NATIONAL CERTIFICATE ASSESSMENT

CATERING THEORY AND PRACTICAL

(10070254)

Mock Exam

N4

October 2021
09:00-12:00

TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.

2. Read ALL the questions carefully.

3. This question paper comprises TWO sections:

SECTION A:	SHORT QUESTIONS	50 MARKS
SECTION B:	LONG QUESTIONS	150 MARKS
	GRAND TOTAL	200 MARKS

4. Number the answers according to the numbering system used in this question paper.

5. Start EACH MAIN question on a NEW PAGE.

6. Answer questions clearly and use full sentences where necessary.

7. Leave a line open between answers in every subsection, for example, between QUESTION 1.1 and QUESTION 1.2 (each subsection of a question need not be on a new page).

8. Write neatly and legibly.

SECTION A: SHORT QUESTIONS

QUESTION 1

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A – D) next to the question number (1.1.1 – 1.1.10), for example 1.1.10 D.

1.1.1 Lacto vegetarians ...
A are strict vegans
B do not eat meat and dairy
C do not eat meat but use dairy products
D do not eat dairy (1)

1.1.2 To prepare a Caprese salad you will need ...
A tomato, mozzarella cheese and basil
B black olives, boiled potatoes, boiled eggs, green pepper and mayonnaise
C apples, celery, walnuts, mayonnaise
D tomatoes, cucumber, peppers, onions, feta cheese, olives (1)

1.1.3 Which ONE of the following foods is often prepared according to the poaching method?
A Custard and eggs
B Eggs and fish
C Pork chops and Steak Diane (1)

1.1.4 Coq au vin is ...
A a rich chicken casserole or stew made with red wine
B marinated chicken pieces covered in batter
C chicken stir-fry with chicken pieces, bamboo shoots, celery and soy sauce
D chicken breast fillet, stuffed with cheese (1)

1.1.5 When whipping cream to a firm foam, the cream must be ...
A warm
B cold
C very cold
D room temperature (1)

1.1.6 A solid fat melted from pork fat by heating is called ...
A butter
B lard
C caul
D suet (1)

1.1.7 Glutenin and gliadin are proteins found in ...
A milk
B eggs
C wheat
D meat (1)

1.1.8 Eggs Benedict requires that you prepare ...
A a baked egg
B a fried egg
C a poached egg
D a boiled egg (1)

1.1.9 Hydrogenation is ...
A the process where a liquid (oil) changes to a solid (fat)
B a process used to produce olive oil
C the rendering of pork fat
D the exposure of starch to dry heat (1)

1.1.10 A dish of stewed dried fruit is called a ...
A coulis
B fool
C peach Melba
D compôte (1)

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[10]

1.2 Choose from COLUMN B the type of cheese that best matches each classification in COLUMN A. **Write only the letter (A – E)** next to the question number (1.2.1 – 1.2.5).

COLUMN A	ANSWER	COLUMN B
1.2.1 Very hard cheese		A Brie
1.2.2 Semi-hard cheese		B Ricotta
1.2.3 Soft, ripened cheese		C Gorgonzola
1.2.4 Blue cheese		D Parmesan
1.2.5 Special cheese		E Gouda

(5 × 1) (5)

1.3 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (1.3.1 – 1.3.5).

1.3.1 White sauce made from flavoured milk (Veloute/Béchamel)

_____

1.3.2 Small, thin pancakes, normally served in syrup (crêpes/flapjacks)

_____

1.3.3 Equal quantities of cold butter and flour mixed into a dough or paste (Beurre manie/Beurre noisette)

_____

1.3.4 A vinaigrette is an example of a (temporary/permanent) emulsion.

_____

1.3.5 The most suitable herb to garnish a fish dish with (rosemary/fennel)

_____

(5 × 1) (5)

1.4 Convert the following into metric quantities:

1.4.1 2 whole large eggs = _____ ml

1.4.2 3.5 cups milk = _____ ml

1.4.3 3 tablespoons sugar _____ ml

1.4.4 8 teaspoons vanilla essence _____ ml

1.4.5 1 ounce butter _____ g (5 × 1) (5)

1.5 Choose an item from COLUMN B that best matches an item in COLUMN A.
Write only the letter (A – C) next to the question number (1.5.1 – 1.5.5).

COLUMN A	ANSWER	COLUMN B
1.5.1 Sole		A White fish
1.5.2 Red roman		B Moderately oily fish
1.5.3 Zebra		C Oily fish
1.5.4 Tuna		
1.5.5 Kingklip		

(5 × 1) (5)

1.6 Identify the following equipment. Write only the name of the equipment next to the question number (1.6.1 – 1.6.5)

1.6.1 

_____

1.6.2



_____

1.6.3



_____

1.6.4



_____

1.6.5



_____

(5 × 1) (5)

1.7 Give ONE word for each description by choosing a word from the list below.
Write only the word next to the question number (1.7.1 – 1.7.5).

Communard	Boucher	Garde Manger	Chef de Tournant	Plongeur

1.7.1 Chef responsible for pre-preparing meats, poultry, occasionally fish, before they are delivered to their respective preparation stations

_____

1.7.2 Chef in charge of the preparation of cold dishes such as salads, cold soups, etc.

_____

1.7.3 A chef, highly skilled in all areas, that moves throughout the kitchen and assists where needed

_____

1.7.4 The person responsible for cleaning the dishes and utensils as well as doing basic preparatory jobs like peeling potatoes

_____

1.7.5 The person who prepares the staff meals and serves it to the staff at a certain point in a shift

_____

(5 × 1) (5)

1.8 Indicate whether the following statements are TRUE or FALSE.
Choose the answer and write only 'true' or 'false' next to the question number (1.8.1 – 1.8.10).

1.8.1 Tofutti is a frozen dessert eaten mainly by vegetarians.

_____

1.8.2 Finding a hair in your food is an example of chemical contamination.

_____

1.8.3 A salamander is when a broiler is contained as a separate unit in the kitchen.

_____

1.8.4 Pork is the meat from a swine/pig.

_____

1.8.5 Use one cup of water to one cup of rice when cooking rice.

_____

1.8.6 Spread shortening can be used in the preparation of dough mixtures.

_____

1.8.7 When working with cooked venison, use a red chopping board.

_____

1.8.8 Use foil to make a cartouche.

_____

1.8.9 Baking parchment is made with a non-stick surface and is excellent for separating meat joints for freezing.

_____

1.8.10 Haggis includes the sheep's heart, liver, lungs and stomach.

_____

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 State SIX quality points of fresh eggs. (6)

2.2 What are the ideal properties of a soufflé omelette? (3)

2.3 Name the function of eggs in the preparation of each of these food items.

2.3.1 Soufflé

_____

2.3.2 Mayonnaise

_____

2.3.3 Egg custards

_____

2.3.4 Crumbed fish

_____

(4 × 1) (4)

2.4 Study the following recipe ingredients and price per commodity and answer the questions.

Tea scones (makes 18)

INGREDIENT	QUANTITY	PRICE PER UNIT
Cake flour	720 g	R22/2.5 kg
Baking powder	30 g	R28/500 g
Margarine	125 g	R24/500 g
Eggs	2	R14.50/dozen
Milk	500 ml	R12.50/ℓ

2.4.1 Calculate the cost for each ingredient, using the price list provided. Show the cost of each ingredient clearly. (5 × 2) (10)

Ingredient	Quantity	Unit (till slip)	Price	Total
Cake flour	720 g	2.5 kg 0.72 kg		
Baking powder	30 g	500 g 30 g		
Margarine	125 g	500 g 125 g		
Eggs	2	1 doz. (12 eggs) 2 eggs		
Milk	500 ml	1 ℓ 0.5 ℓ		

2.4.2 Calculate the **total price** for the 18 scones. (2)

_____

2.4.3 What will the cost be for one scone? (2)

_____

2.4.4 Work out the factor to increase the recipe to yield 54 scones. Show the calculation. (3)

_____

2.4.5 Convert all the **ingredients** to yield 54 scones. (5)

Ingredient	Quantity (18 scones)	Quantity (54 scones)
Cake flour	720 g × 3	
Baking powder	30 g × 3	
Margarine	125 g × 3	
Eggs	2 × 3	
Milk	500 ml × 3	

2.5 Compile a basic checklist of best practices to follow on receiving orders placed. (5)

2.6 Briefly discuss FIVE general principles for storing products in the refrigeration storage areas.

(5 × 2) (10)
[50]

QUESTION 3

3.1 Study the recipe of a white sauce and answer the questions.

INGREDIENTS	METHOD
30 ml margarine	1. Melt the margarine and add the flour.
30 ml flour	2. Heat the milk to just below boiling point.
1 ml salt	3. Add the milk to the flour mixture while stirring constantly.
250 ml	4. Place the mixture back onto moderate heat and stir until it thickens.

3.1.1 What is the French term for the mixture in Step 1? (1)

_____

3.1.2 Give the correct term for the action carried out in Step 2. (1)

_____

3.1.3 What do you think the effect would be if you replace the margarine with butter? (2)

_____

_____

3.1.4 Describe the correct method of storing the flour. (4)

_____

_____

_____

_____

_____

_____

3.2 Name FIVE factors that influence and determine the **cooking times** for various types of cereals. (5)

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

3.3 Give one word for each description of pasta and write only the word next to the question number (3.3.1 – 3.3.4).

3.3.1 Long rectangular sheets of pasta

_____

3.3.2 Envelopes of pasta stuffed with meat and served with a tomato-based sauce

_____

3.3.3 Large hollow tubes stuffed and covered with a cheese sauce on a base of stewed tomatoes

_____

3.3.4 Pasta in the form of the alphabet normally used in soup

_____

(4 × 1) (4)

3.4 List THREE ways of preserving milk. (3)

_____

_____

_____

3.5 How can you prevent skin formation when milk is heated? (3)

_____

_____

_____

3.6 Give a **classification** of each of the following vegetables according to the edible part of a plant. Write only the correct classification next to the question number (3.6.1 – 3.6.5).

3.6.1 Broccoli

_____

3.6.2 Leeks

_____

3.6.3 Beetroot

_____

3.6.4 Cucumber

_____

3.6.5 Celery

_____

(5 × 1) (5)

3.7 Explain the difference between the following TWO cooking methods for vegetables.

3.7.1 Steaming of vegetables

_____

_____

_____

_____

3.7.2 Sweating of vegetables

_____

_____

_____

_____

(2 × 2) (4)

3.8 Which chef is the most likely to be found in the section where vegetables are being prepared? (1)

_____

_____

3.9 Provide FOUR guidelines for the correct way to store nuts. (4)

_____

_____

_____

_____

_____

_____

3.10 Why is it important to boil red kidney beans for at least 15 minutes? (1)

_____

_____

3.11 Distinguish between the following TWO fish types.

3.11.1 Yellowfish

_____

_____

_____

_____

3.11.2 Yellowtail

_____

_____

_____

_____

(2 × 2) (4)

3.12 What changes take place in fish when it is cooked? (4)

_____

_____

_____

_____

_____

_____

_____

_____

3.13 Which fruit will you expect to see in Sole Veronique? (1)

_____

3.14 Name the preservation method applied in preparing rollmops. (1)

_____

3.15 Describe how the eyes of a fish will indicate that you are purchasing a fresh fish. (2)

_____

_____

_____

_____

[50]

QUESTION 4

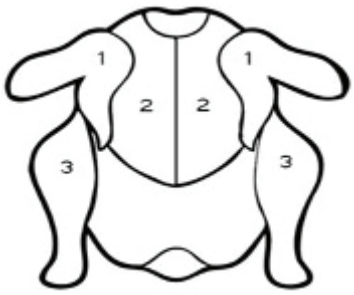
4.1 You are asked by the chef in the kitchen to do the jointing of a whole chicken.

4.1.1 What do you understand by the term 'jointing'? (1)

_____

_____

4.1.2



Name the portions (1 to 3) of a chicken in the picture above. (3)

_____

_____

_____

_____

4.1.3 Explain the difference between 'AP' and 'EP' weight, using a chicken breast on the bone as an example when preparing a chicken cordon bleu. (2 × 2) (4)

4.1.4 Give FOUR reasons for stuffing poultry. (4)

4.2 You must purchase grade A chickens. Discuss the characteristics of a grade A chicken according to the following.

4.2.1 Breastbone (1)

_____

4.2.2 Feathers (2)

_____

_____

4.3 Which giblet in chicken is used for making paté? (1)

_____

4.4 When using oil in a deep fryer, it is very important to be able to use it more than once. Name FIVE ways in which to make the oil last longer. (5)

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

4.5 Explain how wearing the correct chef's jacket can help protect a chef when deep frying products. (2 × 2) (4)

_____

_____

_____

_____

_____

_____

_____

4.6 Where would you classify the fruit that would traditionally be used in the preparation of the following dishes? Write only the question number (4.5.1 – 4.5.2), with the correct fruit and the classification of the fruit.

4.6.1 Tarte tatin

_____

4.6.2 Coulis

_____

(2 × 2) (4)

4.7 Which fresh herb could you use as garnish when serving fresh fruit dishes? (1)

_____

4.8 Fruits are often used as accompaniments for meat dishes. Which fruit would traditionally be served with the following meat?

4.8.1 Venison

_____

4.8.2 Pork

_____

(2 × 1) (2)

4.9 Give the correct description of each of the following beef/veal menu items.

4.9.1 Steak Tartare (4)

_____

_____

4.9.2 Beef Wellington (4)

_____

_____

4.9.3 Beef Carpaccio (2)

_____

_____

4.9.4 Wiener Schnitzel (4)

_____

_____

4.10 Name the cooking method normally applied to prepare Beef Stroganoff. (1)

4.11 Which part of the fillet will normally be used to prepare Steak Tartare? (1)

4.12 Name TWO types of animal fat. (2)

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[50]

GRAND TOTAL: 200

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CATERING THEORY AND PRACTICAL

(10070254)

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INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.
2. Read ALL the questions carefully.
3. This question paper comprises TWO sections:

SECTION A:	SHORT QUESTIONS	50 MARKS
SECTION B:	LONG QUESTIONS	150 MARKS
	GRAND TOTAL	200 MARKS

4. Number the answers according to the numbering system used in this question paper.
5. Start EACH MAIN question on a NEW PAGE.
6. Answer questions clearly and use full sentences where necessary.
7. Leave a line open between answers in every subsection, for example, between QUESTION 1.1 and QUESTION 1.2 (each subsection of a question need not be on a new page).
8. Write neatly and legibly.

SECTION A: SHORT QUESTIONS

QUESTION 1

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A – D) next to the question number (1.1.1 – 1.1.10), for example 1.1.10 D.

1.1.1 Lacto vegetarians ...
A are strict vegans
B do not eat meat and dairy
C do not eat meat but use dairy products
D do not eat dairy (1)

1.1.2 To prepare a Caprese salad you will need ...
A tomato, mozzarella cheese and basil
B black olives, boiled potatoes, boiled eggs, green pepper and mayonnaise
C apples, celery, walnuts, mayonnaise
D tomatoes, cucumber, peppers, onions, feta cheese, olives (1)

1.1.3 Which ONE of the following foods is often prepared according to the poaching method?
A Custard and eggs
B Eggs and fish
C Pork chops and Steak Diane (1)

1.1.4 Coq au vin is ...
A a rich chicken casserole or stew made with red wine
B marinated chicken pieces covered in batter
C chicken stir-fry with chicken pieces, bamboo shoots, celery and soy sauce
D chicken breast fillet, stuffed with cheese (1)

1.1.5 When whipping cream to a firm foam, the cream must be ...
A warm
B cold
C very cold
D room temperature (1)

1.1.6 A solid fat melted from pork fat by heating is called ...
A butter
B lard
C caul
D suet (1)

1.1.7 Glutenin and gliadin are proteins found in ...
A milk
B eggs
C wheat
D meat (1)

1.1.8 Eggs Benedict requires that you prepare ...
A a baked egg
B a fried egg
C a poached egg
D a boiled egg (1)

1.1.9 Hydrogenation is ...
A the process where a liquid (oil) changes to a solid (fat)
B a process used to produce olive oil
C the rendering of pork fat
D the exposure of starch to dry heat (1)

1.1.10 A dish of stewed dried fruit is called a ...
A coulis
B fool
C peach Melba
D compôte (1)
[10]

1.2 Choose from COLUMN B the type of cheese that best matches each classification in COLUMN A. **Write only the letter (A – E)** next to the question number (1.2.1 – 1.2.5).

COLUMN A	COLUMN B	ANSWER
1.2.1 Very hard cheese	A Brie	1.2.1 **D Parmesan**
1.2.2 Semi-hard cheese	B Ricotta	1.2.2 **E Gouda**
1.2.3 Soft, ripened cheese	C Gorgonzola	1.2.3 **A Brie**
1.2.4 Blue cheese	D Parmesan	1.2.4 **C Gorgonzola**
1.2.5 Special cheese	E Gouda	1.2.5 **B Ricotta**

(5 × 1) (5)

1.3 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (1.3.1 – 1.3.5).
1.3.1 White sauce made from flavoured milk (Veloute/**Béchamel**)
1.3.2 Small, thin pancakes, normally served in syrup (**crêpes**/flapjacks)
1.3.3 Equal quantities of cold butter and flour mixed into a dough or paste (**Beurre manie**/Beurre noisette)
1.3.4 A vinaigrette is an example of a (**temporary**/permanent) emulsion.
1.3.5 The most suitable herb to garnish a fish dish with (rosemary/**fennel**) (5 × 1) (5)

1.4 Convert the following into metric quantities:
1.4.1 2 whole large eggs = **100** ml
1.4.2 3.5 cups milk = **875** ml
1.4.3 3 tablespoons sugar **45 or 37.5** ml
1.4.4 8 teaspoons vanilla essence **40** ml
1.4.5 1 ounce butter **30** g (5 × 1) (5)

1.5 Choose an item from COLUMN B that best matches an item in COLUMN A.
Write only the letter (A – C) next to the question number (1.5.1 – 1.5.5).

COLUMN A	COLUMN B	ANSWER
1.5.1 Sole	A White fish	1.5.1 Sole **White fish**
1.5.2 Red roman	B Moderately oily fish	1.5.2 Red roman **Moderately oily fish**
1.5.3 Zebra	C Oily fish	1.5.3 Zebra **Moderately oily fish**
1.5.4 Tuna		1.5.4 Tuna **Oily fish**
1.5.5 Kingklip		1.5.5 Kingklip **White fish**

(5 × 1) (5)

1.6 Identify the following equipment. Write only the name of the equipment next to the question number (1.6.1 – 1.6.5)

1.6.1



Melon ball scoop/Parsienne knife

1.6.2



Colander

1.6.3



Spider

1.6.4



Dariole moulds

1.6.5



Poultry shears

(5 × 1) (5)

1.7 Give ONE word for each description by choosing a word from the list below.
Write only the word next to the question number (1.7.1 – 1.7.5).

Communard	Boucher	Garde Manger	Chef de Tournant	Plongeur

1.7.1 Chef responsible for pre-preparing meats, poultry, occasionally fish, before they are delivered to their respective preparation stations
Boucher

1.7.2 Chef in charge of the preparation of cold dishes such as salads, cold soups, etc.
Garde Manger

1.7.3 A chef, highly skilled in all areas, that moves throughout the kitchen and assists where needed
Chef de Tournant

1.7.4 The person responsible for cleaning the dishes and utensils as well as doing basic preparatory jobs like peeling potatoes
Plongeur

1.7.5 The person who prepares the staff meals and serves it to the staff at a certain point in a shift
Communard (5 × 1) (5)

1.8 Indicate whether the following statements are TRUE or FALSE.
Choose the answer and write only 'true' or 'false' next to the question number (1.8.1 – 1.8.10).

1.8.1 Tofutti is a frozen dessert eaten mainly by vegetarians. **TRUE**

1.8.2 Finding a hair in your food is an example of chemical contamination. **FALSE**

1.8.3 A salamander is when a broiler is contained as a separate unit in the kitchen. **TRUE**

1.8.4 Pork is the meat from a swine/pig. **TRUE**

1.8.5 Use one cup of water to one cup of rice when cooking rice. **FALSE**

1.8.6 Spread shortening can be used in the preparation of dough mixtures. **FALSE**

1.8.7 When working with cooked venison, use a red chopping board. **FALSE**

1.8.8 Use foil to make a cartouche. **FALSE**

1.8.9 Baking parchment is made with a non-stick surface and is excellent for separating meat joints for freezing. **TRUE**

1.8.10 Haggis includes the sheep's heart, liver, lungs and stomach. **TRUE** (10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 State SIX quality points of fresh eggs.

- **The shell is clean, undamaged ✓ and somewhat coarse/rough. ✓**
- **It has a pleasant, fresh smell. ✓**
- **The egg white is thick ✓ and clear. ✓**
- **The white is a large proportion, ✓ thick to thin white.**
- **The egg yolk is situated in the middle ✓ of the egg white.**
- **The egg yolk is firm, round/dome-shaped ✓ and a good yellow colour. ✓**
- **The air sac is small in size. ✓**
- **A fresh egg will sink ✓ to the bottom of a salt solution.** (Any 6 × 1) (6)

2.2 What are the ideal properties of a soufflé omelette?

Well-risen ✓
Light,/puffy,/spongy structure ✓
No signs of unmixed egg white foam ✓
Slightly damp ✓
Even golden-brown colour ✓
No signs of overheating/burnt ✓ (Any 3 × 1) (3)

2.3 Name the function of eggs in the preparation of each of these food items.

2.3.1 Soufflé **Aerating**
2.3.2 Mayonnaise **Emulsifying**
2.3.3 Egg custards **Thickening**
2.3.4 Crumbed fish **Coating** (4 × 1) (4)

2.4 Study the following recipe ingredients and price per commodity and answer the questions.

Tea scones (makes 18)

2.4.1 Calculate the cost for each ingredient, using the price list provided. Show the cost of each ingredient clearly. (5 × 2) (10)

Ingredient	Quantity	Unit (till slip)	Price	Total
Cake flour	720 g	2.5 kg 0.72 kg	**R22** **R6.336 ✓**	**R6.34 ✓**
Baking powder	30 g	500 g 30 g	**R28** **R1.68 ✓**	**R1.68 ✓**
Margarine	125 g	500 g 125 g	**R24** **R6 ✓**	**R6.00 ✓**
Eggs	2	1 doz. (12 eggs) 2 eggs	**R14.50** **R2.416 ✓**	**R2.42 ✓**
Milk	500 ml	1 ℓ 0.5 ℓ	**R12.50** **R6.25 ✓**	**R6.25 ✓**

2.4.2 Calculate the **total price** for the 18 scones.
R22.69 ✓✓ (2)

2.4.3 What will the cost be for one scone?
R22.69 ÷ 18 ✓ = R1.26 ✓ (2)

2.4.4 Work out the factor to increase the recipe to yield 54 scones. Show the calculation.
Factor = 54 ✓÷18 ✓ = 3 ✓ (3)

2.4.5 Convert all the **ingredients** to yield 54 scones. (5)

Ingredient	Quantity (18 scones)	Quantity (54 scones)
Cake flour	720 g × 3	**2 160 g ✓**
Baking powder	30 g × 3	**90 g ✓**
Margarine	125 g × 3	**375 g ✓**
Eggs	2 × 3	**6 ✓**
Milk	500 ml × 3	**1 500 ml ✓**

2.5 Compile a basic checklist of best practices to follow on receiving orders placed.
Inspect quantity and weight. ✓
Inspect quality of deliveries. ✓
Record daily deliveries. ✓
Handle items following proper storage procedures. ✓
Prepare the necessary paperwork. ✓ (5)

2.6 Briefly discuss FIVE general principles for storing products in the refrigeration storage areas.
Always ensure the refrigeration areas are kept clean ✓ before adding new stock. ✓
Apply FIFO principles. ✓ Ensure the older stock is moved to the front to be used before the new stock. ✓
Ensure the area is well organised ✓ and easily accessible, grouping products in a logical order. ✓
Temperatures should be maintained at from 1 °C to 4 °C. ✓ Regularly do a temperature control check. ✓
Store raw food separate ✓ from cooked food to prevent possible cross-contamination. ✓
Ensure all products are closed ✓ and cannot cause cross-contamination. ✓
Don't over-pack products. ✓ Allow space for the cold air to flow through. ✓
Any applicable FIVE (5 × 2) (10)

[50]

QUESTION 3

3.1 Study the recipe of a white sauce and answer the questions.

INGREDIENTS	METHOD
30 ml margarine	1. Melt the margarine and add the flour.
30 ml flour	2. Heat the milk to just below boiling point.
1 ml salt	3. Add the milk to the flour mixture while stirring constantly.
250 ml	4. Place the mixture back onto moderate heat and stir until it thickens.

3.1.1 What is the French term for the mixture in Step 1?
Roux (1)

3.1.2 Give the correct term for the action carried out in Step 2.
Scalding (1)

3.1.3 What do you think the effect would be if you replace the margarine with butter?
Sauce will be more flavoursome. ✓
Sauce will be more expensive. ✓ (2)

3.1.4 Describe the correct method of storing the flour.
In airtight container ✓ **stored on shelves** ✓
In a cool, dry ✓ **area with good ventilation** ✓
In bags and containers which are not stored directly on the floor ✓
In pest-free containers ✓ (Any 4 × 1) (4)

3.2 Name FIVE factors that influence and determine the **cooking times** for various types of cereals.

- **Size of the starch particles** ✓
- **The finer the grain the shorter the cooking time.** ✓
- **Amount of water used** ✓
- **Temperature of cooking** ✓
- **% fibre present** ✓
- **Any prior treatments like parboiling** ✓ Any FIVE (5)

3.3 Give one word for each description of pasta and write only the word next to the question number (3.3.1 – 3.3.4).

3.3.1 Long rectangular sheets of pasta
Lasagne

3.3.2 Envelopes of pasta stuffed with meat and served with a tomato-based sauce
Ravioli

3.3.3 Large hollow tubes stuffed and covered with a cheese sauce on a base of stewed tomatoes
Canneloni

3.3.4 Pasta in the form of the alphabet normally used in soup
Alfabetti (4 × 1) (4)

3.4 List THREE ways of preserving milk.
Pasteurisation
Ultra-heat treated
Sterilisation
Homogenisation
Dried milk (any THREE) (3)

3.5 How can you prevent skin formation when milk is heated?
Heat the milk slowly. ✓
Dilute the milk with water. ✓
Beat the milk to a foam. ✓ (3)

3.6 Give a **classification** of each of the following vegetables according to the edible part of a plant. Write only the correct classification next to the question number (3.6.1 – 3.6.5).

3.6.1 Broccoli
Flower heads

3.6.2 Leeks
Bulbs

3.6.3 Beetroot
Roots

3.6.4 Cucumber
Fruits

3.6.5 Celery
Stems and shoots (5 × 1) (5)

3.7 Explain the difference between the following TWO cooking methods for vegetables.

3.7.1 Steaming of vegetables
Vegetables are cooked in steam/not immersed in water. ✓ It takes longer, but it is healthier. ✓

3.7.2 Sweating of vegetables
Vegetables are placed in a pot with a little water and fat ✓ over low heat with a lid on. ✓ The vegetables basically cook in their own moisture. (2 × 2) (4)

3.8 Which chef is the most likely to be found in the section where vegetables are being prepared? (1)
Entremetier/Vegetable chef/Entrée preparer ✓

3.9 Provide FOUR guidelines for the correct way to store nuts. (4)
If still in shells, store in a dry ✓, well-ventilated room. ✓
If unshelled, stored in tight sealed ✓ airtight container. ✓
Store on shelves. ✓
Apply FIFO. ✓

3.10 Why is it important to boil red kidney beans for at least 15 minutes? (1)
Destroy harmful toxins

3.11 Distinguish between the following TWO fish types.

3.11.1 Yellowfish
Yellowfish is a freshwater ✓ fish. It is flavoursome, has many bones and is suitable for moist and dry cooking methods. ✓

3.11.2 Yellowtail (2 × 2) (4)
Yellowtail is an oily saltwater ✓ fish with very firm, rich flesh. ✓ Dry cooking methods ✓ are applicable. The skin must be removed. ✓ It is an attractive game fish, is blue on top and white below and has yellow fins.

3.12 What changes take place in fish when it is cooked? (4)
The protein denaturates ✓ and coagulates. ✓
There is little shrinkage of protein. ✓
Excessive heating leads to the extractives to seep out, ✓ causing loss of flavour and shape.
Colour changes from transparent to white. ✓
Flesh becomes firm. ✓
Fish becomes easier to digest. ✓
Improves flavour. ✓
The flesh has a flaky texture. ✓

3.13 Which fruit will you expect to see in Sole Veronique? (1)
Grapes

3.14 Name the preservation method applied in preparing rollmops. (1)
Pickling

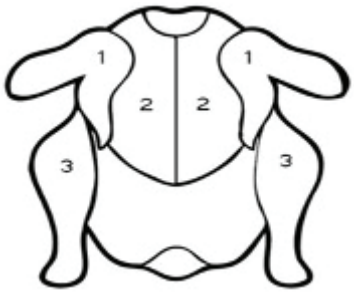
3.15 Describe how the eyes of a fish will indicate that you are purchasing a fresh fish.
Eyes – bright ✓ and prominent, not sunken ✓ (2)
[50]

QUESTION 4

4.1 You are asked by the chef in the kitchen to do the jointing of a whole chicken.

4.1.1 What do you understand by the term 'jointing'? (1)
To divide the chicken in portions by cutting at the joints

4.1.2



Name the portions (1 to 3) of a chicken in the picture above.
1 – wings
2 – breast
3 – legs/drumsticks (3)

4.1.3 Explain the difference between 'AP' and 'EP' weight, using a chicken breast on the bone as an example when preparing a chicken cordon bleu.
AP = As Purchased. Chicken breast purchased with bone still in, skin still attached. All the parts not in needed preparing a chicken cordon bleu – only the chicken fillet is still needed. ✓
EP = Edible Portion. Chicken breast has been deboned; skin removed. ✓
Chicken fillet is ready to prepare chicken cordon bleu. ✓ (2 × 2) (4)

4.1.4 Give FOUR reasons for stuffing poultry.
Stuffing keeps the meat moist. ✓
Portions are increased. ✓
Variety of texture and taste ✓
Variation on the menu ✓
Improves presentation ✓ (4)

4.2 You must purchase grade A chickens. Discuss the characteristics of a grade A chicken according to the following.

4.2.1 Breastbone
Pliable ✓ (1)

4.2.2 Feathers
No more than 6 feathers or pinfeathers on the breast ✓, and no more than 12 elsewhere on the carcass. ✓ (2)

4.3 Which giblet in chicken is used for making paté?
Liver (1)

4.4 When using oil in a deep fryer, it is very important to be able to use it more than once. Name FIVE ways in which to make the oil last longer.
- **Fry at the correct ✓ temperature. Avoid too high temperatures – it will lead to rapid browning of food without it being cooked properly.**
- **Too low temperatures will lead to the food absorbing lots of oil, ✓ higher costs, oily foods and prolonged frying time. ✓**
- **Regularly check the thermostats. ✓**
- **Prepare foods correctly. Even-sized portions will ensure even browning. ✓**

- **Ensure that the crumbs on crumbed foods are firmly attached ✓ to avoid too many crumbs ending up in the oil, which will burn and cause a smoking effect.**
- **Use the correct ratio of oil to foods: 1 part of food to 6 parts of oil. ✓**
- **Skim the surface regularly ✓ to remove left-behind particles that can brown and cause smoke.**
- **Do not season food prior ✓ to frying, since salt increases the breaking down of oil. ✓**
- **Filter the oil ✓ daily to prolong the shelf life.**
- **Clean the fryer at regular intervals ✓ (at least once a week).** (5)

4.5 Explain how wearing the correct chef's jacket can help protect a chef when deep frying products.
Double-breasted chef's jacket ✓ gives extra protection over sensitive areas of the body, protecting the chef against any oil spills. ✓
Long sleeves ✓ gives the chef protection over arm areas when deep frying. ✓ (2 × 2) (4)

4.6 Where would you classify the fruit that would traditionally be used in the preparation of the following dishes? Write only the question number (4.5.1 – 4.5.2), with the correct fruit and the classification of the fruit.

4.6.1 Tarte tatin
Apple ✓ – Hard fruit ✓

4.6.2 Coulis
Any berry fruit ✓ (strawberry etc.) Berry – Soft fruit ✓ (2 × 2) (4)

4.7 Which fresh herb could you use as garnish when serving fresh fruit dishes?
Mint (1)

4.8 Fruits are often used as accompaniments for meat dishes. Which fruit would traditionally be served with the following meat?

4.8.1 Venison
Quince

4.8.2 Pork
Apple (2 × 1) (2)

4.9 Give the correct description of each of the following beef/veal menu items.

4.9.1 Steak Tartare
It is raw ✓, finely minced/shaved ✓ beef (fillet) mixed with spices ✓ and served with raw egg yolk.✓ (4)

4.9.2 Beef Wellington
A whole fillet ✓ is briefly seared ✓ for flavour and then wrapped in puff pastry ✓ and roasted in the oven. ✓ (4)

4.9.3 Beef Carpaccio
It is a dish of raw ✓ beef, traditionally thinly sliced ✓ or pounded thin and served as an appetiser. (2)

4.9.4 Wiener Schnitzel
It is a classic veal dish – a thin slice ✓ of veal, ✓ crumbed ✓ and then shallow-fried. ✓ (4)

4.10 Name the cooking method normally applied to prepare Beef Stroganoff.
Stirfry (1)

4.11 Which part of the fillet will normally be used to prepare Steak Tartare?
Tail (1)

4.12 Name TWO types of animal fat.
Butter
Lard
Suet
Dripping (Any two) (2)
[50]

GRAND TOTAL: 200