



# higher education & training

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Department:  
Higher Education and Training  
**REPUBLIC OF SOUTH AFRICA**

N90(E)(J11)H

**NATIONAL CERTIFICATE**

**CATERING THEORY AND PRACTICAL N5**

(10070265)

**11 June 2018 (X-Paper)**  
**09:00–12:00**

**This question paper consists of 13 pages.**

**DEPARTMENT OF HIGHER EDUCATION AND TRAINING**  
**REPUBLIC OF SOUTH AFRICA**  
NATIONAL CERTIFICATE  
CATERING THEORY AND PRACTICAL N5  
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 question on a NEW page
  5. Use only BLUE or BLACK ink.
  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 (1.1.1–1.1.20) in the ANSWER BOOK.

1.1.1 The food system that is formed when a banana bread is prepared:

- A Solid foam
- B Foam
- C Sol
- D Gel

1.1.2 Sugar adds the following to a baked product that contains butter:

- A Colour
- B Aeration
- C Flavour
- D All of the above

1.1.3 If a recipe requires gelatine to bloom this means to ...

- A hydrate the gelatine in a small amount of water.
- B hydrate the gelatine in all the liquid required in the recipe.
- C add the gelatine directly to the recipe.
- D add the gelatine at the end just before setting.

1.1.4 Which ONE of the following prevents gelatine from setting:

- A Milk
- B Tomato juice
- C Sugar syrup
- D Bromelain

1.1.5 Vol-au-vents are ...

- A round puff-pastry cases.
- B pastry cases with a lid.
- C any shape puff-pastry cases.
- D any shape puff-pastry cases with a lid.

1.1.6 Formed when mixing vinegar, olive oil and mustard:

- A Temporary emulsion
- B Permanent emulsion
- C Sol
- D Gel

- 1.1.7 An example of a true solution:
- A Whipped cream
  - B French dressing
  - C Oil
  - D Sugar water
- 1.1.8 Traditional beef goulash is prepared from ...
- A sirloin.
  - B the tail end of a beef fillet.
  - C the tail end of a pork fillet.
  - D chateaubriand.
- 1.1.9 Coagulation refers to ...
- A making mayonnaise.
  - B food thickening from a liquid to a solid.
  - C food changing from a solid to a liquid.
  - D becoming translucent.
- 1.1.10 Steamed pudding containing dates should be ...
- A served straight away.
  - B kept in the refrigerator for one to two days.
  - C kept overnight.
  - D matured for two to three weeks or longer.
- 1.1.11 Crème anglaise is an example of a ...
- A suspension.
  - B sol.
  - C true solution.
  - D gel.
- 1.1.12 Which of the following vegetables are NOT suitable to use in a stock:
- A Cabbage and garlic
  - B Spring onion and carrot
  - C Carrot and tomato
  - D Leeks, onion and carrot
- 1.1.13 The following slows down yeast activity:
- A Fat
  - B Dairy
  - C Cold conditions
  - D All of the above

- 1.1.14 Chicken ballotine is ...
- A crumbed and flattened chicken fillet.
  - B deboned, stuffed and rolled chicken.
  - C trussed whole chicken.
  - D crumbed chicken strips.
- 1.1.15 Stewing is suitable for ...
- A Tournedos Rossini.
  - B rib chops.
  - C loin chops.
  - D none of the above.
- 1.1.16 A suspension in a mixture, for example sugar syrup in a green fig preserve, can start to ...
- A form a gel.
  - B crystallise.
  - C dissolve.
  - D settle to the bottom.
- 1.1.17 Too much egg in baked products can have the following effect:
- A Weaken the formation of gluten
  - B Product will not rise
  - C Rubbery mixture
  - D Settle to the bottom
- 1.1.18 Stabilising ingredients in a red velvet cake:
- A Salt and cornflour
  - B Bicarbonate of soda and vinegar
  - C Eggs and cake flour
  - D Buttermilk and red food colouring
- 1.1.19 The following causes choux pastry to become too soft:
- A Overcooking
  - B Undercooking
  - C Too much water added
  - D Too many eggs added
- 1.1.20 Preserving means that ...
- A meat becomes softer.
  - B cooking time is reduced.
  - C foods last longer.
  - D the lifespan of food is shortened.

(20 × 1) (20)

- 1.2 Choose a description from COLUMN B that matches a term in COLUMN A. Write only the letter (A–J) next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.2.1	Hot cross bun	A	rich yeast dough with eggs and butter
1.2.2	Chelsea bun	B	ring-shaped firm bread boiled before baked and glazed
1.2.3	Bagel	C	small cake made from yeast dough containing raisins or currants
1.2.4	Brioche	D	rich yeast dough flavoured with lemon peel, cinnamon or a sweet spice mixture
1.2.5	Savarin	E	sweet, spiced yeast bun made with currants or raisins and often with candied citrus fruits, marked with a cross on the top
1.2.6	Baba au rum	F	rich, sweet, flaky yeast buns topped with icing, nuts and fruit
1.2.7	Danish pastry	G	yeast dough without raisins or currants baked in a large ring mould
1.2.8	Pumpernickel	H	French dessert consisting of choux pastry balls piled into a cone and bound with threads of caramel
1.2.9	Croquembouche	I	pastry made from deep-fried choux pastry
1.2.10	Beignets	J	heavy, slightly sweet rye bread traditionally made with coarsely ground rye

(10 × 1)

(10)

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 Rice flour is a type of nonwheat flour.
- 1.3.2 Too much salt inhibits yeast activity and increases the volume of the loaf.
- 1.3.3 Batters are also classified according to their moisture content.
- 1.3.4 Simple yeast bread is made from flour, milk and yeast.
- 1.3.5 Pommes gougères are choux mixed with mashed potatoes which are then deep-fat fried.

(5 × 1) (5)

1.4 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (1.4.1–1.4.10) in the ANSWER BOOK.

- 1.4.1 A finely chopped mixture of mushrooms, shallots and herbs sautéed in butter is called (duxelles/aurore).
- 1.4.2 Fish velouté, white wine, lemon juice, butter and cream are called (vin blanche/chasseur).
- 1.4.3 Puff pastry layered with pastry cream and topped with an icing glaze is called (fleuron/mille-feuille).
- 1.4.4 Food that has been wrapped in pastry dough and then baked in the oven is called (pithivier/en croûte).
- 1.4.5 The first of the meat courses is called the (entrée/main course).
- 1.4.6 Fried bread cubes served with a cream soup are called (croissants/croutons).
- 1.4.7 When a suspension is clear and translucent, such as brine, it is called a/an (emulsion/true solution).
- 1.4.8 (Ginger/Shortbread) biscuits are an example of rolled or shaped biscuits.
- 1.4.9 When air bubbles are incorporated into a liquid, such as whipped cream, (gel/foam) is formed.
- 1.4.10 The ratio of flour to shortening when making choux pastry is (2:2/2:1).

(10 × 1) (10)

- 1.5 Give ONE term for each of the following descriptions by choosing a term from the list below. Write only the term next to the question number (1.5.1–1.5.5) in the ANSWER BOOK.

kneading; sieving; creaming; steam; emulsion; cream of tartar; yeast;  
bicarbonate of soda

- 1.5.1 Working dough until gluten is developed
- 1.5.2 Mainly responsible for the ultimate volume of choux paste
- 1.5.3 Passing one or more dry ingredients through a wire mesh to remove lumps
- 1.5.4 Two unblendable liquids (oil and vinegar) are mixed together and egg yolk is needed to stop them from separating
- 1.5.5 The chemical raising agent when making muffins

(5 × 1) (5)  
[50]


**TOTAL SECTION A: 50**

## SECTION B

### QUESTION 2

- 2.1 Béchamel sauce is considered one of the mother sauces of French cuisine.

**BÉCHAMEL SAUCE RECIPE**

30 g	butter	
30 ml	flour	
250 ml	milk	
Salt and pepper to season		

- 2.1.1 Give the correct French culinary name for the recipe if cheese is added. (1)
- 2.1.2 The first step in this recipe is mixing equal quantities of melted butter and flour.  
What is the correct French term for this process? (1)
- 2.1.3 Explain the possible problems that could occur in the béchamel sauce and give a solution for each. (4 × 2) (8)



2.2 Sauces made with cornflour have a more translucent appearance.

Name ONE savoury and ONE sweet sauce that use cornflour as a thickening agent. (1 + 1) (2)

2.3 Define the sauces mentioned in QUESTION 2.2. (2 + 2) (4)

2.4 Bongiwe must make soup dishes for a winter food festival.

2.4.1 Which important guidelines must Bongiwe consider when making winter soups? (6)

2.4.2 Give the correct classification for each of the following winter soups:

(a) Prawn consommé

(b) Pea soup

(c) Cream of tomato

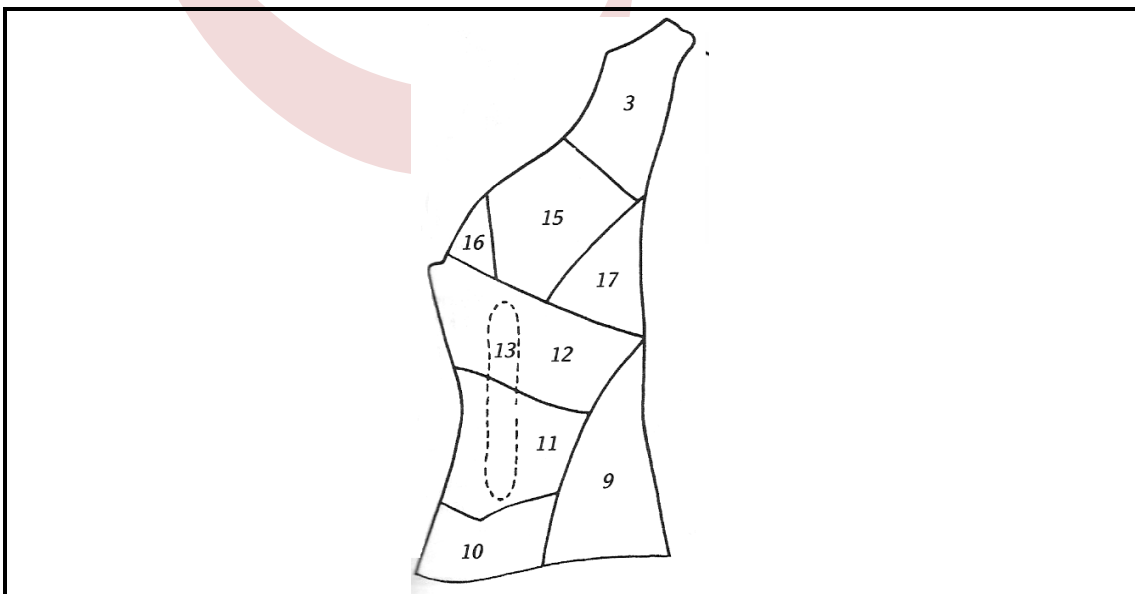
(d) Lobster soup

(4 × 1) (4)

2.4.3 Bongiwe has been asked to plate the soups.

Name TWO accompaniments that she can use to go on either of the soups. (2)

2.5 Shaun, a trainee butcher, has seen a special for a beef carcass (illustrated below) for R99,99/kg.




2.5.1 What should Shaun check for to determine whether the carcass is of good quality? (6)

- 2.5.2 A customer asks Shaun to assist with the following:
- (a) Name the best cooking method for numbers 3, 9, 13 and 15. (4)
  - (b) Which cuts would be suitable to make burgers for the customer's son's 18th birthday? (3)
- 2.6 Animals are slaughtered at specific ages and classified accordingly.
- 2.6.1 What is the correct culinary name for a baby cow? (1)
  - 2.6.2 At what age is the baby cow slaughtered? (2)
- 2.7 Offal includes organs, glands and other meats.
- 2.7.1 Provide ONE type of offal found in the illustration. (2)
  - 2.7.2 How does one know if offal is fresh? (4)
- [50]**

### QUESTION 3

- 3.1 Your restaurant has been invited to the *Good Food and Wine Show*. You have been asked to make a traditional South African dish for the event and you have decided to make vetkoek.

<b>VETKOEK RECIPE WITH YEAST</b>	
<p>6¾ cups flour            2 tsp sugar            2 tsp salt            1 packet dry active yeast            3 cups lukewarm water            Cooking oil for frying</p>	

- 3.1.1 Which type of flour would you use for the recipe? (1)
- 3.1.2 Why is it important to use the correct type of flour? (3)
- 3.1.3 Why must the water be lukewarm? (2)
- 3.1.4 Discuss the appearance, texture and flavour of a well-made vetkoek. (3 × 2) (6)
- 3.1.5 State the ideal temperature range for yeast to function. (2)
- 3.1.6 Explain how to prepare the packet of yeast. (3)


- 3.1.7 Which effect will an incorrect ratio of sugar have? (2)
- 3.1.8 Explain why vetkoek dough can become sour. (5)
- 3.2 As the sous chef you must train your trainee on using gelatine.
- 3.2.1 Give the correct name for a savoury jelly made with clarified stock. (1)
- 3.2.2 How will each of the following scenarios affect the savoury-gelatine mould:
- (a) Adding warm gelatine to very cold stock
- (b) Not hydrating the gelatine in cold water before use
- (c) Adding raw vegetables in the mould (3 × 2) (6)
- 3.2.3 Your trainee is confused by the TWO forms of gelatine.  
Name the TWO forms and explain each in detail. (2 + 2) (4)
- 3.2.4 Explain each of the following terms as it relates to gelatine:
- (a) Whip
- (b) Snow (2 × 2) (4)
- 3.2.5 Complete the table by showing how much gelatine is required to make the following dishes:
- |                 | LIQUID (mℓ) | GELATINE (mℓ) |
|-----------------|-------------|---------------|
| Panna cotta     | 500 mℓ      | (a)           |
| Pilchard mousse | 500 mℓ      | (b)           |
- (2)
- 3.2.6 Explain each of the following sweet gelatine variations:
- (a) Soufflé
- (b) Custard-gelatine mixture
- (c) Charlotte russe (3 × 3) (9)
- [50]**

**QUESTION 4**

- 4.1 Name FIVE types of colloidal dispersions. (5)
- 4.2 Describe the characteristics of a colloidal dispersion. (5)
- 4.3 Answer the following questions on puff pastry (also known as *pâte feuilletée*).

<b>PUFF PASTRY RECIPE</b>	
Cake flour Salt Cold butter Iced water Lemon juice	

- 4.3.1 Why is butter the best shortening for pastry? (2)
- 4.3.2 Why is it important for the butter to be cold? (2)
- 4.3.3 Recommend the correct ratio of flour to fat for the recipe. (2)
- 4.3.4 Give the precise steps to make puff pastry. (6)
- 4.3.5 Can this pastry be kept in the freezer? Give a reason for the answer. (2)
- 4.3.6 Name a breakfast item that uses puff pastry. (1)
- 4.4 The following ingredients are used for a Swiss roll:

<b>SWISS ROLL RECIPE</b>	
250 ml cake flour 200 ml castor sugar 10 ml baking powder 1 ml salt 10 ml lemon juice 25 ml water 3 ml vanilla essence 60 ml apricot jam 4 separated eggs	

- 4.4.1 Name the ingredients that cause the Swiss roll to rise. (2)
- 4.4.2 Give reasons why castor sugar is used instead of granulated sugar. (2)

- 4.4.3 Why is it important to preheat the oven before baking the Swiss roll? (2)
- 4.4.4 At which stage are egg whites beaten till foam? Give a reason for the answer. (2)
- 4.4.5 Describe what the stage mentioned in QUESTION 4.4.4 looks like. (3)
- 4.4.6 Explain why the egg white is folded into the mixture and not beaten? (3)
- 4.4.7 Name the mixing method used to make the Swiss roll. (2)
- 4.4.8 The chef cannot find self-rising flour.  
Which ingredients can the chef use in its place? (3)
- 4.4.9 Once the Swiss roll is taken out of the oven, list the next steps. (4)
- 4.4.10 Why is it important to serve a Swiss roll fresh? (2)

**[50]**

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