higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

5 October 2020

This marking guideline consists of 8 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	A		
	1.1.2	B		
	1.1.3	B		
	1.1.4	A		
	1.1.5	A		
	1.1.6	C		
	1.1.7	C		
	1.1.8	A		
	1.1.9	A		
	1.1.10	B		
			(10 × 1)	(10)
1.2	1.2.1	True		
	1.2.2	True		
	1.2.3	False		
	1.2.4	False		
	1.2.5	False		
	1.2.6	False		
	1.2.7	True		
	1.2.8	False		
	1.2.9	True		
	1.2.10	True		
			(10 × 1)	(10)
1.3	1.3.1	G		
	1.3.2	C		
	1.3.3	K		
	1.3.4	D		
	1.3.5	A		
	1.3.6	I		
	1.3.7	F		
	1.3.8	B		
	1.3.9	H		
	1.3.10	E		
			(10 × 1)	(10)
1.4	1.4.1	Chicken cordon bleu		
	1.4.2	Fritot		
	1.4.3	Heifer		
	1.4.4	Chateaubriand		
	1.4.5	Moussaka		
	1.4.6	Hydrogenation		
	1.4.7	Vertebrate		
	1.4.8	Supreme		
	1.4.9	Roux		
	1.4.10	Crêpes		
			(10 × 1)	(10)

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1.5 1.5.1 100 mℓ
1.5.2 750 mℓ
1.5.3 30 g × 4 = 120 g (1 ounce in South Africa = 30 g)
1.5.4 82,5 mℓ/68,75 mℓ
1.5.5 35 mℓ
(5 × 1) (5)

1.6 1.6.1 A
1.6.2 D
1.6.3 E
1.6.4 B
1.6.5 C
(5 × 1) (5)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1
- Starter
- Accompaniment to the main dish
- Main meal with the main ingredient being protein
- Sandwich filling
- Fruit salad to be served as a dessert (5)

2.2
- Much more expensive than fresh vegetables in season
- More influenced by insects and pests
- Correct preparation required
- Dried products need to be hydrated first (4)

2.3
- Pasteurisation
- Sterilisation
- Homogenisation
- Ultra heat treated
- Dried (Any 4 × 1) (4)

2.4
- Heat the milk slowly
- Dilute the milk with water
- Beat the milk to a foam (3)

2.5
- No signs of thawing
- Stored in a coat of ice
- No signs of dryness or discolouration
- No dry white spots or freezer burn
- No big ice crystals in wrapping
- Solid and sturdy packaging with minimal bubbles between fish and packaging (6)

2.6
- Keeps the meat moist
- Number of portions increased
- Adds variety to texture
- Gives variation to the menu
- Improves presentation (Any 4 × 1) (4)

2.7
- Chlorophyll/Green✓ – lettuce, spinach, green cabbage, etc.✓
- Anthocyanin/Red ✓– beetroot, red cabbage✓
- Anthoxanthin/White✓ – cauliflower✓
- Carotenoid/Orange✓ – carrots, pumpkin, squash✓ (4 × 2) (8)

2.8 2.8.1

INGREDIENT	QUANTITY	PRICE PER UNIT	2.8.1 Total cost
Cake flour	120 g	R24,00/2,5 kg	R1,15c ✓
Baking powder	5 g	R17,00/200 g	R0,43c ✓
Salt	1 g	R6,50/500 g	R0,01c ✓
Milk	375 mℓ	R13,90/ℓ	R5,21c ✓
Cooking oil	20 mℓ	R8,90/375 mℓ	R0,48c✓
Golden syrup	40 mℓ	R12,00/250 mℓ	R1,92c✓
		2.8.2	R9,20c✓✓

$\frac{R9,20c}{10✓}$ = R0,92c✓ (8)

2.8.2 Factor = $\frac{DESIRED}{KNOWN}$ = $\frac{25}{10}$✓ = 2,5✓ (2)

2.8.3

INGREDIENT	QUANTITY	2.8.3
Cake flour	120 g × 2,5	300 g✓
Baking powder	5 g × 2,5	12,5 g✓
Cooking oil	20 mℓ × 2,5	50 mℓ✓
Golden syrup	40 mℓ × 2,5	100 mℓ✓

(6)
[50]

QUESTION 3

3.1
- Utensils
- The finer the blades the finer the air bubbles will be.
- Bowls with small round bottoms and sloping sides are the best.
- Wire beaters in still-standing bowls give the best results; when beater stands still and bowl rotates, the foam around the beater tends to harden.
- The bowl and beaters must be free of fat. Rather use glass or porcelain than plastic, since plastic tends to have a strong affinity for fat.

- Beating time
- Beat to the right stage and be careful not to over-beat.
- It is easy to over-beat if no sugar is added.
- If egg white is over-beaten, the air bubbles become very small and unstable, volume decrease, and water separates out.

Season✓
- Spring and autumn eggs beat to a bigger foam than summer eggs. ✓

Temperature✓
- Eggs at room temperature foam quicker and have a larger volume than chilled eggs. ✓

Thickness of egg whites✓
- Thin egg whites give a better volume than thick egg whites.✓
- The foam of thick egg whites is more stable than that of thin egg whites.

(Any 5 × 2) (10)

3.2
- To enrich breakfast cereals
- As roughage in salads
- To ensure texture in cake mixtures
- To make peanut brittle
- In the baking of cakes
- For decorating cakes
- Can be served as snacks

(Any 5 × 1) (5)

3.3
- Smooth and lump free
- Good colour
- Glossy
- Correct consistency
- Good flavour

(5)

3.4
- When starch is exposed to dry heat dextrin is formed.
- This takes away the thickening ability of starch.
- The browning process starts slowly.
- Dextrin has a sweet/caramel taste.
- When dextrin is further exposed to heat, it will carbonise and become black with a bitter taste.

(5)

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3.5 3.5.1 Maillard reaction occurs when the denatured proteins✓ on the surface of the meat recombine with the sugars present.✓ The combination creates the meaty flavour and changes the colour.✓

3.5.2 Coagulation is the change of a liquid (raw egg) to an elastic,✓ more solid state,✓ because of the application of heat or mechanical stirring,✓ e.g. beating (egg white foam)

(2 × 3) (6)

3.6
- When overcooked, it is difficult to carve.
- Poultry must be allowed to rest for a few minutes after roasting so the meat can 'firm-up' and make the carving easier.
- String and skewer must be removed in the kitchen before roast is carved.
- Use a carving knife and a carving fork.
- Carve across the grain whenever possible.
- First remove the legs and the wings and then slice the breast meat.
- After the first cut is made, try to keep the angle of the knife the same and carve with long, sweeping strokes.
- When carving is done in public, the platter must be big enough to hold the bird and the cut portions.
- Person must be served with white meat from the breast and brown meat from the leg or body. (9)

3.7
- The size of the starch particles
- The finer the grain the shorter the cooking time
- The amount of water used
- The temperature of cooking
- % fibre present
- Any pre-treatments like parboiling (6)

3.8

FOREQUARTERS	HINDQUARTERS
• Meat is bony but tasty and full of flavour • Suitable for moist cooking method • Less expensive • Tougher cuts (Any 2 × 1)	• Less bone • Suitable for dry cooking methods • More expensive • Soft and tender cuts (Any 2 × 1)

(4)
[50]

QUESTION 4

4.1 2 – Belly/flank
3 – Breast
4 – Thick rib
5 – Rib
6 – Loin
7 – Chump
8 – Leg (7)

4.2

CLASSIFICATION	EXAMPLE
Hard✓	Apple, pear, quince✓
Stone✓	Apricot, peach, plum, grape✓
Berry/soft✓	Raspberry, strawberry, blackberry✓
Citrus✓	Orange, lemon, lime, naartjie✓
Tropical✓	Mango, banana, pineapple, melon✓
Exotic	Fig, star fruit, prickly pear✓
(Any 5 × 1)	(Any 5 × 1)

(5 × 2) (10)

4.3
- The shell is clean, undamaged and somewhat coarse.
- A pleasant, fresh smell
- The yolk must be thick and clear.
- White: a large portion thick to thin white.
- The egg yolk must be situated in the middle of the egg white.
- Egg yolk: firm, a good yellow colour.
- Airbag: small in size.
- A fresh egg will sink to the bottom of a salt solution. (Any 7 × 1) (7)

4.4
- Protein coagulates
- Little shrinkage of protein
- Extractives seep out, causing loss of flavour and shape
- Colour changes from transparent to white
- Flesh has a flaky texture (5)

4.5
- Be careful not to overheat the oil because oil degenerates.
- Avoid excessive heating and cooling.
- Season food away from oil to prevent salt from falling into oil.
- Drain oil to get rid of food particles.
- Never overload oil with water-rich food.
- Never overfill a pot of oil for deep frying.
- Replace oil when it starts to fume under normal circumstances. (7)

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4.6
- Liver
- Kidneys
- Sweetbreads
- Brains
- Heart
- Tongue
- Oxtail
- Tripe (Any 4 × 1) (4)

4.7
- When heating hard cheese, the fat melts and the proteins start coagulating.
- The protein coagulates and starts to shrink.
- When the proteins are heated overcooked, it will become tough and stringy.
- Later completely it will become indigestible.
- Dry heat leads to carbonisation. (Any 4 × 1) (4)

4.8

FUNCTION	EXPLANATION
Trapping air	Both yolk and white can trap air and act as raising agent.
Thickening	Used to thicken custard, sauces and soups
Emulsifying	Egg yolk contains lecithin which is an emulsifier and enables oil and water to be mixed without separating.
Coating	Ingredients of rissoles, meat and fish cakes can be bound together with egg; when heated, the egg will coagulate and hold the ingredients together.
Binding	Eggs are used as coating for fried foods, either on their own or combined with flour and breadcrumbs.
Glazing	They can be brushed over pastries, bread, etc.
Enriching	Can be added to sauces, milk puddings, soups, etc. to include extra protein.
Garnishing	Hard-boiled egg whites and egg yolks can be used to garnish salads.
Clarifying	Egg whites and shells are used to clarify liquids like consommés.

(Any 3 × 2) (6)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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