higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

28 NOVEMBER 2019

This marking guideline consists of 8 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	False		
	1.1.2	True		
	1.1.3	False		
	1.1.4	True		
	1.1.5	True		
	1.1.6	False		
	1.1.7	True		
	1.1.8	True		
	1.1.9	True		
	1.1.10	False		
			(10 × 1)	(10)

1.2	1.2.1	B		
	1.2.2	A		
	1.2.3	C		
	1.2.4	B		
	1.2.5	A		
	1.2.6	B		
	1.2.7	C		
	1.2.8	B		
	1.2.9	A		
	1.2.10	C		
			(10 × 1)	(10)

1.3	1.3.1	Lard		
	1.3.2	Navarin		
	1.3.3	Béchamel		
	1.3.4	Darne		
	1.3.5	Salamander		
	1.3.6	Sweat		
	1.3.7	Mandolin		
	1.3.8	Tarte tatin		
	1.3.9	Mange tout		
	1.3.10	Parsnips		
			(10 × 1)	(10)

1.4 1.4.1 Colander✓ – used to drain pasta and vegetables, to rinse fresh produce and also for steaming foods.✓

1.4.2 Grater✓– a four-sided metal box with four different sized grids used for shredding and grating vegetables.✓

1.4.3 Wooden spoon✓ – used to mix, stir a mixture in baking and in cooking.✓

1.4.4 Pressure cooker✓ – used to cook tough meat cuts; the building of pressure leads to higher cooking temperature.✓

1.4.5 Food tong✓ – used to turn food and serve food items.✓

(5 × 2) (10)

1.5
1.5.1 D
1.5.2 C
1.5.3 C
1.5.4 C
1.5.5 C
1.5.6 B
1.5.7 D
1.5.8 C
1.5.9 B
1.5.10 B

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 2.1.1 Hard – apple, pear, quince

2.1.2 Citrus – orange, lemon, lime, grape fruit, naartjie, clementine

2.1.3 Berry – raspberry, strawberry, blackberry, gooseberry, black currant

2.1.4 Tropical – mango, banana, pineapple, pawpaw, kiwi, granadilla, litchi, passion fruit

2.1.5 Stone – peach, apricot, plum, grape, nectarine, litchi, date, cherry

(5 × 2) (10)

2.2

GARDEN PEAS	MANGE TOUT
• Normal size peas with no seeds inside	• Green peas with small seeds in the inside

(2 × 2) (4)

2.3
- Product of mealies
- A very fine powder
- Excellent thickening agent (3)

2.4
- Grown in many parts of the world
- 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, proteins, minerals and vitamin B (7)

2.5

SOFT BOLIED✓	MEDIUM BOILED✓	HARD BOILED✓
• Soft white and yellow✓ • White slightly set✓ • 4–5 minutes✓	• Firm white and soft yellow ✓ • Looks similar to poached eggs✓ • 6–8 minutes✓	• Firm white and yolk✓ • Used for garnish✓ • 8–10 minutes✓

(4 × 3) (12)

2.6 An emulsion consists of two liquids usually not able to combine when mixed, e.g. oil and water.✓
An emulsifier may be added to make the liquids mix easier and also to make the emulsion more stable.✓
An emulsifier binds two liquids that cannot mix,✓ e.g. mayonnaise where vinegar and oil is bound by egg yolk which serves as the emulsifier due to its lecithin content.✓ (4)

2.7 2.7.1 Trapping air✓ – in baking the soufflé trapping of air in egg white foam is an rising agent.✓

2.7.2 Clarifying✓ – egg white and shells are used to clarify liquids like consommés. They serve as absorbents to which impurities cling.✓

2.7.3 Glazing✓ – eggs can be brushed over pastries like a chicken pie to produce a golden brown shiny glaze during baking.✓

2.7.4 Enriching✓– eggs can be added to sauces and milk puddings as a way to include extra protein.✓

2.7.5 Garnishing✓ – hard-boiled egg whites and egg yolks can be used to garnish salads.✓

(5 × 2) (10)
[50]

QUESTION 3

3.1 3.1.1

INGREDIENT	COST
Cake flour	R2.30
Baking powder	R0.32
Ground ginger	R2.60
Ground cinnamon	R2.40
Mixed spice	R1.20
Brown sugar	R0.48
Golden syrup	R5.40
Margarine	R4.80
Eggs	R2.33
Bicarbonate of soda	R0.45

(10)

3.1.2 R22.28 (2)

3.1.3 R0.93 × 6 = R5.58 (2)

3.2

FOREQUARTER	HINDQUARTER
• Bony meat • Very tasty and full of flavour • Suitable for moist cooking method • Not suitable for dry cooking method • Less expensive	• Less bones • Soft and tender meat • Suitable for dry cooking method • More expensive

(4 × 2) (8)

3.3
- Neck
- Shoulder
- Flank
- Breast and shank
- Thick rib
- Rib
- Loin
- Chump
- Leg

(Any 6 × 1) (6)

3.4
- Rigor mortis
- Ripening
- Slaughtering
- Cold shrinkage
- Cooking

(5)

3.5

CLASSIFICATION	EXAMPLE
Very hard	Parmesan, Romano
Hard	Gruyère, Cheddar, Mature Cheddar
Semi-hard	Edam, Gouda, Sweet milk, Tussers
Soft fresh	Cottage cheese, cream cheese, Mozarella, Ricotta, low-fat cottage cheese, fat free cottage cheese
Soft ripened	Camembert, Brie, Rebiola, Bell Swiss, Klein Appenzell, Bel Paese
Blue	Roquefort, Blaauwkrantz, Rosetta, Gorgonzola, Simonzola, Stilton
Special	Ricotta, Feta

(1 × 7) (7)

3.6
- Fry at the correct temperature; too high a temperature will lead to rapid browning of food, without cooking properly.
- Too low a temperature will lead to the food absorbing lots of oil, higher costs, oily foods and prolonged frying time.
- Prepare food correctly. Even sized portions will ensure even browning.
- Ensure that the crumbs on crumbed foods are firmly attached to avoid too many crumbs in the oil, that will burn and cause a smoking effect.
- Use one part of food to six parts of oil.
- Skim the surface regularly to remove left-over particles that can brown, burn and cause smoke.
- Do not season food prior to frying, since salt increases the breaking down of the oil.
- Filter the oil daily to prolong the shelf life.
- Clean the fryer at regular intervals. (Any 7 × 1) (7)

3.7 Heated milk forms a smaller✓ and softer✓ curd in the stomach.✓ (3)

[50]

QUESTION 4

4.1
- Coagulation of proteins
- Colour changes
- Flavour changes
- Skin formation
- Distribution of minerals
- Appearance changes (6)

4.2
- Remove the wishbone.
- Cut off the winglets.
- Remove the legs and cut in half to get a drumstick and a thigh.
- Cut of the knuckle pieces.
- Remove the wings by cutting parallel to the breast bone 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 equal-sized portions. (8)

4.3
4.3.1 Cold lemon flavoured butter is folded inside a flattened chicken breast.

4.3.2 A flattened chicken breast is filled with ham and cheese, rolled, placed in egg and then rolled in bread crumbs and deep-fried.

4.3.3 Chicken portions are covered with flour, browned and then simmered in stock, wine, onion and spices.

(3 × 2) (6)

4.4
- Economical
- Long shelf life
- Easily obtained
- Short cooking time
- Compact storage
- Large variety
- Wide range of usages
- Sustainable food – high percentage starch
- Good nutritional value
- Acceptable in food institutions (Any 7 × 1) (7)

4.5
- The quality risk factor is very low.
- It does not require refrigeration until the container in which it is kept is opened.
- The taste and flavour are closer to fresh milk than to powdered milk.
- This process does not adversely affect the colour or nutritional value of milk. (4)

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4.6
- Shallow frying
- Deep frying
- Stir frying
- Sautéing
- Dry frying (Any 3 × 1) (3)

4.7 The milk is heated to 63 °C✓ for 1½ hours✓ and then cooled rapidly to not more than 10 °C.✓ (3)

4.8
- Smell – wholesome and pleasant
- Scales – plentiful and firmly attached
- Eyes – bright, prominent, not sunken
- Gills – bright pink colour
- Flesh – firm, springs back into shape when pressed
- Skin – covered with a fresh sea-slime, undamaged and free from bruising and discolouration (6 × 2) (12)

4.9 Separately (1)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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