higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

INTRODUCTORY CATERING THEORY AND PRACTICAL N4

(10070324)

22 October 2020 (X-paper)
09:00–12:00

This question paper consists of 8 pages.

289Q1B2022

Copyright reserved

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
INTRODUCTORY CATERING THEORY AND PRACTICAL N4
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. Start each section on a new page.
5. Use only a black or blue pen.
6. Write neatly and legibly.

Copyright reserved

SECTION A

QUESTION 1

1.1 Choose a place of purchase from COLUMN B that matches a food item in COLUMN A. Write only the letter (A–F) next to the question number (1.1.1–1.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1.1	Aubergine	A	French speciality shop
1.1.2	Snoek	B	ice-cream shop
1.1.3	Canned mushrooms	C	fruit and vegetable market
1.1.4	Escargot	D	fish market
1.1.5	Sorbet	E	canteen
		F	supermarket

(5 × 2) (10)

1.2 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 Baking blind is only necessary when baking short pastry.

1.2.2 Aroma is a nice scent from food which is flavourful.

1.2.3 Carving is only to be done by trained chefs.

1.2.4 Blanching is only necessary for frozen vegetables.

1.2.5 Cutting in is done by using a utensil that does not melt butter.

1.2.6 A whisk is used in baking only.

1.2.7 A grater is used when slicing and mincing food.

1.2.8 A zester is used to get the rind of a lemon.

1.2.9 When chopping meat a red chopping board is used.

1.2.10 A pestle and mortar set is only used when grinding fresh herbs.

(10 × 1) (10)

Copyright reserved

1.3 Identify each of the following apparatuses:

1.3.1



1.3.2



1.3.3



1.3.4



1.3.5



(5 × 2) (10)

1.4 Choose a food item from COLUMN B that matches a cooking method in COLUMN A. Write only the letter (A–F) next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.4.1	Boiling	A	mealies
1.4.2	Grilling	B	potato chips
1.4.3	Deep-fry	C	beetroot
1.4.4	Simmer	D	broccoli
1.4.5	Steam	E	chicken curry
		F	noodles

(5 × 2) (10)

1.5

VANILLA PANNA COTTA

Method

1. For the panna cotta, soak the gelatine leaves in a little cold water until soft.
2. Place the milk, cream, vanilla pod and seeds and sugar into a pan and bring to a simmer. Remove the vanilla pod and discard.
3. Squeeze the water out of the gelatine leaves, then add to the pan and take off the heat. Stir until the gelatine has dissolved.
4. Divide the mixture among four ramekins and leave to cool. Place into the fridge for at least an hour until set.
5. For the sauce, place the sugar, water and cherry liqueur into a pan and bring to the boil. Reduce the heat and simmer until the sugar has dissolved.
6. Take the pan off the heat and add half the raspberries. Using a hand blender, blend the sauce until smooth.
7. Pass the sauce through a sieve into a bowl and stir in the remaining fruit.
8. To serve, turn each panna cotta out onto a serving plate. Spoon over the sauce and decorate with a sprig of mint. Dust with icing sugar.

Tabulate the obvious and concealed information in the vanilla panna cotta recipe method above by drawing the following table in the ANSWER BOOK:

OBVIOUS INFORMATION	CONCEALED INFORMATION

(5 × 2) (10)

[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Name the FIVE basic food groups. (5)

2.2 What is a *balanced diet*? (4)

2.3 Which FOUR factors would influence:

2.3.1 Planning of a meal

2.3.2 Compilation of a menu

(4 × 2) (8)

2.4 Define the term *course*. (2)

2.5 Compile a three-course lunch menu by using the following items:

lunch; crushed sweet potato; rosemary lamb chop; 2019-04-16; cinnamon butternut; cream of mushroom soup; beetroot and feta salad; malva pudding with toffee custard; brown-onion gravy; menu

(11)

2.6 Explain the term *combination method* by using the example of pot-roasting. (4)

2.7 What is the effect of heat on each of the following:

2.7.1 Apples (2)

2.7.2 Rice (2)

2.7.3 Oil (4)

2.8 Give FOUR reasons for cooking food. (4)

2.9 State FOUR ways in which the loss of nutrients when cooking spinach can be prevented. (4)

[50]

QUESTION 3

3.1 Give THREE examples of the moist-heat cooking method. (3)

3.2 Explain TWO ways in which nutrients may be lost through preparation and cooking. (2 × 2) (4)

3.3 Tabulate TWO differences between an *order book* and an *invoice*. (2 + 2) (4)

3.4 State FOUR guidelines to follow when buying fresh whole fish. (4)

3.5 State THREE reasons why efficient storekeeping is necessary. (3 × 2) (6)

Copyright reserved

3.6 Explain FIVE correct procedures to follow when receiving fresh vegetables from the supplier. (5)

3.7 Name FIVE pieces of information found on canned-food labels. (5)

3.8 What is a *bincard*? (2)

3.9 Name THREE key responsibilities of a stock keeper. (3)

3.10 Give FIVE reasons why ingredients should be measured. (5)

3.11 Which THREE apparatuses can be used to measure baking ingredients? (3)

3.12 How would one measure cooking oil correctly using a measuring cup? (3)

3.13 Explain the term *recipe*. (3)

[50]

QUESTION 4

4.1 Explain each of the following food techniques:

4.1.1 Marinating (3)

4.1.2 Pureeing (2)

4.1.3 Sealing (2)

4.1.4 Au gratin (2)

4.2 Explain how to clean each of the following:

4.2.1 Microwave (3)

4.2.2 Blender (3)

4.2.3 Paring knife (2)

4.3 In which TWO ways can food be thickened? (2 × 2) (4)

4.4 What is the meaning of s*auté*? (2)

4.5 Explain FOUR factors that will guide one when selecting the most appropriate apparatus. (4)

Copyright reserved

4.6 Explain the correct handling of each of the following:

4.6.1 Chip fryer

4.6.2 Dishwashing machine

4.6.3 Meat slicer

(3 × 3) (9)

4.7 Explain how to measure 6 kg of bran flour using a digital scale. (4)

4.8 Adjust the given recipe to cater for 50 people by copying and completing the following table in the ANSWER BOOK:

Coconut sponge cake

INGREDIENTS	SERVES 8	SERVES 50
Softened salted butter	125 mℓ	
Vegetable oil	125 mℓ	
White sugar	375 mℓ	
Coconut extract	10 mℓ	
Egg whites	6	
Coconut milk	375 mℓ	
Sour cream	62,5 mℓ	
Cake flour	875 mℓ	
Baking powder	20 mℓ	
Salt	2,5 mℓ	

(10)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

Copyright reserved