higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 4

(11011014)

12 November 2018 (Y-Paper)
13:00–16:00

This question paper consists of 12 pages.

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TIME: 3 HOURS
MARKS: 200

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 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.1.1–1.1.5) in the ANSWER BOOK.

1.1.1 A basic meringue is baked at a high temperature for a short period of time.

1.1.2 A fruit tartlet is made with short-crust pastry.

1.1.3 Water-based frozen desserts that are infused with various flavours and cleanse the palate are known as sorbets.

1.1.4 Gelatine is used to set a crème caramel.

1.1.5 Trifle is an example of a hot dessert.

(5 × 1) (5)

1.2 Choose a description from COLUMN B that matches a cooking method for desserts in COLUMN A. Write only the letter (A–F) next to the question number (1.2.1-1.2.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.2.1	Boiling	A	dry heat is applied to a food item
1.2.2	Poaching	B	placing a covered pudding basin filled with a pudding mixture above boiling water
1.2.3	Stewing	C	the temperature of the liquid is between 87°C - 93°C
1.2.4	Baking	D	cooking containers of mixtures are placed in a larger baking tray, half-filled with water
1.2.5	Steaming	E	foods are gently simmered in enough liquid to cover the ingredients
		F	the temperature of liquid is brought to and maintained at 100 °C for cooking

(5 × 1) (5)

1.3 Identify dessert A and dessert B in the picture below. (2)



Dessert A



Dessert B

1.4 Compare the above desserts according to classification, cooking method and description. Tabulate your answer in the ANSWER BOOK as follows:

	DESSERT A	**DESSERT B**
Classification	(1)	(1)
Cooking method	(1)	(1)
Description	(1)	(1)

(6)

1.5 Suggest TWO accompaniments for dessert A. (2)

1.6 You plan to keep dessert A hot until service.

How will you do this? (2)

1.7 How will you respond to the following unexpected situations:

1.7.1 The dessert is curdling. (3)

1.7.2 The cream you whipped for the chocolate mousse separated. (3)

1.7.3 You burn yourself with steam. (2)

[30]

QUESTION 2

2.1 Choose a traditional garnish from COLUMN B that matches a menu item 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	Roast beef	A	cranberry sauce
2.1.2	Roast leg of lamb	B	apple sauce
2.1.3	Roast Turkey	C	barbeque sauce
2.1.4	Pork spare ribs	D	dumplings and gravy
2.1.5	Roast pork	E	redcurrant jelly
		F	Cumberland sauce
		G	mint sauce

(5 × 1) (5)

2.2 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (2.2.1–2.2.5) in the ANSWER BOOK.

2.2.1 Refrigerated food must be stored between (7 and 10 °C/1 and 4 C).

2.2.2 Containers must be (labelled/left open) prior to freezing.

2.2.3 Meat (can/cannot) be refrozen once it has been thawed.

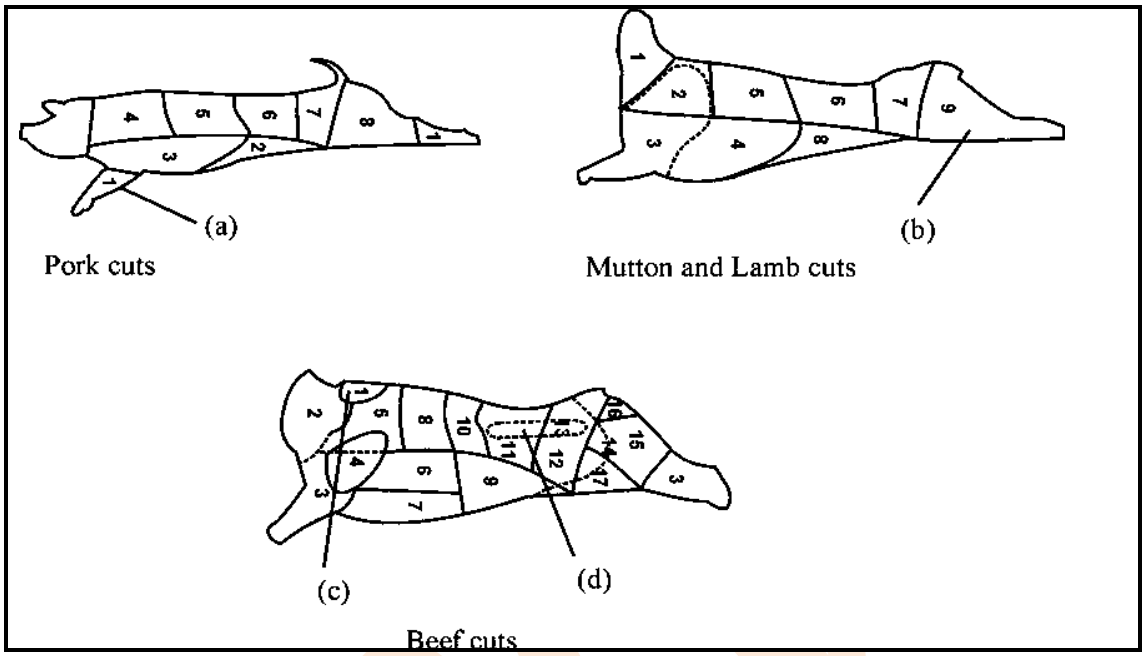
2.2.4 Serve hot food at a temperature of (48 °C/63 °C and above).

2.2.5 Keep foods that are to be served cold at a temperature of (4 °C/8 °C).

(5 × 1) (5)

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2.3 Study the picture below and answer the questions.



[Hotel-Keeping and Catering for Today]

2.3 Redraw the table below in the ANSWER BOOK and complete it by answering QUESTIONS 2.3.4–2.3.3.

Meat cuts (a–d) 2.3.1	Suitable dish 2.3.2	Cooking method 2.3.3
(1)	(1)	(1)
(1)	(1)	(1)
(1)	(1)	(1)
(1)	(1)	(1)

2.3.1 Identify the meat cuts labelled (a–d) (4)

2.3.2 Suggest a suitable dish that can be prepared from these cuts. (4)

2.3.3 Identify the cooking method used in the preparation of the dishes mentioned in QUESTION 2.3.2 (4)

2.4 Explain the term *sweetbreads*. (2)

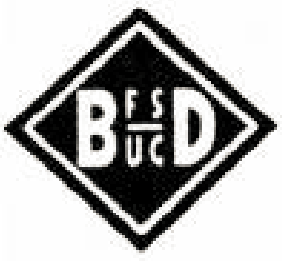
2.5 You discover that the offal you received from the butchery is not cleaned properly.

What will you do in this situation? (2)

2.6 Identify the symbols (A and B) below which may appear on meat products. (2)



A



B

2.7 Redraw the table below in the ANSWER BOOK and complete it by explaining how dietary requirements represented by A and B have to be accommodated in a food preparation area.

	A	**B**
Accommodations that have to be made	(4)	(4)

(8)

2.8 Recommend guidelines for choosing quality pork. (6)

2.9 What is the difference between hot-water and boiling-water sanitation methods? (2 × 2) (4)

2.10 The meat delivered contains a large amount of fat and bone.

How will you deal with this situation? (4)

[50]

QUESTION 3

3.1 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 (3.1.1–3.1.10) in the ANSWER BOOK.

3.1.1 Most of the flavour and body of a beef stock is derived from the …

A water.
B bones.
C mirepoix.
D seasoning.

3.1.2 A combination of onions, carrots and celery.

A Remouillage
B Collagen
C Emulsion
D Mirepoix

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3.1.3 An assortment of fresh herbs and other aromatic ingredients tied in a bundle with string.

A Bouquet garni
B Croquette
C Sachet
D Leeks

3.1.4 Vegetables for sauces are cooked in a covered pan in a small amount of fat until they soften and release moisture:

A Shallow frying
B Deep frying
C Sweating
D Boiling

3.1.5 Cold sauces must be kept below:

A -10 °C
B 5 °C
C 10 °C
D 65 °C

3.1.6 Aluminium spoons will change the … of your sauce.

A consistency
B colour
C taste
D nutritional value

3.1.7 A béchamel sauce with added cheese and egg yolk is called a/an:

A Nantua
B Aurore
C Albert
D Mornay

3.1.8 A variation of a brown sauce called chasseur:

A Added shallots, mushrooms and white wine
B Added tomato concasse
C Reduced Madeira added
D Chopped shallots, white wine and meat glaze are added

3.1.9 Vinaigrette can be stored at room temperature for … days.

A 2
B 3
C 7
D 14

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3.1.10 A cold, chunky mixture of fresh herbs, spices, fruits and vegetables that is used as a sauce for meat, poultry, fish or shellfish.

A Salsa
B Coulis
C Hummus
D Tahini

(10 × 1) (10)

3.2 Redraw the table below in the ANSWER BOOK and complete it by listing the FIVE basic sauces and the liquid used to make each.

BASIC SAUCE	LIQUID USED
(5)	(5)

(10)

3.3 Aspic can be in various shades.

Explain what the function of light- and gold-coloured aspic is. (2)

3.4 Why would you rather use arrowroot to thicken jus lié than cornstarch? (1)

3.5 Beurre manié is another thickening agent.

Explain to a junior chef how it will be used to thicken a thin sauce. (4)

3.6 Stock that has been refrigerated for three days will not be used for another day or two.

Would the stock still be safe to use? (2)

3.7 Draft a step-by-step method for preparing mayonnaise successfully. (6)

3.8 How will you respond to the electricity going out unexpectedly? (5)

[40]

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QUESTION 4

4.1 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 (4.1.1–4.1.5) in the ANSWER BOOK. Each word/term may only be used ONCE.

credit note; requisition; rejected goods; product specification; delivery note

4.1.1 Any delivered items that do not correspond with the order.

4.1.2 These documents should describe exactly what is required and should be referred to every time the item is delivered.

4.1.3 The document that is used when stock is needed from the storeroom.

4.1.4 A document that accompanies a goods shipment and lists details about the goods delivered.

4.1.5 A receipt given by a company to a client who has returned goods.

(5 × 1) (5)

4.2 It is important to secure the storage areas in a restaurant.

Make suggestions on how to do this. (6)

4.3 Name TWO types of equipment that can be used to lift heavy goods delivered. (2)

4.4 Recommend points to consider when moving heavy objects. (8)

4.5 How will you handle the following unexpected situations:

4.5.1 Delivery of ordered food items does not arrive (3)

4.5.2 Slipping on a wet floor in a walk-in fridge (6)

[30]

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QUESTION 5

5.1 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (5.1.1–5.1.5) in the ANSWER BOOK.

5.1.1 Marinades have three categories of flavourings: oil, acid and (flavouring agents/thickening agents).

5.1.2 A turned potato has (four/seven) sides.

5.1.3 When vegetables are stir-fried, the texture must be (crisp/soft).

5.1.4 Asparagus are best served with (lemon/nutmeg) and brown butter.

5.1.5 AP weight is also known as (edible portion weight/purchase weight). (5)

5.2 State what quality signs you will look for when purchasing fresh green beans. (4)

5.3 List the SIX factors that are responsible for most of the nutrient loss in vegetables. (6)

5.4 How will you protect the vitamin content during all stages of vegetable preparation? (8)

5.5 Why would it be advisable to blanch or precook vegetables prior to service? (4)

5.6 You prepared a roasted red-pepper terrine and an avocado mousse. You must explain the difference between the two to a trainee chef.

Redraw the table below in the ANSWER BOOK and complete it by filling in the differences between roasted red-pepper terrine and avocado mousse.

	Roasted red-pepper terrine	**Avocado mousse**
Cooking method	(1)	(1)
Shape of the mould	(1)	(1)
Serving	(1)	(1)

(6)

5.7 When assessing the quality of cooked vegetables, what will you look for with regard to the appearance on the plate and the sauces served with vegetables? (6)

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5.8 How will you safely store the following foods upon delivery?

5.8.1 Frozen vegetables (4)

5.8.2 Root vegetables (2)

5.9 Stuffed vegetable can be a delicious addition to a meal.

5.9.1 Suggest guidelines for stuffing vegetables. (2)

5.9.2 Name THREE types of vegetables that are suitable to be stuffed. (3)

[50]

TOTAL: 200

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