higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

(11011013)

2 March 2018 (X-Paper)
09:00–12:00

This question paper consists of 13 pages.

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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. 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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Identify the type of cake in the picture:



A Feather cake
B Chiffon cake
C True sponge cake
D Short cake

1.1.2 Small cube-shaped cakes normally served at high teas.

A Petit four
B Cupcakes
C Oaties
D Lunch bar

1.1.3 The rubbing in method means that:

A Oil is being folded into the mixture
B Butter and sugar are beaten together until creamy
C Eggs and sugar are beaten together to incorporate air
D Fat is incorporated into flour

1.1.4 Glaze icing ingredients:

A Brown sugar and cinnamon
B Castor sugar and water
C Icing sugar and water
D Butter and sugar

1.1.5 A freshly baked cream cake should be stored:

A Covered in a fridge
B Wrapped with cling film at room temperature
C In a deep freeze bag and marked clearly
D Unwrapped in a cupboard

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1.1.6 What is the correct method to check if a cake is done?

A Insert a spoon
B The cake collapses in the middle
C Insert a toothpick or cake tester
D By putting slight pressure in the center of the cake the pressure point does not jump back

1.1.7 Which is NOT the correct way of preparing and shortening pans for a cake?

A Grease and line with wax paper
B Use ungreased pans
C Grease and flour
D Butter and line with parchment paper

1.1.8 A well-made shortened cake will have a/an…

A uneven top, with a shiny crust.
B rounded top, with a smooth crust.
C flat top, with a crumbly crust.
D concave top, with a pale brown crust.

1.1.9 Which ingredient causes an angel food cake to rise?

A Yeast
B Bicarbonate of soda
C Baking powder
D Beaten egg whites

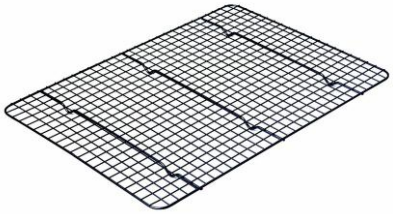
1.1.10 Mixing food to introduce air, to make it lighter and fluffier:

A Whisking
B Folding
C Creaming
D Melting

(10 × 1) (10)

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1.2 Choose a picture from COLUMN A that matches the description in COLUMN B. Write only the letter (A–H) next to the question number (1.2.1–1.2.5) on the ANSWER SHEET.

COLUMN A	COLUMN B
1.2.1 	A may be used as a filling, a topping or as the main ingredient
1.2.2 	B used in small quantity to improve the flavour of baked products
1.2.3 	C enriches the batter and adds flavour, colour and volume to cakes and biscuits
1.2.4 	D a utensil used to make mixtures, such as icing, into attractive shapes
1.2.5 	E can be used raw, roasted, whole or chopped
	F adds flavour, colour and richness to cakes and biscuits
	G a wire stand that allows air to flow all around a cake
	H can be moulded into many attractive decorations

(5 × 1) (5)

1.3 You have to prepare sponge cakes for a cake sale.

1.3.1 Name TWO raising agents that are used when preparing a sponge cake. (2)

1.3.2 Indicate THREE characteristics of a good sponge cake. (3)

1.3.3 Give TWO possible causes of a sponge cake that has collapsed in the centre. (2)

1.4 What could be the result when unhygienic equipment is being used to make the sponge cake? (2)

1.5



1.5.1 Explain how you will turn out the cake in picture above. (4)

1.5.2 What steps can you take if the cake sticks to the pan? (2)

1.6 Give recommendation on how to be more organised when baking cakes and biscuits. (7)

1.7 Even though you were organised the biscuits you baked burnt.

How can you avoid that from happening again? (3)

[40]

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QUESTION 2

2.1 Choose a description from COLUMN B that matches a word in COLUMN A. Write only the letter (A–G) next to the question number (2.1.1–2.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
2.1.1	Rollmops	A	removing viscera, scales, head and fins of a fish
2.1.2	Fumet	B	an example of a shell fish
2.1.3	Oyster	C	a flavoured fish stock that contains white wine
2.1.4	Dressing	D	small pieces of fish that are breaded or battered
2.1.5	Le Tronçon	E	herring that is deboned, rolled and pickled in vinegar
		F	a slice of flat fish cut on the bone
		G	fillets are cut lengthways or across

(5 × 1) (5)



Hake fillet

2.2 Explain the term *fillet.* (2)

2.3 Name a moist heat cooking method that could be used for hake fillets. (1)

2.4 Briefly discuss the effect of heat on hake fillets. (3)

2.5 Name TWO sauces that could be served with cooked hake fillets. (2)

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2.6 You bought frozen hake fillets.

2.6.1 Point out what quality indicators to look out for when buying frozen fish. (4)

2.6.2 How will you defrost the hake fillets before preparing? (2)

2.7 The chef de cuisine suggests that you rather buy fresh hake.

How will you know if the fish is stale? (3)

2.8 Which factors should be taken into consideration when deciding on portion sizes of the fish? (3)

[25]

QUESTION 3

3.1 Choose a dough product from COLUMN A that matches a baking temperature in COLUMN B. Write only the letter (A–G) next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	Muffins and bread rolls	A	190–200 °C
3.1.2	50% Rye bread	B	220 °C
3.1.3	Doughnuts	C	200 °C
3.1.4	Naan and pita bread	D	160 °C (termo fan)
3.1.5	Chelsea buns	E	120°C
		F	180 °C
		G	230 °C

(5 × 1) (5)

3.2 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (3.2.1–3.2.5) in the ANSWER BOOK.

3.2.1 Bread sticks are also known as grissini.

3.2.2 Matzos, Jewish, crisp, unleavened bread is unsalted.

3.2.3 Ciabatta is a traditional French bread.

3.2.4 The origin of Naan bread is ancient Egypt.

3.2.5 Koeksisters are traditional South African yeast dough that are plaited, deep-fried and then dipped in sugar syrup.

(5 × 1) (5)

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3.3 You have to prepare bread rolls for a function.

3.3.1 Can you half the amount of yeast required in the recipe to save on the costs? Motivate your answer. (2)

3.3.2 Suggest THREE ingredients that will improve the texture of the bread. (3)

3.3.3 Bread dough cannot be baked immediately.

Explain the proofing process of bread dough. (3)

3.4 Suggest reasons for the following techniques used in the preparation of the above dish.

3.4.1 Knocking down (2)

3.4.2 Scaling the dough (1)

3.4.3 Kneading (2)



3.5 The bread in the picture above has collapsed in the centre.

What could be the reason for this? (2)
[25]

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QUESTION 4

4.1 Explain the following terms:

4.1.1 Halaal

4.1.2 Haram

4.1.3 Kosher

(3 × 1) (3)

4.2 How can you reduce the risk of contamination of canapés when displaying them at a function? (5)

4.3 You are planning a cocktail function for your class.

Suggest the following:

4.3.1 THREE suitable bases for canapés

4.3.2 THREE suitable toppings for canapés

(2 × 3) (6)

4.4 Name FOUR components a salad consists of. (4)

4.5 Name TWO examples of compound salads. (2)

4.6 When cleaning work surfaces why would it be advisable to use a colour coded system for cloths? (1)

4.7 What procedure will you follow when someone is injured? (4)

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QUESTION 5

5.1 Give ONE word/term for each of the following descriptions by choosing a word/term from the list below. Write only the word/term next to the question number (5.1.1–5.1.10) in the ANSWER BOOK. Each word may only be used ONCE.

mirepoix; veloute; brown stock; sweating; bisque; consommé; bouquet garni; garden mix; hollandaise; blanching; remouillage; white stock; court bouillon; glace or demi-glace

5.1.1 Assorted fresh herbs tied with a string into a bundle and used to flavour stocks.

5.1.2 A stock 'reduction', taking on a jelly-like consistency as it cools.

5.1.3 A clear, pale liquid made by simmering poultry or fish bones.

5.1.4 Made from bones that have already been cooked in another food preparation, resulting in a weak-flavour.

5.1.5 Made from simmering aromatic vegetables and herbs.

5.1.6 An amber-coloured liquid made by browning and then simmering poultry, beef, veal or game bones.

5.1.7 A flavourful stock of broth than has been clarified.

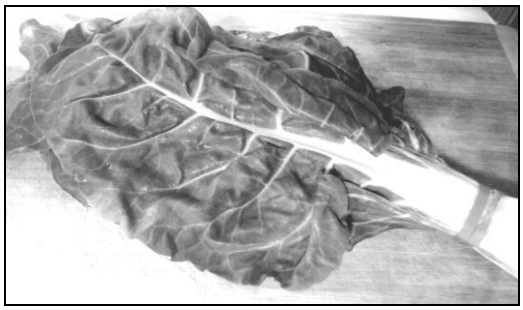
5.1.8 A combination of diced carrots, onions and celery sautéed in butter.

5.1.9 The process of eliminating the impurities found in bones that can cause cloudiness in a stock is called.

5.1.10 A rich creamy soup typically made with shellfish, especially lobster.

(10 × 1) (10)

5.2



5.2.1 What type of cream soup can be prepared from the vegetable in the picture above? (1)

5.2.2 Describe the procedures for preparing a cream soup. (5)

5.2.3 What is the difference between a *cream soup* and a *purée soup*? (2)

5.3 You have been asked to prepare a gazpacho.

5.3.1 Identify the FOUR main ingredients in gazpacho. (4)

5.3.2 At what temperature will this soup be served? (1)

5.3.3 Recommend TWO accompaniments that can be served with this soup. (2)

5.3.4 Where did this soup originate? (1)

5.4 How will you respond to the following unexpected situations?

5.4.1 Insufficient or inferior products (5)

5.4.2 Weevils in the thickening agent (4)

5.5 Recommend how to store stock and soup not for immediate use. (5)
[40]

QUESTION 6

6.1 Choose the correct word(s) from those given in brackets. Write only the word(s) next to the question number (6.1.1–6.1.5) in the ANSWER BOOK.

6.1.1 The (water/egg) in choux pastry is responsible for the production of steam during baking.

6.1.2 (Churros/Éclairs) are deep-fried choux pastry, dusted with confectioner's sugar and served as a dessert.

6.1.3 A small oval or boat-shaped case made from short crust pastry is a (tartlet/barquette).

6.1.4 When lining tartlet cases the pastry must be rolled out (3–4 mm/ 3–5 cm) thick.

6.1.5 When a pastry case is baked empty it is called (bean baking/blind baking).

(5 × 1) (5)

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6.2 Compare puff pastry and short crust pastry. Tabulate your answer as follow:

	PUFF PASTRY	SHORT CRUST PASTRY
Proportion of flour and shortening	(1)	(1)
Texture	(1)	(1)
Rolling and resting	(1)	(1)
TWO uses of each pastry	(2)	(2)

(10)

6.3 Name THREE characteristics of a successful choux-pastry product. (3)

6.4 You have to bake 500 choux puffs for a Croquembouche (traditional French wedding cake), therefore it has to be prepared and stored in advance.

Discuss TWO methods that should be used when storing choux puffs. (2)

6.5 Point out why choux puffs are baked at TWO different temperatures. (2)

6.6 The pastry chef over-handled and stretched the dough during the preparation.

Explain the effect that it will have on the final product. (2)

6.7 What is the most common type of flour used in pastry? (1)

[25]

TOTAL: 180

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