higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

NOVEMBER EXAMINATION

INTRODUCTORY CATERING THEORY AND PRACTICAL N4

22 NOVEMBER 2016

This marking guideline consists of 9 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	A
	1.1.2	B
	1.1.3	A
	1.1.4	B
	1.1.5	A
	1.1.6	B
	1.1.7	A
	1.1.8	C
	1.1.9	D
	1.1.10	A
	1.1.11	B
	1.1.12	D
	1.1.13	B
	1.1.14	B
	1.1.15	B

(15 × 1) **[15]**

QUESTION 2

2.1	1.2.1	True
	1.2.2	True
	1.2.3	False
	1.2.4	False
	1.2.5	False
	1.2.6	True
	1.2.7	False
	1.2.8	True
	1.2.9	True
	1.2.10	False

(10 × 1) (10)

2.2	2.2.1	Gelatinisation
	2.2.2	Caramelisation
	2.2.3	Stock control
	2.2.4	Storage life
	2.2.5	Course
	2.2.6	Chain store
	2.2.7	Carvery
	2.2.8	Classical menu
	2.2.9	Iron
	2.2.10	Vitamin C

(10 × 1) (10)
[20]

QUESTION 3

3.1 3.1.1 E
3.1.2 A
3.1.3 D
3.1.4 C
3.1.5 B

(5 × 1) (5)

3.2 3.2.1 Carving – to cut meat into slices for eating.

3.2.2 Dicing – to cut food into cubes 3 mm for small portions.

3.2.3 Chilling – to reduce the temperature of an ingredient between 1 °C – 4 °C by placing it in the refrigerator.

3.2.4 Flake – to divide food into small course pieces using 2 forks.

3.2.5 Basting – to spoon hot liquid or fat over food, especially meat.

3.2.6 Sauté – to toss food in small amount of fat over low heat until soft and lightly browned.

3.2.7 Tossing – to turn vigorously so that food is completely coated.

3.2.8 Macédoine – a mixture of fruit and vegetables cut into 5 mm dices.

3.2.9 Julienne – vegetables cut into fine strips.

3.2.10 Sealing – to brown the surface of meat quickly over high heat.

(10 × 1) (10)
[15]

TOTAL SECTION A: 50

SECTION B

QUESTION 4

4.1 To prevent cross-contamination.
To prevent blood from the raw meat dripping onto cooked meat.
To uphold hygiene standards. (3)

4.2
- To prevent the food from deteriorating.
- To prevent colour changes.
- To minimise waste.
- To prevent quality loss. (Any 3 × 1) (3)

4.3
- The type of food
- The condition of the product prior to storage
- Processing method
- Cooking methods
- Packaging materials and effectiveness of packaging
- Storage temperatures
- Methods of storage (Any 5 x 1) (5)

4.4
- Inspect items immediately upon delivery for quality and quantity ordered.
- Anticipate the arrival of the delivery and be prepared for delivery.
- Check that adequate storage space is available.
- Keep purchasing orders and specifications ready to check the delivery.
- Check the temperature of refrigerated items on arrival.
- Check frozen items for thawing or frostiness.
- Check dry items and packaging.
- Check the order against the purchase order and delivery note.

(Any 4 × 1) (4)

4.5
1. Bolo
2. Shin
3. Hump
4. Neck
5. Prime rib
6. Chuck
7. Flat rib
8. Brisket (8 x 1) (8)

4.6
- Prepare beef before cooking by basting the beef.
- During grilling, the food is basted which prevent food from sticking.
- The grill must be preheated and made very hot.
- By exposing the beef to high heat the meat juices will be sealed in.
- If beef is grilled at temperatures that are too low, the food dries out and becomes tough.
- It can then be placed further away to allow for longer cooking.

(Any 5 × 1) (5)

4.7 Never leave the deep-fat frying pan unattended when cooking.
Do not heat the fat beyond the required temperature.
Keep the pan handle turned towards the side of the cooker to prevent it being knocked over.
If the fat starts to smoke, turn the heat off immediately as this means it is near its flash point. (4)

4.8

ALA CARTE MENU	TABLE D'HÔTE MENU
• Wide choice to customers • Dishes are cooked to order • Suitable for large functions	• Set menu with a set price • Little variety or choice of dishes • Menu must not have two dishes of shell fish on the same menu

(2 × 3) (6)

4.9 Menu must include:

Word *Menu* at the top
Word *Lunch*
Protein food
Starch food
Milk and dairy food
Fat and oil food
Fruit and vegetable food
Space between each course
Correct layout
Date
Food must be suitable for an adult. (12)
[50]

QUESTION 5

5.1 To achieve the correct portion size.
To get correct taste.
To achieve a correct end product. (3)

5.2
- Guarantees correct consistency and texture.
- Repetition of the recipe with the same results.
- To obtain a successful product every time. (Any 2 × 1) (2)

5.3
- Choose equipment that fulfils the needs and meets the budget.
- Make sure it's of sturdy quality construction.
- Articles used for hot food must be heat resistant.
- It must withstand long and constant use.
- Keep storage space in mind when choosing a specific article.
- Avoid complicated articles that are hard to assemble.
- Choose well-designed items that are easy to operate.
- Handles should be sturdy and comfortable. (Any 5 × 1) (5)

5.4
5.4.1 Used to slice, grate and chop food items extremely quickly.

5.4.2 Used to remove the core from fruits such as apples and pears.

5.4.3 Used for manual slicing. Slicing is done by running food down the flat platform.

5.4.4 Used to remove thin strips of citrus peel.

5.4.5 Used to turn food during the cooking process or for spreading.
(5 × 2) (10)

5.5
- Iodine
- Calcium
- Sodium
- Phosphorus
- Potassium
- Iron
- Fluoride (Any 5 × 1) (5)

5.6
- Use soft fat.
- Compress the fat carefully in the measuring cup.
- Use the correct size measuring cup.
- Never melt fat to measure it, because it is then denser than solid fat.
- The measuring cup can be rinsed with water to make margarine easier to come out of the cup again.
- Oil is usually measured in ml or liters. (Any 5 x 1) (5)

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5.7 All liquids as well as melted shortening, oil and syrups are measured in a measuring jug placed on a level surface.
Fill the measuring jug to the desired level, then bend or stoop to read the measure at eye level.
The bottom of the meniscus (curved surface of the liquid) should be level with the desired measure on the jug.
If you do not bend and hold your eyes at eye level you are likely to misjudge the volume by looking at it from an angle.
If syrup or honey is measured, the measuring jug must be heated with boiling water to prevent it from sticking. (5)

5.8
- Format
- Ingredients: type, form and grade
- Equipment and utensils
- Work procedure and handling techniques
- Temperature and times
- Total yield in weight, volume, or number of portions, portion size in weight and volume
- Portioning and serving procedure (instructions) (Any 5 x 1) (5)

5.9 5.9.1 Moulds -- cleaned by using warm soapy water to prevent cross-contamination.

5.9.2 Food processor -- remove the attachments and wash them in warm soapy water, wiping down the electric component.

5.9.3 Rolling pin -- clean the pin and remove all flour particles. Wooden pins should be in contact with water for as little time as possible.

5.9.4 Spider -- wash in hot soapy water to prevent oil build-up.

5.9.5 Liquidiser -- wash the jug component to prevent food particle build-up by the blade at the bottom.

(5 × 2) (10)
[50]

QUESTION 6

6.1
- Flour tends to get compact; it is therefore ideal to sift it before measuring.
- A measured unsifted cup of flour weighs more than a cup of sifted flour.
- When measuring flour, it is important not to tap the cup while filling or leveling off.
- Tapping will pack the flour and cause more to be used than required.
- An alternative method is to sieve the flour directly into the cup until the cup overflows.
- If the flour is coarse, you need only to stir it in the container and spoon it into the cup for measurement.

(6 x 1) (6)

6.2 Glaze is to coat baked products with different mixtures to obtain a sheen and improve colour. This could be achieved by:
Colouring a dish under the salamander.
Finishing off tarts or flans with apricot jam.
Shining certain vegetables with butter. (4)

6.3
- Should be in the order of use.
- Amount of ingredients should be listed and metricated as g or ml.
- The kind of product required should be clearly stated.
- Substitutes for ingredients may be given.
- Some ingredients require early preparation, e.g. warm milk. (5 x 1) (5)

6.4 6.4.1 Nutrients like vitamins can be destroyed or leached out, thus cooked away. Anytime you boil vegetables, some nutrients naturally dissolve into the cooking water or into the air via steam. Nutrients are also lost if food is immersed in water for a long period of time, and by addition of acids to food.

(6)

6.4.2 By not boiling delicate food, like fruits.
Not soaking food in water for a long period of time.
Not adding any acid during the preparation of food.
By blanching food.
Steaming food. (5)

6.5
- Liquid: milk, water, juice, oil
- Dry ingredients: flour, sugar, castor suga (4)

6.6 6.6.1 Boiling water has large, vigorous bubbles, which can damage delicate food. Boiling is used to cook tough foods.

6.6.2 Stewing is similar to simmering in that the liquid is heated until it forms gentle yet quick-moving bubbles. Ideal for softening tough cuts of meat.

6.6.3 Steaming involves the transfer of heat through vaporised water or other liquids. It is a gentle and moist heat-cooking method.

6.6.4 Poaching is a moist method of cooking where prepared food is cooked in liquid below boiling temperature.

(4 × 2) (8)

6.7 6.7.1 High-end combi ovens have a self-cleaning feature that is activated with the press of a button. Combi-oven cleaning tablets are available from the manufacturer.

6.7.2 Before cleaning, oil needs to cool down totally, strained from the deep fryer. The correct cleaning should be used with hot water.

6.7.3 Use hot water and cleaning chemical. Be careful when removing trays from the salamander, always use thick cloths.

6.7.4 Allow the oven to cool down sufficiently to avoid burns before cleaning. Use chemicals prescribed by the manufacturer.

(4 × 3) (12)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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