.5	C		
	1.1.6	A		
	1.1.7	B		
	1.1.8	C		
	1.1.9	B		
	1.1.10	A		
			(10 × 1)	(10)
1.2	1.2.1	False		
	1.2.2	True		
	1.2.3	False		
	1.2.4	True		
	1.2.5	True		
	1.2.6	False		
	1.2.7	True		
	1.2.8	False		
	1.2.9	True		
	1.2.10	True		
			(10 × 1)	(10)
1.3	1.3.1	E		
	1.3.2	F		
	1.3.3	D		
	1.3.4	G		
	1.3.5	A		
			(5 × 1)	(5)
1.4	1.4.1	E		
	1.4.2	G		
	1.4.3	A		
	1.4.4	C		
	1.4.5	B		
			(5 × 1)	(5)
1.5	1.5.1	Portioning		
	1.5.2	Vinaigrette		
	1.5.3	Water		
	1.5.4	Bran flour		
	1.5.5	Naan bread		
	1.5.6	Resting		
	1.5.7	Blind baking		
	1.5.8	Icing sugar		
	1.5.9	Filling		
	1.5.10	Tongs		
			(10 × 1)	(10)
				[40]

TOTAL SECTION A: 40

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SECTION B

QUESTION 2

2.1 Sole (1)

2.2
- Frozen solid
- No signs of thawing
- No ice crystals present
- Well-sealed/Packaging not damaged
- No discolouration or freezer burn (5)

2.3
- Score the fish./Make 2–3 parallel cuts through the skin of the fish.
- Brush/Spoon/Baste a little oil/butter over the fish.
- Place the fish on the grill bars at an angle of 45° to create attractive seared lines on the fish.
- Baste the fish while grilling.
- Do not move the fish around too much as it may result in the fish breaking or falling apart.
- The fish is cooked if it becomes opaque and flakes. (6)

2.4 2.4.1
- Apply pressure✓ until the bleeding stops.✓
- Rinse the cut under cold water.✓
- Report to the supervisor/first aider.✓
- Disinfect the cut✓ and cover with a waterproof plaster.✓
- Wear a disposable/plastic glove/finger condom.✓
- Record the incident in the kitchen-accident register.✓ (8)

2.4.2
- Discard the fish immediately.
- Use fresh fish. (2)

2.5 Puree soup (1)

2.6
- Sauté the onions in the butter until soft and aromatic.✓
- Add the butternut and apple and stir fry over high heat for approximately 3 minutes.✓
- Add the flour, curry powder and nutmeg and stir.✓
- Add the chicken stock, milk and orange juice and rind.✓
- Simmer slowly for 15–20 minutes✓ until the vegetables are soft.✓
- Liquidise/Blend.✓
- Season to taste.✓ (8)

2.7
- Cream
- Parsley/Thyme/Coriander
- Croutons
- Deep-fried vegetables (Any 2 × 1) (2)

2.8 2.8.1 Add more stock/milk/cream/orange juice. (1)

2.8.2
- Blend it again/more.
- Strain it through a sieve.
- Use a whisk. (3)

2.8.3
- Inform the supervisor.
- Hold the burn under cold running water./Put ice on it.
- If it is bad, go to the hospital/doctor for medical attention.
- Record it in the accident register.
- Use a burn shield on the affected area. (5)

2.9 2.9.1
- The soup is served in a takeaway cup with a lid/plastic tub with a lid.
- Garnish is added to the soup before putting the lid on.

2.9.2
- The soup is plated in the kitchen.
- A waiter serves it to the guest at the table.

(2 × 2) (4)

2.10 2.10.1 White roux✓ and milk✓

2.10.2 Blond roux✓ and white stock✓

(2 × 2) (4)
[50]

QUESTION 3

3.1
- butter
- castor sugar
- eggs
- vanilla essence
- cake flour
- cornflour
- salt

(7 × 1) (7)

3.2
- Covered in an airtight container
- Sealed in a plastic bag
- Stored in the fridge (Any 2 × 1) (2)

3.3 The biscuits will burn. (1)

3.4
- Do not use the product.
- Clean it up immediately and discard.
- Remake the product. (3)

3.5 3.5.1
- Switch it off.
- Put up an out-of-order sign.
- Report it to the supervisor.
- Record it in the maintenance book. (4)

3.5.2
- Use a knife to loosen the sides of the cake.✓
- Hold a wet/damp cloth✓ at the bottom of the cake tin so that the steam loosens the cake.✓
- If it breaks, stick it together with jam✓ or icing.✓ (5)

3.6
- Glace icing
- Melted chocolate
- Dusting with icing sugar
- Glace fruit e.g. cherries
- Nuts (Any 3 × 1) (3)

[25]

QUESTION 4

4.1
- Butter
- Flour
- Water
- Eggs (4)

4.2 4.2.1
- All ingredients must be bound together well.
- It must have a glossy, smooth appearance.
- It must form a ball around a wooden spoon.
- It must hold its shape well when piped/spooned onto a baking sheet.

4.2.2
- Well-risen
- Crisp texture
- Evenly coloured
- Evenly cooked

(2 × 4) (8)

4.3
- Éclairs
- Profiteroles
- Cheese aigrettes
- Gougères (Any 2 × 1) (2)

4.4
- Leave it to cool for a few minutes✓ before carefully lifting it from the baking sheet with a pallet knife.✓
- Do not leave it on the baking sheet to cool off completely.✓
- Place it on a wire rack to allow air to circulate and keep the pastry dry.✓
- Immediately after removing choux pastry from the oven, make a small hole in the pastry to allow steam to escape✓ otherwise the pastry will become soggy.✓ (6)

[20]

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QUESTION 5

5.1 Unleavened white dough is made of flour, water and salt.✓ It does not contain a raising agent.✓ White dough with yeast is made with a strong white flour, water, yeast and sugar.✓ It is lighter in texture and fluffier than unleavened dough.✓ (2 + 2) (4)

5.2 Place it in a sealed✓ bowl/bucket/plastic bag✓ that has been oiled✓ and put it in the fridge.✓ (4)

5.3 5.3.1
- Strengthens the gluten
- Helps with the colouring of the crust
- Improves the keeping quality of the product
- Slows down the action of the yeast, so the recipe must be followed carefully
- Improves the taste and flavour of the baked product (Any 4 × 1) (4)

5.3.2
- Makes it soft and tender by absorbing some of the water and slowing down the formation of gluten strands
- Feeds the yeast, resulting in dough rising faster
- Aids in the browning of the crust through caramelisation (3)

5.4 5.4.1 Kneading (1)

5.4.2 Proving (1)

5.5
- Golden brown appearance
- Pleasant cooking aroma
- Well-risen loaf
- Hollow sound when tapping on the loaf
- Loaf shrunken away slightly from the tin (Any 3 × 1) (3)

[20]

QUESTION 6

6.1
- The food is at room temperature and bacteria can multiply rapidly.
- People may pick up food with their fingers and then put it back.
- Uncovered food can attract flies or customers can sneeze over food. (3)

6.2
- Limit the time food is on display to no more than 4 hours.
- Throw out food that has been displayed for more than 4 hours.
- Do not display food for a second time.
- Display small amounts of food at a time.
- Replenish dishes often.
- Keep foods in an enclosed refrigerated display cabinet.
- Supply tongs/forks for guests to use to pick up food. (7)

6.3
- Fresh/Toasted bread
- Melba toast
- Baguettes
- Blinis
- Pre-prepared puff and short pastry
- Rye or crisp bread
- Biscuits
- Vegetables (Any 7 × 1) (7)

6.4 6.4.1
- Discard it.
- Start again.

6.4.2
- Use gas if available.
- If gas is not available, adapt the recipe/menu to what is available.

(2 × 2) (4)

6.5
- Wastes less time
- Increases productivity
- Accidents less likely to happen
- Cross contamination less likely to happen if the workflow is correctly followed (4)

[25]

TOTAL SECTION B: 140
GRAND TOTAL: 180

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