higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

JUNE EXAMINATION

CATERING THEORY AND PRACTICAL N4

1 JUNE 2016

This marking guideline consists of 8 pages.

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SECTION A: SHORT QUESTIONS

QUESTION 1

1.1	1.1.1	Chef's knife		
	1.1.2	Egg lifter		
	1.1.3	Bread knife		
	1.1.4	Colander		
	1.1.5	Balloon whisk		
	1.1.6	Vegetable peeler/potato peeler		
			(6 × 1)	(6)
1.2	1.2.1	C		
	1.2.2	A		
	1.2.3	D		
	1.2.4	D		
	1.2.5	B		
	1.2.6	B		
	1.2.7	A		
	1.2.8	C		
	1.2.9	D		
	1.2.10	B		
			(10 × 1)	(10)
1.3	1.3.1	Lasagne		
	1.3.2	Vermicelli		
	1.3.3	Farfalli		
	1.3.4	Ravioli		
			(4 × 1)	(4)
1.4	1.4.1	A		
	1.4.2	B		
	1.4.3	C		
	1.4.4	C		
	1.4.5	A		
			(5 × 1)	(5)
1.5	1.5.1	D		
	1.5.2	A		
	1.5.3	E		
	1.5.4	B		
	1.5.5	F		
			(5 × 1)	(5)

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1.6 1.6.1 Consommé
1.6.2 Bouchées
1.6.3 Barding
1.6.4 Larding
1.6.5 Garnish
1.6.6 Panada
1.6.7 Réchauffé
1.6.8 Salamander
1.6.9 Al dente
1.6.10 Chicken cordon bleu

(10 × 1) (10)

1.7 1.7.1 False
1.7.2 True
1.7.3 False
1.7.4 True
1.7.5 False
1.7.6 False
1.7.7 True
1.7.8 False
1.7.9 True
1.7.10 True

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B: LONG QUESTIONS

QUESTION 2

2.1
- 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 8 × 1) (8)

2.2
- In airtight containers✓ stored on shelves✓
- A cool, dry✓ area with good ventilation✓
- In bags and containers which are not stored directly on the floor✓
- Pest-free containers✓ (Any 4 × 1) (4)

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2.3
- The temperature of the cream must be very cold.✓
- Cream that is beginning to form ice crystals✓ beats successfully.
- Freshness of the cream: Fresh cream does not whip as easily as day-old cream.✓
- If cream is fresh, a few drops of acid,✓ such as lemon juice, will help.
- Addition of sugar: This will make beaten cream more stable.✓ Sugar should not be added until the cream is frothy.
- Whipping quality improves if cream has a fat content of 30%–35%.✓ (6)

2.4
- Smell – wholesome and pleasant✓
- Scales – plentiful✓ and firmly attached✓
- Eyes – bright✓ and prominent, not sunken✓
- Gills – bright pink colour✓
- Flesh – firm,✓ springs back into shape when pressed (elastic)✓
- Skin – covered with a fresh sea-slime,✓ undamaged and free from bruising and discolouration✓ (Any 8 × 1) (8)

2.5 2.5.1

Sardines in tin	=	R24,00
Onion	=	R1,50
Potatoes	=	R0,83
Brown bread crumbs	=	R2,33
Eggs	=	R1,70

(5 × 2) (10)

2.5.2 Total cost of recipe = R30,36 (2)

2.5.3 R30,36 ÷ 6 = R5,06 (2)

2.6 2.6.1 Vegetables are cooked in steam/not immersed in water.✓ It takes longer, but it is healthier.✓

2.6.2 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)

2.7
- Chicken must be frozen hard.✓
- Avoid chicken with pink ice.✓ This usually indicates that it has been defrosted and frozen again.
- Avoid buying frozen poultry with freezer burns.✓
- The wrapping should be clean and unbroken.✓ (4)

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2.8
- Bread – fresh crumbs
- Parsley and thyme
- Flavoured mincemeat
- Liver
- Giblets
- Baby marrow sauté
- Mushroom sauté
- Apple and bacon sauté
- Rice – cooked
- Chestnut, macadamia or cashew nuts (Any 2 × 1) (2)

[50]

QUESTION 3

3.1 3.1.1 Yellowfish is a freshwater✓ fish. It is flavoursome, has many bones and is suitable for moist and dry cooking methods.✓ (2)

3.1.2 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. (Any 2 × 1) (2)

3.2 3.2.1 Berries
3.2.2 Stone fruit
3.2.3 Tropical fruit
3.2.4 Hard fruit
3.2.5 Stone fruit
3.2.6 Tropical fruit
3.2.7 Citrus fruit
3.2.8 Tropical/exotic fruit

(8 × 1) (8)

3.3 3.3.1 It is equal parts✓ of flour and fat✓ melted✓ together as basis for a white sauce. (3)

3.3.2 Roux blanc: It is not browned✓ in this case and it produces a normal white sauce.
Roux brun: The roux is browned✓ and is used for the making of brown sauces. (2)

3.3.3
- Smooth and lump-free
- Good colour
- Glossy
- Correct consistency
- Good flavour

(5 × 1) (5)

3.4 3.4.1 Stiff-peak stage

3.4.2 The finer✓ the blades, the finer the air bubbles will be.
Bowls with small round bottoms✓and angled, sloping sides✓ are best because the beater picks up the egg mixture.
Wire✓ beaters in still-standing bowls give best results.
The bowl and the beaters must be free of fat.✓
Rather use glass or porcelain✓ than plastic. (Any 4 × 1) (4)

3.4.3 Bake the meringue at 100 °C–120 °C✓ for 3–6 hours.✓ The meringue nest is then filled✓ with cream and fresh fruit.✓ (4)

3.5
- Stuffing keeps the meat moist,✓ for example breasts.
- The amount of portions is increased✓ – larger portions – takes the place of bones.
- Variety is given to the texture✓ and taste of poultry.✓
- It gives variation✓ to the menu.
- It improves presentation.✓ (Any 4 × 1) (4)

3.6.1 A temporary emulsion consists of two liquids✓ usually unable✓ to combine when mixed, for example oil and vinegar. If the surface tension is broken mechanically✓ by beating or shaking the liquids, they will mix temporarily, for example French salad dressing.✓ (4)

3.6.2 A permanent emulsion is formed when an emulsifying agent (egg yolk)✓ is mixed with the two liquids and binds✓ the two that cannot mix, for example mayonnaise.✓ (3)

3.7 3.7.1 Butter is used for most kitchen purposes where expense does not have to be considered. (Any use acceptable)

3.7.2 Lard is used for shallow- and occasionally deep-fat frying and for making short crust and hot-water pastry.

3.7.3 Suet is generally used for suet puddings and mincemeat. It may also be used for barding liver or other meat cuts.

3.7.4 Margarine can be used instead of butter, but it is not as flavoursome as butter.

(4 × 1) (4)

3.8
- The protein coagulates.
- There is little shrinkage of protein.
- The extractives seep out, causing loss of flavour and shape.
- Colour changes from transparent to white.
- The flesh has a flaky texture. (4)

[50]

QUESTION 4

4.1
- Drying
- Canning
- Candying
- Glazing
- Jam
- Freezing
- Cold storing
- Gas storing (Any 6 × 1) (6)

4.2
- UHT milk is first homogenised.✓
- It is heated in a heat exchanger✓ to 132 °C–140 °C✓ for 2–4 seconds.✓
- Then it is cooled rapidly✓ and packed into foil-lined, sterile containers and is sealed.✓
- It has a shelf life of about six months when sealed. (6)

4.3
- Keep different types of raw poultry apart when working with it.✓
- Work separately with raw and cooked poultry✓ (use different cutting surfaces for raw and cooked poultry).
- Thoroughly clean all equipment that has been used for preparing poultry,✓ for example cutting boards, knives, trays, et cetera.
- Hands must be washed each time poultry is handled and as necessary during preparations.✓
- Raw and fresh poultry must be stored separately.✓ (5)

4.4
- 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). (Any 7 × 1) (7)

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4.5 4.5.1 It is raw,✓ finely minced/shaved✓ beef (fillet) mixed with spices✓ and served with raw egg yolk.✓ (4)

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

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

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

4.5.5 This is a Russian dish. Strips✓ of sirloin, fillet or rump are stir-fried and covered with a rich sauce containing mushrooms,✓ onions,✓ garlic, sour cream✓ and sherry. (4)

4.6 4.6.1 Onions lose the sharp, burning flavour and become sweeter.✓

4.6.2 Carrots and peas: Sweetness is lost✓ because sugar dissolves in the water.

(2 × 1) (2)

4.7
- The composition of the meat cut (how much connective tissue versus muscle fibre) – tenderness of the meat✓
- The surrounding medium – water/fat/foil (cooking method)✓
- Cooking facilities✓ – oven size and type
- The degree of doneness required✓
- The size of the cut and thickness✓
- The temperature of the raw meat before cooking✓
- The type of meat✓ (pork, beef, lamb, mutton, veal, venison)
- The intensity of the heat (cooking temperature)✓ (Any 6 × 1) (6)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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