higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

**NATIONAL CERTIFICATE**

# CATERING THEORY AND PRACTICAL N4

(10070254)

**5 October 2020 (X-paper)**
**09:00–12:00**

**This question paper consists of 9 pages.**

168Q1B2005

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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

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**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 section on a new page.
5. Use only a black or blue pen.
6. 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 Stir-frying is a … method of cooking.

A Chinese
B South African
C French
D American

1.1.2 Deboned beef sirloin is called …

A Consommé
B Contre-filet
C Compôte
D Bonne Femme

1.1.3 French asparagus which are purple when raw becomes … during the cooking process.

A yellow
B green
C violet
D black

1.1.4 Inspecting eggs with a bright light for defects is called …

A candling.
B displacement.
C denaturation.
D placement.

1.1.5 Small, thin, solid strands of pasta is called …

A spaghetti.
B macaroni.
C tagliatelle.
D cannelloni.

1.1.6 When gutting fish, one removes …

A scales.
B head.
C intestines.
D fins.

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1.1.7 Fish fillets cut into 5 cm × 0,5 cm strips are called …

A Goujon.
B Delice.
C Goujonnettes.
D Paupiette.

1.1.8 Milk heated in a heat exchanger to 132 °C–140 °C for 2–4 seconds, then cooled rapidly, packed into a foil-lined, sterile container and sealed:

A UHT milk
B Pasteurised milk
C Homogenised milk
D Sterilised milk

1.1.9 Solid fat melted out of firm pork fat by heating is called …

A lard.
B suet.
C dripping.
D bacon.

1.1.10 A large fillet steak cut from the head of a fillet is called …

A fillet.
B chateaubriand.
C tournedos.
D filet mignon.

(10 × 1) (10)

1.2 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

1.2.1 Goulash is a Hungarian dish.

1.2.2 Beef stroganoff is a Russian dish.

1.2.3 Beef teriyaki is a Chinese dish.

1.2.4 Borscht is a Spanish vegetable soup.

1.2.5 Gruyère is a very hard cheese.

1.2.6 A spring chicken usually weighs 2,5 kg to 3,5 kg.

1.2.7 Rancidity of fat is caused by the reaction of the enzyme lipase with oxygen.

1.2.8 All types of oils are used for deep-frying.

1.2.9 Butter contains natural fat, water and emulsifiers.

1.2.10 A black butter cannot satisfactorily be produced from margarine.

(10 × 1) (10)

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1.3 Choose the equipment from COLUMN B that you will use to perform each task in COLUMN A. Write only the letter (A–K) next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

| COLUMN A | | COLUMN B | |
|---|---|---|---|
| 1.3.1 | Used to flatten meat | A | bench scraper |
| 1.3.2 | Used for cutting through bones | B | canelle cutter |
| 1.3.3 | Used to scoop seafood/vegetables out of cooking liquid | C | cleaver |
| 1.3.4 | Used to strain stock, soups and other liquids | D | chinois |
| 1.3.5 | Used to cut pieces of dough and scrape work benches | E | colander |
| 1.3.6 | Used to decorate cakes and scrape icings | F | dariole |
| 1.3.7 | Used to prepare individual portions | G | mallet |
| 1.3.8 | Used to decorate oranges, cucumbers, carrots, etc. | H | mezzaluna |
| 1.3.9 | Used for chopping fresh herbs | I | palette knife |
| 1.3.10 | Used to drain pasta and vegetables | J | scimitar |
| | | K | spider |

(10 × 1) (10)

1.4 Give ONE term for each of the descriptions below by writing it next to the question number (1.4.1–1.4.10) in the ANSWER BOOK.

1.4.1 Flattened chicken breast fillet, filled with ham and cheese, rolled, placed in egg, rolled in breadcrumbs and then deep-fried

1.4.2 Chicken pieces that are marinated, covered in a light batter and deep-fried

1.4.3 A female animal (cow) that has not yet born a calf

1.4.4 A large fillet steak cut from the head of a fillet

1.4.5 A Greek dish made of minced lamb layered with sliced eggplant and a béchamel sauce

1.4.6 The process where oil (liquid) changes to fat (solid)

1.4.7 Fish with a skeleton

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1.4.8 A thick slice of fish cut on the slant from fillet prepared from a large fish

1.4.9 Equal amount of butter and flour melted together to serve as a basis for a white sauce

1.4.10 Small, thin pancakes, normally served in syrup

(10 × 1) (10)

1.5 Convert the following into grams or millilitres:

1.5.1 2 large eggs = … mℓ

1.5.2 3 cups of flour = … mℓ

1.5.3 4 ounces = … g

1.5.4 5½ tbs sugar = … mℓ

1.5.5 7 tsps baking powder = … mℓ

(5 × 1) (5)

1.6 Choose the type of cheese from COLUMN B that matches the classification in COLUMN A. Write only the letter (A–F) next to the question number (1.6.1–1.6.5) in the ANSWER BOOK.

| COLUMN A | | COLUMN B | |
|---|---|---|---|
| 1.6.1 | Very hard cheese | A | parmesan |
| 1.6.2 | Hard cheese | B | stilton |
| 1.6.3 | Soft, ripened cheese | C | feta |
| 1.6.4 | Blue cheese | D | cheddar |
| 1.6.5 | Special cheese | E | brie |
| | | F | cottage |

(5 × 1) (5)

**[50]**

**TOTAL SECTION A: 50**

## SECTION B

## QUESTION 2

2.1 Describe FIVE ways in which salads can be served. (5)

2.2 What are the disadvantages of using vegetables in the form of convenience foods? (4)

2.3 List FOUR ways of preserving milk. (4)

2.4 How can one prevent skin formation when milk is heated? (3)

2.5 Describe the quality points to look for when selecting frozen fish. (6)

2.6 What are the reasons for stuffing poultry? (4)

2.7 Vegetables can be classified according to colour.

Name the classifications and give ONE example of each. (4 × 2) (8)

2.8 The following recipe for crêpes provides for 10 servings. The ingredients with their respective quantities and prices are as follows:

| INGREDIENTS | QUANTITY | PRICE PER UNIT |
|---|---|---|
| Cake flour | 120 g | R24,00/2,5 kg |
| Baking powder | 5 g | R17,00/200 g |
| Salt | 1 g | R6,50/500 g |
| Milk | 375 mℓ | R13,90/litre |
| Cooking oil | 20 mℓ | R8,90/375 ml |
| Golden syrup | 40 mℓ | R12,00/250 ml |

2.8.1 Use the prices provided and do the costing for the above recipe. Write the calculated cost of the ingredients clearly alongside each applicable food item.

Calculate the total cost. (8)

2.8.2 Calculate the cost per portion. (2)

2.8.3 Convert the following ingredients to yield 25 portions using the factor method:

Cake flour
Baking powder
Cooking oil
Golden syrup (6)

**[50]**

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## QUESTION 3

3.1 State and discuss FIVE factors that influence the quality of egg white foam. (5 × 2) (10)

3.2 What are the uses of nuts in food preparation? (5)

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

3.4 Explain the effect of dry heat on starch (grains). (5)

3.5 Define the following:

3.5.1 Maillard reaction in meat

3.5.2 Coagulation in eggs

(2 × 3) (6)

3.6 Describe the points to keep in mind when carving poultry. (9)

3.7 Describe the factors influencing the cooking time of starch. (6)

3.8 Tabulate TWO differences between the characteristics of the *forequarters* and the *hindquarters* of a beef carcass. (4)

**[50]**

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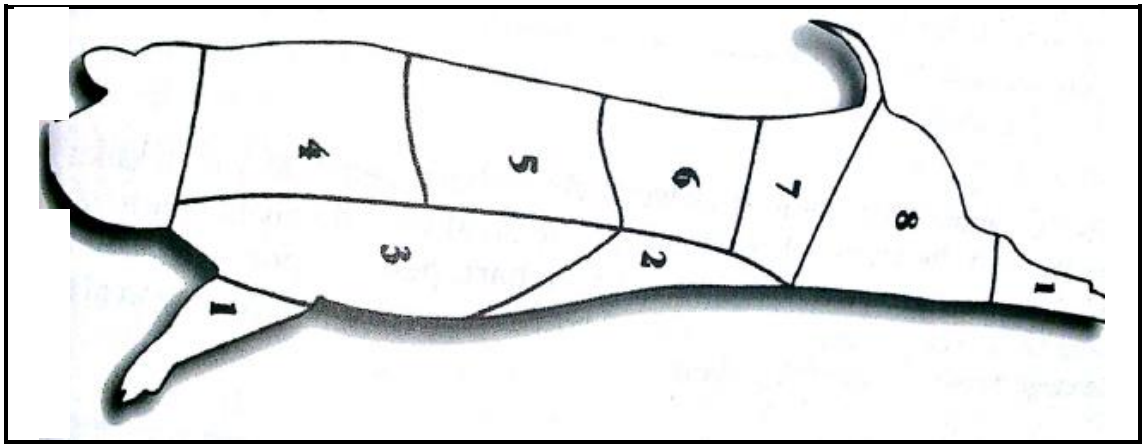
## QUESTION 4

4.1 Study the picture of a pork carcass below and answer the questions.




Number 1 on the carcass is identified as the shank or trotter.

Identify the cuts numbered 2 to 8. Write only the name of each cut next to the number in the ANSWER BOOK. (7)

4.2 Classify fruits under FIVE categories and give ONE example of each. (5 × 2) (10)

4.3 Describe the characteristics of fresh eggs. (7)

4.4 What are the effects of heat on fish? (5)

4.5 Explain the important rules of deep-frying. (7)

4.6 Name FOUR types of offal. (4)

4.7 Describe the effect of heat on cheese. (4)

4.8 Name and explain THREE functions of eggs in the preparation of food. (3 × 2) (6)

**[50]**

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

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