higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N80**(E)**(J18)H

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

(10070254)

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This question paper consists of 10 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
CATERING THEORY AND PRACTICALS 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 question on a NEW page.
5. Write neatly and legibly.

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QUESTION 1

1.1 Choose a description from COLUMN B that matches a/an word/item in COLUMN A. Write only the letter (A–K) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1.1	Goulash	A	finely grounded and seasoned minced meat, usually lamb, formed into cubes or balls around a skewer
1.1.2	Osso Bucco		
1.1.3	Beef stroganoff	B	skewer consisting of small pieces of meat seasoned and often combined with vegetables
1.1.4	Fajitas		
1.1.5	Steak Diane	C	cubed chuck steak, beef stock and red kidney beans from United States
1.1.6	Tournedo Rossini		
1.1.7	Beef Wellington	D	strips of sirloin, fillet or rump are stir fried and covered with sauce
1.1.8	Kebabs	E	Italian dish prepared from veal shin lightly browned in butter and simmered in tomatoes and wine
1.1.9	Saltibocca		
1.1.10	Koftas	F	cubes of steak are simmered in a paprika scented stock and thickened with sour cream
		G	Mexican dish of steak marinated in spice and lime, served in tortillas with avocado, sour cream and salsa
		H	slices of fillet grilled and topped with pate made from calf's liver
		I	fillet sautéed in butter with shallots and finished off with more butte, a dash of Worcestershire sauce and a little brandy
		J	a whole fillet is briefly seared for flavour and then wrapped in puff pastry and roasted in the oven
		K	Italian name for beef escalopes

(10 × 1) (10)

1.2 Choose the correct word(s) from those given in brackets. Write only the word(s) next to the question number (1.2.1–1.2.5) in the ANSWER BOOK.

1.2.1 White sauce made from flavoured milk (Veloute\Bechamel)

1.2.2 Small, thin pancakes, normally served in syrup (crepes\flapjacks)

1.2.3 Equal quantities of butter and flour mixed into a dough (Beurre manie\Beurre noisette)

1.2.4 A mixture of two liquids, that would normally not mix (temporary emulsion\permanent emulsion)

1.2.5 Coating baked products with a variety of mixtures to obtain a shine and improved colour (glace\glaze)

(5 × 1) (5)

1.3 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

1.3.1 To test I the avocado is ripe, you can gently press on the flower part and if it budges slightly the avocado is ripe

1.3.2 Glutenin and ovo-vetillin are the two proteins found from the plant origin

1.3.3 Napolitaine is a sauce made of tomato concasse and parmesan cheese for pasta

1.3.4 Eggs must be stored in their packing trays; blunt end downwards

1.3.5 Cultured milk is homogenised and then lactic acid bacteria is added

(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 7 cups flour = … mℓ

(5 × 1) (5)

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1.5 Identify the following equipment and give one use of each:

1.5.1 

1.5.2 

1.5.3 

1.5.4 

1.5.5 

(5 × 2) (10)

1.6 Give the correct oven temperature in °C for each of the following:

1.6.1 Cool

1.6.2 Moderate

1.6.3 Moderately hot

1.6.4 Very hot

1.6.5 Hot

(5 × 1) (5)

1.7 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.7.1–1.7.10) in the ANSWER BOOK.

1.7.1 When sterilising milk is heated to …

A 72 °C for 5%
B 104 °C for 20–30 minutes
C 63 °C for 1 ½ hours
D 82 °C for 10–15 minutes

1.7.2 Moderately oily fish contains … % fat in flesh.

A More than 5%
B Between 2–5 %
C Less than 5%
D All of the above mentioned

1.7.3 Coq au vine is …

A a rich chicken casserole or stew made with red wine
B marinated chicken pieces and covered in batter
C chicken stir-fry with chicken pieces, bamboo shoots, celery, soy sauce
D None of the above

1.7.4 Which colour of vegetable is used for marking youngest animals (beef) most tender meat?

A Purple
B Brown
C Red
D Blue

1.7.5 Entrecote is a cut from …

A contrefolet
B sirloin
C rump
D flank

1.7.6 Hydrogenation is …

A The process where oil(liquid) changes to fat(solid)
B A process used for the production of margarine and white cooking fat
C Contain a large proportion of unsaturated fat
D All of the above

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1.7.7 Lacto vegetarians are …

A strict vegans
B do not eat meat and dairy
C do not eat meat but use dairy products
D do not eat meat or dairy

1.7.8 Glutenin and Gliadin are proteins found in …

A wheat
B eggs
C milk
D meat

1.7.9 Waldorf salad is made out of …

A lettuce, garlic, croutons, parmesan cheese and boiled eggs.
B black olives, boiled potatoes, boiled eggs, green pepper and mayonnaise
C apples, celery, walnuts, mayonnaise
D tomatoes, cucumber, peppers, onions, feta cheese, olives

1.7.10 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 Diane steak
D All of the above

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Fruits can be classified as hard, stone, berry, citrus and tropical fruits.

Give ONE example of each of the mentioned classification. (5)

2.2 Which type of fruit is represented by each of the following cultivars?

2.2.1 Granny Smith

2.2.2 Packham

2.2.3 Ettinger

(3 × 1) (3)

2.3 Explain the effect of cooking on the flavour of the following vegetables:

2.3.1 Cabbage

2.3.2 Onions

(2 × 2) (4)

2.4 Distinguish between the following TWO cooking methods with regard to vegetables:

2.4.1 Steaming

2.4.2 Sweating

(2 × 2) (4)

2.5 Some fruits and vegetables like apples and potatoes develop a brown surface if cut or bruised.

How can you prevent their enzymatic browning? (6)

2.6 Describe the uses of nuts in food preparation. (5)

2.7 List the basic ingredients for making mayonnaise. (4)

2.8 Describe the following terms:

2.8.1 Rancidity (2)

2.8.2 Emulsions (4)

2.8.3 Barding (2)

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2.9 Discuss the difference between *butter* and *margarine*. (4)

2.10 The term *al dente* is associated with pasta. Describe it. (2)

2.11 Describe the importance of cereals in everyday food preparation. (5)
[50]

QUESTION 3

3.1 Describe the qualities of a good white sauce. (5)

3.2 Name the THREE methods of testing the freshness of an egg. (3)

3.3 Name and discuss any FIVE functions of eggs in the preparation of food.
(5 × 2) (10)

3.4 There are FOUR stages in beating of egg white. One of the stages is foamy. Name the other THREE. (3)

3.5 List the THREE preservation methods of eggs. (3)

3.6 Describe how you would join a chicken/poultry. (8)

3.7 Explain THREE main reasons for cooking starch. (3)

3.8 Differentiate between *crown roast of lamb* and *rack of lamb*. (4)

3.9 There are TWO kinds of connective tissues. Discuss them. (4)

3.10 Fish is sold in different cuts and forms in the market. Name them. (7)
[50]

QUESTION 4

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

TEA SCONES (18)

INGREDIENTS	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/doz
Sugar	200 g	R19/2 kg
Milk	500 mℓ	R12,50/ℓ

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4.1.1 Convert the ingredients to yield 54 scones. Show the factor. (8)

4.1.2 Calculate the cost for the converted recipe using the price list provided. Show the cost of each ingredient clearly. (6)

4.1.3 Calculate the total price of the converted recipe. (2)

4.1.4 Determine the cost of one scone. (2)

4.2 Name TWO types of meringues and give one example of each. (2 × 2) (4)

4.3 Answer the following questions on milk and cheese:

4.3.1 What are the advantages of UHT milk? (4)

4.3.2 Describe the effect of heat on milk. (6)

4.3.3 A basic cheese board should include at THREE types of cheese. List them. (3)

4.3.4 Classify cheese into FIVE categories and give ONE example of each. (5 × 2) (10)

4.4 One of the classifications of fish is salt water fish. Give ONE example of the following classification:

4.4.1 Oily fish

4.4.2 Moderately oily fish

4.4.3 White fish

(3 × 1) (3)

4.5 Which giblet in chicken, is used for making pate? (1)

4.6 When carving turkey, how do you position it on the carving board? (1)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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