higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

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	F		
	1.1.2	E		
	1.1.3	D		
	1.1.4	G		
	1.1.5	I		
	1.1.6	H		
	1.1.7	J		
	1.1.8	B		
	1.1.9	K		
	1.1.10	A		
			(10 × 1)	(10)
1.2	1.2.1	Bechamel		
	1.2.2	Crepes		
	1.2.3	Beurre manie		
	1.2.4	Temporary emulsion		
	1.2.5	Glaze		
			(5 × 1)	(5)
1.3	1.3.1	True		
	1.3.2	False		
	1.3.3	True		
	1.3.4	False		
	1.3.5	False		
			(5 × 1)	(5)
1.4	1.4.1	100 mℓ		
	1.4.2	625 mℓ		
	1.4.3	45 mℓ/37,5 mℓ		
	1.4.4	40 mℓ		
	1.4.5	1750 mℓ/1,75 ℓ		
			(5 × 1)	(5)
1.5	1.5.1	Used to insert strips of fat into large cards of meat		
	1.5.2	Used to scoop sea food/vegetables out of cooking or frying liquids		
	1.5.3	Used to strain stock, soup, sauces and other liquids		
	1.5.4	Ideal for grilling		
	1.5.5	Gives a rippled effect to potatoes, carrots and other vegetables		
			(5 × 2)	(10)

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1.6	1.6.1	140 °C–160 °C	
	1.6.2	180 °C	
	1.6.3	200 °C	
	1.6.4	260 °C	
	1.6.5	220 °C–240 °C	
			(5 × 1) (5)
1.7	1.7.1	B	
	1.7.2	B	
	1.7.3	A	
	1.7.4	A	
	1.7.5	A	
	1.7.6	D	
	1.7.7	C	
	1.7.8	A	
	1.7.9	C	
	1.7.10	B	
			(10 × 1) (10)
			[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1

FRUIT	EXAMPLE
Hard	Apple, pear, quince
Stone	Apricot, peach, plum, grape, nectarine, litchi, date, cherry
Berry	Raspberry, strawberry, black berry, black berry, black current
Citrus	Orange, lemon, lime, grape fruit, kumquat, naartjie, clementine, satsuma, manderine
Tropical	Banana, mango, pine apples, dates, sweet melon, kiwi, pawpaw, papino, avocado, granadilla, litchi, star fruit, guava, passion fruit

(5)

2.2 2.2.1 Apples
2.2.2 Pears
2.2.3 Avocado

(3 × 1) (3)

2.3 2.3.1
- Develops a strong flavour
- If cooked for too long it loses its taste

2.3.2
- Lose the sharp burny flavour
- Have a sweeter taste or caramelised taste

(2 × 2) (4)

2.4 2.4.1 Vegetables are cooked in boiling water or with steam. It takes slightly longer but its healthier

2.4.2 Vegetables are put in a pot with little water and fat over low heat. The vegetables are basically cooked in their moisture

(2 × 2) (4)

2.5
- Exclude oxygen (cover with water, sugar solution, etc.)
- Lower temperature (refrigeration)
- Blanching and cooking
- Adding acid like vinegar or lemon juice
- Adding ascorbic acid
- Storing I sulphur dioxide(dried fruit)
- Placing cut vegetables or fruits in light salt water

(Any 6 × 1) (6)

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2.6
- Used in breakfast cereals to enrich the mixture
- Provide roughage in salads
- Ensure texture in cake mixtures
- Used in making brittles
- Used in the baking of cakes
- For decoration of cakes
- Can be served as snacks (Any 5 × 1) (5)

2.7
- Cooking oil
- Vinegar
- Lemon juice
- Egg yolk (4)

2.8 2.8.1 Is an off flavour and taste of fats and oils and also food containing a lot of fat and oil which is caused by the reaction of the enzyme lipase with oxygen (2)

2.8.2
- Temporary emulsion consists of two liquids usually not able to combine when mixed, e.g. oil and water
- Permanent emulsion – an emulsifier may be added to make the liquids to miss easier and also make emulsion more stable, e.g. egg yolk (emulsifier) added to oil and vinegar to make mayonnaise (2 × 2) (4)

2.8.3 To cover meat with strips of fat (bacon) whilst cooking (roasting) to prevent from drying out (2)

2.9

BUTTER	MARGARINE
• Contains natural fat, water and emulsifiers • Butter is expensive • Butter is flavourful	• Fat and water need to be pressed together and emulsifiers must be added in order to get an emulsion • It is cheaper • It is inferior

(Any 2 × 2) (4)

2.10 Firm, not too hard or too soft (2)

2.11
- Grown in many parts in the world and also form the basis of many cultures' staple food
- Very popular on the menu
- Easy to prepare
- Economic in relation to animal products
- Likely to have a long shelf life
- A source of carbohydrates, protein, minerals and vitamin B (Any 5 × 1) (5)

[50]

QUESTION 3

3.1
- Smooth and lump free
- Good colour
- Glossy
- Correct consistency
- Goog flavour (5)

3.2
- Candling
- Breaking of the egg
- Placement of water (3)

3.3
- Trapping air – Both egg whites and egg yolks have the ability of trapping air when beaten. They foam but whites have more ability to foam than yolks
- Thickening – Used to thicken sauces due to the coagulation (setting) of the protein. E.g. egg custard
- Emulsifying – Egg yolks contains lecithin which is an emulsifier and enables oil and water to be mixed without separating. E.g. mayonnaise
- Binding – Ingredient for rissoles, fish cakes or croquettes can be bound together with eggs, which, when heated, will set and hold the ingredients together
- Enriching – Eggs can be added to sauces, milk puddings etc., in a way to include extra protein
- Coating – Used as coating for fried food, either on their own or combined with flour or bread crumbs
- Glazing – Whole or separated, can be brushed over pastries, breads, etc., to produce a golden brown shiny glaze during baking.
- Garnishing – Hard-boiled egg white and yolk can be used to garnish salads
- Clarifying – Egg white and shells are used to clarify liquids like consommé and stocks (Any 5 × 2) (10)

3.4
- Soft peak stage
- Stiff peak stage
- Dry stage (3)

3.5
- Pasteurisation
- Freezing
- Drying (3)

3.6
- Remove the wish bone
- Cut off the winglets
- Remove the legs and then cut in half to obtain drumstick and thigh
- Cut off the knuckle pieces
- Remove the wings by cutting parallel to the breastbone and down through the wing joints
- Trim the wing joints and chop off the bottom knuckle
- Remove the breast from the carcass using a large cook's knife
- Cut the breast into two quarter-sized portions (8)

3.7
- For taste
- To be more digestible
- To be more flavoursome (3)

3.8

CROWN ROAST	RACK OF LAMB
Made from the two racks of lamb rib chops, joined together to form a circle	Consist of a single set of ribs with 8 rib bones

(2 × 2) (4)

3.9
- Elastin – Yellow inedible connective tissue which is present down the neck and back area of the carcass
- Collagen – White connective tissue which composition changes when cooked with moisture to form gelatine (2 × 2) (4)

3.10
- Fresh fish
- Frozen fish
- Salted and dried fish
- Smoked fish
- Canned fish
- Soused fish
- Pickled fish
- Processed fish (Any 7 × 1) (7)

[50]

QUESTION 4

4.1 4.1.1 Factor = Desired / Known

54 / 18

3

TEA SCONES (18)

INGREDIENTS	QUANTITY	4.1.1	PRICE PER UNIT	4.1.1
Cake flour	720 g	2,160 kg	R22/2,5 kg	R19,01
Baking powder	30 g	90 g	R28/500 g	R5,04
Margarine	125 g	375 g	R24/500 g	R18,00
Eggs	2	6	R14,50/doz	R7,25
Sugar	200 g	0.600 kg	R19/2 kg	R5,70
Milk	500 mℓ	1,5 ℓ	R12,50/ℓ	R18,75

(8)

4.1.2

INGREDIENTS	QUANTITY	PRICE PER UNIT	4.1.2
Cake flour	720 g	R22/2,5 kg	R6.34✓
Baking powder	30 g	R28/500 g	R1.68✓
Margarine	125 g	R24/500 g	R6.00✓
Eggs	2	R14,50/doz	R2.42✓
Sugar	200 g	R19/2 kg	R1.90✓
Milk	500 mℓ	R12,50/ℓ	R6.25✓

(6)

4.1.3 R73,75 (2)

4.1.4 R1,37 (2)

4.2
- Soft meringue – lemon meringue, baked Alaska
- Hard meringue – pavlova, tart cases, meringue, meringue nests (2 × 2) (4)

4.3 4.3.1
- The quality risk factor is very low
- It does not require refrigeration until the container in which it is kept has been opened
- The taste and flavour are closer to fresh milk than to powdered milk
- The process does not adversely affect the colour or nutritional value of the milk (4)

4.3.2
- Coagulation of proteins
- Colour changes
- Flavour changes
- Skin formation
- Distribution of minerals
- Appearance changes (6 × 1) (6)

4.3.3
- Hard
- Blue
- Soft, ripened cheese (3)

4.3.4

CLASSIFICATION	EXAMPLE
Very hard cheese	Parmesan, Roman
Hard cheese	Gruyere, Cheddar, mature cheddar
Semi-hard cheese	Edam, Gouda, Sweet milk cheese, Tusser
Soft fresh cheese	Ricotta, Low fat cottage cheese, cottage cheese, cream cheese, mozzarella, fat free cottage cheese
Soft ripened cheese	Camembert, Brie, Rabiola, Limburger, Bell swiss, Klein Appenzel, Bell paese
Blue cheese	Roquefort, Blaaukrantz, Gorgonzala, Rosetta, Simonzola, Stilton
Special cheese	Ricotta, Feta

(5 × 2) (10)

4.4 4.4.1 Tuna, mackerel, galjoen, snoek, anchovy, stumpnose

4.4.2 Cod fish, cape salmon, mullet, red roman, angel fish, Zebra, blacktail

4.4.3 Sole, yellow tail, hake, white Steenbras, kingklip, hottentot

(3 × 1) (3)

4.5 Chicken Liver (1)

4.6 On its back (1)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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