higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

INTRODUCTORY CATERING THEORY AND PRACTICAL N4

18 JUNE 2018

This marking guideline consists of 9 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	Infusing		
	1.1.2	Table d'hôte		
	1.1.3	Glacé		
	1.1.4	an English		
	1.1.5	carvery		
	1.1.6	deep fryer		
	1.1.7	bin card		
	1.1.8	Coagulation		
	1.1.9	Blanching		
	1.1.10	scalding		
			(10 × 1)	(10)
1.2	1.2.1	Measuring spoon/Measuring cups		(2)
	1.2.2	Measuring jug		(1)
	1.2.3	Scale/Measuring cups		(2)
	1.2.4	Ladle		(1)
	1.2.5	Scale		(1)
1.3	1.3.1	C		
	1.3.2	B		
	1.3.3	A		
			(3 × 1)	(3)

1.4 1.4.1 Used to roll out pastry to required thickness and shape.

1.4.2 When food is placed in a hot griddle pan, its raised sections make griddle lines.

1.4.3 Provides a flat cooling point for baked items.

1.4.4 Associated with oriental cooking, such as stir-fry.

1.4.5 Used to turn food during the cooking process or for spreading.

1.4.6 Cuts fins from fish and other kitchen uses.

1.4.7 Slicing is done by running food down the platform.

1.4.8 Used to blend food into liquid.

1.4.9 Flattens out meat, making it more even and tender.

1.4.10 Moulds are used to give food shape, such as mousses and other gelatine dishes. (10)

[30]

QUESTION 2

2.1	2.1.1	True	(1)
	2.1.2	True	(1)
	2.1.3	False, a measuring scale measures dry ingredients.	(2)
	2.1.4	False, dry ingredients, such as flour, are measured with a scale.	(2)
	2.1.5	False, a measuring spoon may be used.	(2)
	2.1.6	True	(1)
	2.1.7	True	(1)
2.2	2.2.1	A	
	2.2.2	B	
	2.2.3	B	
	2.2.4	A	
	2.2.5	A	
	2.2.6	C	
	2.2.7	A	
	2.2.8	B	
	2.2.9	C	
	2.2.10	A	
		(10 × 1)	(10)
			[20]

TOTAL SECTION A: 50

SECTION B

QUESTION 3

3.1 Moist heat refers to cooking in or with liquid. (1)

3.2
- Boiling
- Stewing
- Steaming
- Simmering
- Poaching (Any 2 × 1) (2)

3.3 3.3.1
- Cover the food when steaming.
- Keep a kettle of boiling water nearby to replenish the steamer when water evaporates.
- Allow water to come to the boil before placing food in the steamer.
- Ensure an even flow of steam.
- Stand back when you open the steamer. (Any THREE)

3.3.2
- Food is covered with a limited amount of liquid, then gently cooked.
- Food is placed in very hot liquid except for large whole fish.
- This method is usually used for fruits.

(2 × 3) (6)

3.4 The combination method involves two methods of cooking applied to that food item, e.g. sautéed, then simmered.✓✓

Example:
- Braising✓
- Pot-roast✓ (2 × 2) (4)

3.5 3.5.1 Starch acts like a sponge, soaking up water✓ and expanding in size,✓ causing the maize and water to gelatinise.✓

3.5.2 Protein coagulates,✓ becoming more tender✓ and improving the taste and digestibility.✓

(2 × 3) (6)

3.6 3.6.1 Baking
3.6.2 Pot steaming/Cooking à la bain-marie in the oven
3.6.3 Frying/Baking

(3 × 2) (6)

3.7
- Do not soak food in water.
- Coat food to be deep fried.
- Vegetables must be steamed.
- Food must not be cooked more than required. (Any 2 × 2) (4)

3.8 3.8.1 Advantages of boiling:
- Cooking time is short.
- Retains nutrients and colour.
- Reduces the loss of water-soluble vitamins.
- Reduces the risk of burning.
- Prevents reaction that causes loss of vitamin C. (Any TWO)

3.8.2 Advantages of grilling:
- Speed enables food to cook quickly to order.
- Charring food gives food a distinctive appearance and improves flavour.
- Control of cooking is aided because food is visible during grilling. (Any TWO)

3.8.3 Advantages of stewing:
- Suitable for cheaper cuts of meat.
- Due to the long cooking time, the flavour of the meat is transferred to the sauce.
- Food items are tender. (Any TWO)

(3 × 2) (6)

3.9
- Serving size
- Energy (kJ)
- Protein
- Carbohydrates
- Total fat and cholesterol
- Vitamins and minerals (Any 5 × 1) (5)

3.10
- General dealers
- Department stores
- Speciality shops
- Chain stores
- Supermarkets
- Wholesalers
- Hypermarkets
- Cafés
- Fruit and vegetable market (Any 5 × 1) (5)

3.11
- Price
- Quality
- Variety
- Hygiene
- Labels (5)

[50]

QUESTION 4

4.1
- Whether or not fruits and vegetables are in season
- The form of the food, i.e. is it frozen, fresh or convenient
- Activity of the financial markets
- Where food is bought; food markets and wholesalers are cheaper compared to speciality and departmental stores
- Environmental factors (Any applicable 5 × 1) (5)

4.2
- The type of function or event to be catered for
- The number of people that will be catered for
- Where the food will be bought
- How much money is available (Any applicable 4 × 1) (4)

4.3
- Inspect the delivery and check it against the purchase order.
- Inspect the delivery against the invoice or delivery note.
- Accept order only if all quality and quantity specifications are as they should be.
- Complete the receiving records.
- Place goods in appropriate storage immediately. (5)

4.4 This is a diet consisting of the proper quantities and proportions of foods needed to maintain health or growth. (2)

4.5
- Course
- Menu
- Labour resources
- Time available
- Money available
- Season or time of year (Any 4 × 1) (4)

4.6 4.6.1 A detailed list of foods to serve at a meal or a total list of food items offered by a food service

4.6.2 One separate part of a meal

(2 × 2) (4)

4.7

MENU✓

LUNCH✓

Spinach and Feta Phyllo Parcel✓
with
Zesty Dressing✓

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Roast Duck✓
served with
Orange Sauce✓
Potato Croquettes✓
Cinnamon Butternut✓ Minted Peas✓

***

Strawberry Cheesecake✓
served with
Nutty Praline✓

2017 – 09 – 05✓ (12)

4.8
- No repetition of colour.
- No repetition of flavour.
- Food eaten together to be grouped together.
- There must be a variety in texture and temperature.
- There must be a definite space between each course.

(Any applicable 5 × 1) (5)

4.9
- Eggs and breadcrumbs, seasoned flour or batter✓ are used to cover and protect✓ from heat before baking or frying.✓
- Vegetables, e.g. mushrooms and brinjal✓
- Meat✓
- Eggs (Any applicable examples) (5)

4.10
- Fruit and vegetables for baking are pricked to allow steam to escape.
- Pastry cases are pricked to release air trapped underneath and prevent doming. (2 × 2) (4)

[50]

QUESTION 5

5.1
- To colour a dish under the salamander.
- To finish a flan or tart.
- To give shine to certain vegetables. (3)

5.2
- Place brinjal slices or cubes in seasoned flour to prevent them from drying out.
- Batter may be used to coat brinjal slices or cubes when the frying method is used. (2 × 2) (4)

5.3
- Choose equipment that fulfils your need and fits your budget.
- Make sure it is of good quality.
- Articles used for hot food must be heat-resistant.
- It must be durable.
- Keep storage space in mind when choosing articles.
- Avoid equipment that is hard to assemble.
- Choose well-designed items that are easy to operate.
- Handles should be strong and comfortable.
- Plastic items must be light and durable. (Any 5 × 1) (5)

5.4
- Dry goods and cleaning material should not be stored together.
- Store items in an orderly, systematic arrangement.
- Group similar items together.
- Store items on racks and shelves and never on the floor.
- Food should be stored using the FIFO method. (Any 4 × 1) (4)

5.5 5.5.1
- Switch it off from the power supply.
- Remove any leftover fat or cooking juices from the flat top and the drip tray.
- Clean with hot water and the cleaning chemical recommended by the manufacturer.
- Wipe dry to prevent the onset of rust. (4)

5.5.2
- Wipe up any spillages.
- Use hot soapy water to wash, and then use hot clean water to remove the soap from inside.
- Wipe down and shine using disposable paper towel. (3)

5.5.3
- Salamanders have a tray to catch grease; this needs to be emptied.
- Be careful when removing trays from the salamander; use a thick cloth.
- Use hot water and a cleaning chemical.
- Wipe dry before assembling it again. (4)

5.6
- Check the temperature to ensure that it is set between 1–5 °C.
- Date and label all food items in the refrigerator.
- Cover all food stored in the refrigerator.
- Store all defrosting foods on the bottom shelf.
- Never store hot food in the refrigerator as this will raise the refrigerator temperature.
- Clean any spills in the refrigerator immediately.
- Refrigerator doors must be kept closed when not in use. (Any 5 × 1) (5)

5.7 5.7.1
- How many portions the recipe currently yields
- How many portions the recipe must yield once adjusted
- Which ingredients are critical
- The cooking temperature and time (Any 3 × 1) (3)

5.7.2

INGREDIENTS	12 PORTIONS	200 PORTIONS
Cake flour	500 mℓ	8,350 mℓ✓
Baking powder	10 mℓ	167 mℓ✓
Salt	1 mℓ	17 mℓ✓
Garlic-and-herb spice	5 mℓ	835 mℓ✓
Eggs, extra large	2	34✓
Cooking oil	100 mℓ	1,670 mℓ✓
Milk	200 mℓ	3,340 mℓ✓
Chakalaka mix	200 mℓ	3,340 mℓ✓
Cheddar cheese	100 g	1,670 g✓

(9)

5.7.3
- Cake flour
- Baking powder
- Eggs (Any ONE) (1)

5.8
- Use soft fat.
- Compress the fat carefully in the measuring cup.
- Use the correct size measuring cup.
- Never melt fat to measure it (unless the recipe asks for it).
- The measuring cup may be rinsed in water to make it easier to remove the margarine from the cup. (5)

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TOTAL SECTION B: 150
GRAND TOTAL: 200

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