higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 4

13 NOVEMBER 2019

This marking guideline consists of 8 pages.

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QUESTION 1

1.1 1.1.1
- Immerse equipment in boiling water for 30 seconds.
- Fill large equipment with hot water and bring to the boil after they have been cleaned.

1.1.2
- Follow the manufacturer's instruction when using chemical sanitising agents.
- Rinse equipment after using chemicals to remove all chemical residues that might lead to food contamination.

(2 × 2) (4)

1.2

MODERN STUFFING	TRADITIONAL STUFFING
1.2.1 Sage and onion✓ Chestnut✓	1.2.2 Apricot and pine nuts✓ Bacon and mushroom✓ Prune and walnut✓

(5)

1.3 Forcemeat (1)

1.4
- Ensure that all utensils and equipment are clean.
- Maintain a high standard of personal hygiene.
- Preparation areas should always be kept clean. (3)

1.5 To ensure the core temperature for thoroughly cooking a whole bird is achieved✓ to reduce the risk of food poisoning.✓ (2)

1.6 1.6.1
- To make carving easier
- To allow the meat to relax
- To allow the juices in the meat to be distributed (3)

1.6.2
- Less shrinkage
- Increased flavour, juiciness and tenderness
- More even doneness throughout the cut of meat
- Easier carving (Any 2 × 1) (2)

1.6.3
- By time/weight ratio
- Test with a meat thermometer (2)

1.7
- Cranberry sauce
- Gravy
- Vegetables
- Corn on the cob (Any 3 × 1) (3)

1.8 1.8.1 To allow some space for the filling as it may expand and burst during cooking. (1)

1.8.2
- To keep the bird in good shape
- To retain the juices
- To make it easy to carve
- To allow the bird to cook more evenly
- To prevent the stuffing from falling out when cooking

(Any 4 × 1) (4)

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1.8.3
- To improve the flavour
- To prevent the bird from drying out
- To glaze which enhances the appearance (Any 2 × 1) (2)

1.9
- Hand truss with a string
- Needle trussing
- Truss without string (3)

1.10
1.10.1 False
1.10.2 False
1.10.3 True
1.10.4 False
1.10.5 True
(5 × 1) (5)
[40]

QUESTION 2

2.1
2.1.1 Roots
2.1.2 Seeds and pods
2.1.3 Stems/Flower
2.1.4 Fungi
2.1.5 Vegetable fruits
(5 × 1) (5)

2.2 2.2.1
- The stalk should be firm and strong.
- It should be dark green.
- No wilting leaves.
- It should be free from brown spots.
- It should be free from bad smell.

2.2.2
- No sprouting.
- No moulds or black fungus.
- It should be clean, hard and well-shaped.
- No powdery patches.
- It should be firm.

(2 x 5) (10)

2.3
- Frozen vegetables
- Canned/bottled/tinned vegetables
- Dried/Dehydrated vegetables
- Pickled (3)

2.4
2.4.1 To avoid losing nutrients. (1)
2.4.2 To cook evenly. (1)
2.4.3 To prevent browning. (1)
2.4.4
- To maintain a high standard of personal hygiene.
- Dirty hands may lead to cross-contamination. (2)

2.4.5 Boxes can provide a hiding place for pests. (1)

2.5
- It must be uniform and arranged attractively without looking over-handled.✓
- Not be broken up or swimming in cooking liquid.✓
- Imaginative and interesting garnishes should always be used.✓
- When vegetables that require different cooking times are combined, they should be cooked separately✓ to ensure that each type is prepared to its own specific quality standard before they are combined.✓
- Acidic vegetables may discolour green vegetables;✓ therefore they should be added just before serving or should not even be combined with certain vegetables.✓ (7)

2.6
- Blanch the spinach✓ to kill the enzymes that accelerate deterioration.✓
- Plunge into ice water to stop the cooking process✓Dry with paper towel✓
- Wrap them tightly in portions to force out air from the packaging✓ to ensure ice crystals do not form on the spinach.✓
- Spread out the spinach leaves to be frozen so that they do not touch each other✓to allow them to freeze more quickly✓ and to prevent them from sticking to one another.✓
- Label ✓and date the packaged spinach✓ so that it is easy to apply FIFO in you stock rotation. ✓
- Store frozen spinach at –18 °C.✓

(Any 9 × 1) (9)
[40]

QUESTION 3

3.1
- Basic ingredients used
- Cooking methods used
- Balance of texture, flavour and colour
- Range of rich and plain varieties
- Garnishing and decorations
- Types of serving vessels/bowls/serving plates used.
- Whether ingredients, especially fruit, are in season
- Host or client's preferences
- Health conditions of guests, for example diabetics – no sugar
- The time of year, for example winter or summer
- It must complement the starter and main course
- Religious considerations, for example, if Muslims are present, no alcohol
- Skill and experience of staff working in kitchen (Any 5 × 1) (5)

3.2

HOT DESSERTS	COLD DESSERTS
• Banana fritters • Crêpes • Bread-and-butter pudding • Sponge-based puddings • Soufflé	• Chocolate mousse • Bavarian cream • Fruit compote • Panna cotta • Crème Caramel

(5 × 2) (10)

3.3 3.3.1

- All equipment that comes into contact with food should be taken apart and cleaned after use.
- Sterilise equipment after washing to destroy bacteria.
- Rinse equipment after sanitising to remove all chemical residues that may contaminate equipment or food.
- Ensure that you clean equipment before you start working to remove dust or traces of food from previous usage.
- Ensure that chopping boards are clean and sanitised.
- Use separate chopping boards for making desserts.
- Establish a cleaning routine for larger equipment to ensure that they are regularly and properly cleaned.
- Avoid using steel wool when cleaning pots and pans, as rust and wire particles can be left and later contaminate food cooked in them.
- Never use chipped or cracked bowls for making desserts.

(Any 5 × 1)

3.3.2

- Wash your hands regularly before and after handling food.
- Always keep your nails short.
- Wear suitable protective clothing.
- Take a bath before you go to work.
- Keep your uniform clean. (2 × 5) (10)

3.4

- Too high temperatures will burn the dessert or only cook the outside.
- Too low temperatures will mean longer cooking time, which will dry out the dessert.
- Too short cooking time will result in undercooked products with unacceptable taste and may cause food poisoning.
- Desserts that are cooked incorrectly may need to be thrown away. It may be very costly to replace the product.
- If desserts are cooked at the wrong temperature, they may become inedible.
- Desserts that are cooked at the wrong temperatures may result in customer complaints, as they will not meet organisational standards/requirements.
- Desserts that are kept above 65 °C for too long periods will destroy the quality of the dessert, which will lead to customer dissatisfaction.

(Any 6 × 1) (6)

3.5 3.5.1

- Store in airtight container in a dry, cool place before service.
- They can be kept for a few weeks if they are stored correctly in airtight containers.
- Never freeze moist meringues.

3.5.2

- Cook crêpe mixture and serve immediately.
- Cooked crêpes can be refrigerated for up to a week.
- For freezing purposes, interleave cooked crêpes with plastic wrap so that they are easier to handle when defrosted.

(2 × 3) (6)

3.6 3.6.1 Baking
3.6.2 Baking
3.6.3 Poaching

(3 × 1) (3)
[40]

QUESTION 4

4.1 4.1.1 B
4.1.2 D
4.1.3 A
4.1.4 C
4.1.5 A
4.1.6 B
4.1.7 D
4.1.8 A
4.1.9 C
4.1.10 D

(10 × 1) (10)

4.2 4.2.1
- Dilute with a little milk, water or stock.
- Bring to the boil, stirring or whisking continuously, then remove from the heat.

4.2.2
- Discard the sauce and make another one.

(2 × 2) (4)

4.3 4.3.1
- Incorrect quantities of ingredients used.
- The sauce has been reduced too far. (2)

4.3.2 The sauce was cooked too long on high temperature without any attendance. (1)

4.4 4.4.1 It should be light in texture. (1)

4.4.2 It should be typical of the type of the sauce. (1)

4.4.3
- It should be smooth with no lumps.
- Not too thick or pasty, but thick enough to lightly coat the food. (2)

4.5
- Serve separately in a sauce-boat.
- Place the sauce on the plate and the food placed on top.
- Pour the sauce over the food.
- When poured over the food, it can be placed under the salamander to brown it. (4)

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4.6
- It can be used as a binding agent.
- It can be used as coating.
- It can be used as a garnish. (3)

4.7
- Hollandaise sauce
- Béarnaise sauce
- Mayonnaise

(Any 2 x 1) (2)

4.8 4.8.1
- Should have pleasant smell.
- Should be slightly moist but not sticky.
- Should be free from visible tubes.
- Should have an attractive dark reddish-brown colour.
- Should be smooth in texture. (Any 4 × 1)

4.8.2
- Should smell fresh.
- A deep red colour for sheep and ox kidneys.
- Smooth and shiny flesh but not sticky.
- Sheep's kidney should be darker in colour. It has a stronger flavour than lamb's kidney.
- Lamb kidneys should be light in colour. (Any 4 × 1)

(2 × 4) (8)

4.9
- To keep the meat moist.
- To improve the flavour of the meat. (2)

[40]

QUESTION 5

5.1
5.1.1 The last date which is still safe for the customer to use a product
5.1.2 A person who receives and issues out stock
5.1.3 Bills sent to clients, setting out cost of goods supplied
5.1.4 Documents that must be filled out when items are required from the store
5.1.5 Advices to clients, setting out allowances made for goods returned

(5 × 1) (5)

5.2
5.2.1 Best before date
5.2.2 Expiry date
5.2.3 Dry storage/ambient storage/room temperature storage
5.2.4 Order form/order sheet
5.2.5 Trolleys

(5 × 1) (5)

5.3
5.3.1 C
5.3.2 D
5.3.3 J
5.4.4 B
5.3.5 G
5.3.6 I

(6 × 1) (6)

5.4 5.4.1 Mousse/ Pâté
5.4.2 Terrine
5.4.3 Soufflé
5.4.4 Timbale

(4 × 1) (4)

5.5 Store in a sack or bag
Large plastic bin with tight fitting lid (Any × 1) (1)

5.6
- Store in bins or racks.
- Remove them from delivery sack or bag to make them visible.
- Open any coloured netting which can disguise the true appearance of carrots.
- Keep them well ventilated. (Any 3 × 1) (3)

5.7
- Sort stock in related groups.
- Arrange items according to their categories.
- Arrange food in each category in alphabetical order. (3)

5.8
- Transfer the content into sealed containers.
- Remove any spillages from the floor.
- Do not put spillages back into sealed containers. (3)

5.9 5.9.1 Minus
5.9.2 Refrigeration
5.9.3 One
5.9.4 Berries
5.9.5 1–5 °C
5.9.6 Hard-boiled eggs
5.9.7 Stale
5.9.8 Dark
5.9.9 Unshelled
5.9.10 Bananas

(10 × 1) (10)
[40]

TOTAL: 200

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