higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N80**(E)**(J10)H

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

(10070254)

10 June 2019 (X-Paper)
09:00–12:00

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 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. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Method to measure fats:

A Division
B Water displacement
C Measuring cups or spoons
D All of the above

1.1.2 Reaction between proteins and carbohydrates during the application of dry heat of above 155 °C:

A Caramelisation
B Maillard reaction
C Gelatinisation
D Amilo reaction

1.1.3 Effect caused by overheating of proteins:

A Dextrinization
B Coagulation
C Syneresis
D Denaturation

1.1.4 Dish of fresh or dried fruits poached or stewed in sugar syrup:

A Crumble
B Compote
C Pêche melba
D Devils on horseback

1.1.5 Pear-shaped potato cultivar which is more firm with shallow eyes and suitable for chips and salads:

A Van der Plank
B BP13
C Spunta
D Sandvelder

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1.1.6 Process where milk is heated to 72 °C for at least 15 seconds then cooled rapidly to 4 °C:

A Pasteurisation
B Evaporation
C Sterilisation
D Homogenisation

1.1.7 Flat fish:

A Stumpnose
B Sole
C Snoek
D Tuna

1.1.8 Mayonnaise with chopped onions, endives, lettuce, leeks, fresh tarragon and fresh basil:

A Verte sauce
B Aioli
C Remoulade sauce
D Tartare sauce

1.1.9 A whole large egg is equal to … mℓ.

A 30
B 40
C 50
D 60

1.1.10 Chicken pieces marinated first and then coated in a light batter and deep fried:

A Fritot
B Chicken Kiev
C Cordon bleu
D Chicken Marengo

(10 × 1) (10)

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1.2 Choose a cooking method from COLUMN B that matches a beef cut in COLUMN A. Write only the letter (A–F) next to the question number (1.2.1–1.2.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.2.1	Rump	A	stewing/braise
1.2.2	Flat-rib cubes	B	pot-roast
1.2.3	Aitchbone (corned)	C	oven grill, roast, braai
1.2.4	Bolo (whole)	D	steam
1.2.5	Shin for soup	E	simmer
		F	boil

(5 × 1) (5)

1.3 Choose a cheese from COLUMN B that matches a name in COLUMN A. Write only the letter (A–G) next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

NOTE: Options from COLUMN B may be used more than once.

COLUMN A		COLUMN B	
1.3.1	Romano	A	very hard cheese
1.3.2	Gouda	B	hard cheese
1.3.3	Ricotta	C	semihard cheese
1.3.4	Edam	D	soft, fresh cheese
1.3.5	Gruyère	E	soft, ripened cheese
1.3.6	Gorgonzola	F	blue cheese
1.3.7	Parmesan	G	special cheese
1.3.8	Cheddar		
1.3.9	Roquefort		
1.3.10	Mozzarella		

(10 × 1) (10)

1.4 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write 'True' or 'False' next to the question number (1.4.1–1.4.7) in the ANSWER BOOK. Correct the statement if it is FALSE.

1.4.1 Porterhouse steaks are cut from the rear end of the short loin and contain a much larger section of the tenderloin.

1.4.2 A fajita is a Mexican dish of steak marinated in spices and lime, served in tortillas with avocado, sour cream and salsa.

1.4.3 Skilpadjies is a traditional South African food also known as pofadders.

1.4.4 Lipase causes dextrinisation of fat molecules.

1.4.5 Oil hardening is the conversion of liquid oils to solid fats.

1.4.6 Sauerkraut is an Italian cabbage dish with a distinct sour taste.

1.4.7 Waldorf salad contains tomatoes, cucumbers, peppers, onions, feta cheese and Calamata olives.

(10)

1.5 Name and classify each of the following fruits:

1.5.1



1.5.2



1.5.3



1.5.4



1.5.5



(5 × 2) (10)

1.6 Give ONE term for each of the following descriptions. Write only the term next to the question number (1.6.1–1.6.5) in the ANSWER BOOK.

1.6.1 French name for spinach

1.6.2 Written list of dishes available to clients or customers given through to staff to prepare

1.6.3 Very thick roux sauce used to bind croquettes, fillings, etc.

1.6.4 Equal amount of butter and flour melted together to make white sauce

1.6.5 To boil food until half cooked to finish it faster

(5 × 1) (5)

[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 A recipe for tea scones yields 12 scones. The ingredients with their respective quantities and price for each commodity are as follows:

INGREDIENT	QUANTITY	PRICE PER UNIT
Cake flour	480 g	R24,00/2,5 kg
Sugar	150 g	R22,00/2 kg
Baking powder	15 g	R17,00/200 g
Margarine	150 g	R24,00/500 g
Eggs	2	R14,00/dozen
Milk	400 mℓ	R13,00/ℓ

2.1.1 Do the costing for the above recipe by using the given prices. Write the calculated cost (to the nearest TWO decimals) of each ingredient clearly alongside the relevant item. (6)

2.1.2 Calculate the total cost of the recipe. (2)

2.1.3 Calculate the cost per portion. (2)

2.2 Describe the THREE useable stages of egg-white foam. (3 × 3) (9)

2.3 What are the ideal properties of a puffy omelette? (5)

2.4 Give FOUR reasons for stuffing a chicken. (4 × 2) (8)

2.5 State FIVE qualities of a good white sauce. (5)

2.6 Give THREE reasons for cooking starch. (3)

2.7 Name SEVEN cuts and forms in which fish are sold. (7)

2.8 Describe the quality of good dried pasta. (3)
[50]

QUESTION 3

3.1 What determines the choice of specific cooking methods for meat? (4)

3.2 Differentiate between the characteristics of *forequarter* and *hindquarter* beef. (4 + 4) (8)

3.3 Name and discuss FOUR functions of eggs in the preparation of food. (4 × 2) (8)

3.4 List SIX cuts of pork. (6)

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3.5 Vegetables can be classified according to colour, flavour and nutrients.

Name and discuss the classification of vegetables according to colour. (4 × 2) (8)

3.6 Discuss SIX points to keep in mind when carving poultry for serving. (6)

3.7 Explain how to cook pasta. (10)
[50]

QUESTION 4

4.1 Classify each of the following types of saltwater fish as oily, moderately oily or white:

4.1.1 Tuna

4.1.2 Hake

4.1.3 Cape salmon

4.1.4 Mullet

4.1.5 Galjoen

4.1.6 Zebra

4.1.7 Kingklip

4.1.8 Sole

4.1.9 Stumpnose

(9 × 1) (9)

4.2 Explain the difference between *velouté* and *béchamel* sauce. (2 + 2) (4)

4.3 Discuss the important rules when deep-frying food. (7)

4.4 Name FOUR good emulsifiers. (4)

4.5 Define each of the following terms:

4.5.1 Larding

4.5.2 Barding

4.5.3 Basting

(3 × 2) (6)

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4.6	Name and discuss FOUR types of vegetarians.		(4 × 2)	(8)
4.7	Name TWO tools for sharpening knives.			(2)
4.8	Give THREE reasons for cooking food.		(3 × 2)	(6)
4.9	Name TWO ways in which eggs can be preserved.			(2)
4.10	Distinguish between *condensed milk* and *evaporated milk*.			(2)
				[50]

TOTAL SECTION B:	**150**
GRAND TOTAL:	**200**

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