



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

3 JUNE 2019

This marking guideline consists of 10 pages.

SECTION A**QUESTION 1**

1.1	1.1.1	F		
	1.1.2	E		
	1.1.3	D		
	1.1.4	G		
	1.1.5	B		
	1.1.6	A		
	1.1.7	C		
	1.1.8	J		
	1.1.9	H		
	1.1.10	I		
			(10 × 1)	(10)
1.2	1.2.1	D		
	1.2.2	A		
	1.2.3	B		
	1.2.4	C		
	1.2.5	D		
	1.2.6	C		
	1.2.7	A		
	1.2.8	A		
	1.2.9	A		
	1.2.10	D		
			(10 × 1)	(10)
1.3	1.3.1	True		
	1.3.2	True		
	1.3.3	True		
	1.3.4	False		
	1.3.5	True		
	1.3.6	True		
	1.3.7	True		
	1.3.8	False		
	1.3.9	True		
	1.3.10	False		
			(10 × 1)	(10)
1.4	1.4.1	Bloom		
	1.4.2	5 mℓ		
	1.4.3	Syneresis		
	1.4.4	Barding		
	1.4.5	Swiss roll		
			(5 × 1)	(5)

1.5	1.5.1	pork carcass		
	1.5.2	pâte sucrée pastry		
	1.5.3	tenderloin		
	1.5.4	brioche		
	1.5.5	genoise		
	1.5.6	baking powder		
	1.5.7	arrowroot		
	1.5.8	beurre manié		
	1.5.9	veal bones		
	1.5.10	solute		
	1.5.11	Bavarian cream		
	1.5.12	pie		
	1.5.13	eggs		
	1.5.14	puff pastry		
	1.5.15	steam		
			(15 × 1)	(15)
				[50]
			TOTAL SECTION A:	50

SECTION B**QUESTION 2**

2.1	2.1.1	Guard of honour		(2)
	2.1.2	Hindquarter		
		<ul style="list-style-type: none"> • Loin cut of lamb • Dry cooking method used (oven roasting) • More expensive cut • Leaner cut 	(1 + any relevant 2)	(3)
	2.1.3	Oven roasting/baking		(1)
	2.1.4	Medium rare/Medium		(2)
	2.1.5	<ul style="list-style-type: none"> • Always use clean, sanitised equipment. • Use the proper knives for the job. • Keep the knives sharp. • Use a meat-carving fork. • Allow meat to rest before carving. • Always cut across the grain of the meat and away from the body. • Always cut at an angle (presentation) of 45 degrees. • Arrange meat portions in a serving pan to easily remove slices without breaking them. 	(Any relevant 5 × 1)	(5)

- 2.1.6
- Mint sauce
 - Jelly
 - Jus
 - Gravy
- (Any 1 × 2) (2)
- 2.2 2.2.1 Equal quantities✓ of melted butter✓ and flour cooked together and used to thicken sauces/soups.✓ (Any relevant 3 × 1) (3)
- 2.2.2
- Roux blanc
 - Roux blond
 - Roux brun
 - Béchamel
 - Velouté
 - Espagnole
- (Any 3 × 1) (3)
- 2.2.3
- Adds flavour
 - Introduces textural appeal
 - Introduces visual appeal
 - Adds moisture or succulence
 - Adds an element
 - Enhances flavours
- (Any relevant 3 × 2) (6)
- 2.2.4 Béchamel (1)
- 2.2.5
- Mornay sauce
 - Cream sauce
 - Mustard sauce
 - Mushroom sauce
 - Dill sauce
- (Any relevant 3 × 1) (3)
- 2.2.6
- Acid reduces the thickening power of starch. It will not thicken well and should only be added in small quantities at the end.
 - Salt and sugar: Excess salt or sugar will reduce thickening. Add extra sugar after cooking if needed or required.
 - Temperature: If a sauce boils for too long it will lose its viscosity.
 - Beating/Whisking/Vigorous stirring: If stirred constantly while cooking it will not thicken as well. If thick sauce is required allow to cool after cooking and sieve through a fine sieve to remove lumps.
- (4 × 2) (8)
- 2.3 2.3.1
- | Thin soups | Puréed soups |
|--|--|
| Clear – Consommé and bouillon | Pea soup, lentil soup, potato soup, potato-and-leek soup, vichyssoise, butternut/sweet potato/pumpkin soup |
| Broth – Scotch broth, minestrone, vegetable potage | |
- (Any relevant 2 + 2) (4)

- 2.3.2
- Bread roll
 - Bread sticks
 - Bread slice
 - Garlic bread
 - Naan bread
 - Rice
 - Croutons
 - Scones
 - Sausage slices
 - Meatballs
- (Any relevant 3 × 1) (3)
- 2.3.3
- Stock will become oily/greasy✓ and have an oily/greasy surface.✓
The flavour of the stock will be affected negatively✓ and be undesirable.✓ Oil used could be rancid✓ and stock will become rancid.✓
- (Any relevant 2 × 1) (2)
- 2.3.4
- Flavour, liquid, body and clarity
 - Rich colour
 - Clear stock tastes clean and fresh
 - Not greasy or cloudy
- (Any relevant 2 × 1) (2)
- [50]**

QUESTION 3

- 3.1 3.1.1 Quick bread (1)
- 3.1.2 Any baked product leavened with leavening agents other than yeast and or eggs.✓ An advantage of quick breads is their ability to be prepared quickly and reliably without being time consuming.✓ (2)
- 3.1.3
- Preheat the oven to 180 °C.✓
 - Butter a 2 × 25 cm loaf pan.✓
 - In a mixing bowl, mash the ripe bananas with a fork until completely smooth.✓
 - Stir the melted butter into the mashed bananas.✓
 - Mix in the baking soda and salt.✓
 - Stir in the sugar, beaten egg and vanilla extract.✓
 - Mix in the flour.✓
 - Pour the batter into the prepared loaf pan.✓
 - Bake for 50 minutes to 1 hour at 180 °C✓ or until a tester inserted into the centre comes out clean.✓
 - Remove from the oven and cool completely on a rack.✓
 - Remove the banana bread from the pan.✓
- (12 × ½) (6)

- 3.1.4
- Sugary crust
 - Golden brown
 - No tunnels
 - Large air cells
 - Coarse crumb
 - Soft
- (Any relevant 3 × 1) (3)
- 3.1.5
- Cover with foil or plastic wrap or place in a plastic bag to prevent drying out.
 - Properly stored, freshly baked banana bread will last for about 1 to 2 days at normal room temperature.
 - Keep in fridge for up to a week.
 - Freeze for 2-3 months.
 - Choose a recipe with less fat as fat goes rancid.
- (Any relevant 3 × 1) (3)
- 3.2
- 3.2.1
- Madeira cake
 - Butter cakes
 - Victoria sponge
 - Fruitcakes
- (Any ONE)
- 3.2.2
- Swiss roll
 - Sponge cake
 - Genoese sponge
- (Any ONE)
- 3.2.3
- Gingerbread
 - Date bread
- (Any ONE)
- 3.2.4
- Muffins
- (4 × 1) (4)

3.3

Rules for baking a cake	Rules for icing a cake
<ul style="list-style-type: none"> • Use a good recipe. • Use the tin size stated in the recipe and line it well. • Preheat the oven. • Make sure ingredients are at the right temperature. • Get as much air into the cake as possible. • Place the mixing bowl on a wet cloth to prevent it from slipping. • The oven rack should be placed in the centre of the oven. • Sieve all ingredients. • Follow the recipe correctly. • Never open the oven before $\frac{2}{3}$ of the baking time is completed. • Test the cake by pushing it lightly with a finger – the cake should spring back. • Leave cake to cool before removing it from the container. • Do not ice until completely cooled. 	<ul style="list-style-type: none"> • Work with clean, dry utensils. • Sift the icing sugar. • Use flavourings sparingly. • Add food colouring drop for drop to avoid bright colours. • The consistency of the icing should be correct for piping if needed. • Plan your icing prior to starting. • First ice the sides and then the top. • Brush the cake with melted smooth apricot jam or egg white to avoid transfer of crumbs during icing.

(Any relevant 6 + 6) (12)

3.4 3.4.1

Dropped biscuit	Moulded biscuit	Sheet biscuit
<ul style="list-style-type: none"> • Soft dough • Fast and easy • Spoonful of mixture dropped onto greased baking sheet • Sponge/Foam type batters • Chocolate chip, oatmeal, thumbprint cookies 	<ul style="list-style-type: none"> • Dough divided into two equal parts • Pieces moulded into the desired shape, e.g. peanut-butter cookies, biscotti 	<ul style="list-style-type: none"> • Prepared and pressed into greased baking sheet and baked • On cooling cut squares to ensure even cuts/squares, e.g. shortcake

(3 × any relevant 2) (6)

- 3.4.2
- Preparing pan: Use a clean pan✓ and line it with grease-proof paper/fat.✓
 - Baking: Bake at a high temperature for a short time.✓ Doneness is indicated by colour (not too dark).✓
 - Cooling: Remove biscuits from the pan while still warm✓ or they may stick.✓ If the biscuits are soft, do not remove them from the pan until cool and firm enough to handle.✓ Do not cool too rapidly✓ or in cold drafts✓ since the biscuits may crack.✓ Cool before storing.✓ (Any relevant 3 × 2) (6)
- 3.4.3
- Low proportion of liquid in the mix✓
 - Made from a stiff dough✓
 - Evaporation of moisture during baking due to high temperature✓ and or long baking✓
 - Small size or thin shape✓ so the biscuits dry faster during baking✓
 - Proper storage✓ (Any relevant 5 × 1) (5)
- 3.4.4
- Koeksisters
 - Boerbeskuit
 - Rusks
 - Fruitcake
 - Crunchies
 - Soetkoekies
 - Milk tart
 - Mosbolletjies
 - Raisin bread
 - Brandy snaps (Any relevant 2 × 1) (2)
- [50]**

QUESTION 4

- 4.1 4.1.1
- Pumpnickel is typically a solid/heavy,✓ slightly acidic/sweet rye bread✓ traditionally made with sourdough✓ starter and coarsely ground rye.✓ It is often made✓ with a combination of rye flour and whole-rye berries✓ and thinly sliced.✓
 - Rum baba is a small, light yeast cake,✓ saturated in syrup made with hard liquor,✓ usually rum✓ and sometimes filled with whipped or pastry cream.✓
 - Danish pastry is rich,✓ sweet and flaky,✓ multilayered,✓ laminated sweet yeast buns✓ topped with icing,✓ nuts and fruit.✓ It is baked in traditional shapes.✓
 - Pita pockets are soft,✓ slightly leavened flatbread✓ baked from wheat flour.✓ It may be cut horizontally and filled with meat and or salad.✓ (Any relevant 4 × 2) (8)

	4.1.2	<ul style="list-style-type: none"> • Compressed fresh yeast • Dry active yeast • Instant yeast 	(3)
	4.1.3	Sponge method:✓ Activating of the yeast (foam)✓ before mixing with the other ingredients✓	(1 + any relevant 2) (3)
	4.1.4	<ul style="list-style-type: none"> • Egg glaze (yolk or whole) • Milk glaze • Melted butter • Oil 	(Any relevant 3 × 1) (3)
	4.1.5	At the beginning before it goes into the oven✓ to improve the taste and appearance✓ of the crust✓	(1 + any relevant 2) (3)
4.2	4.2.1	Puff pastry	
	4.2.2	Filo pastry	
	4.2.3	Choux pastry	
	4.2.4	Hot-water pastry	
	4.2.5	Short-crust pastry	(5 × 1) (5)
4.3	4.3.1	<ul style="list-style-type: none"> • Consistency too soft • Oven too cold • Fat became too warm, melted and increased the liquid content of the pastry 	(Any relevant TWO)
	4.3.2	<ul style="list-style-type: none"> • Overworked dough • Incorrect oven temperature 	(Any relevant TWO)
	4.3.3	<ul style="list-style-type: none"> • Oven temperature too high • Baked to long and burnt 	(Any relevant TWO)
	4.3.4	<ul style="list-style-type: none"> • Wrong ingredient ratio • Too much fat or butter • Oven temperature too low • Dough not chilled 	(Any relevant TWO) (4 × 2) (8)
4.4	4.4.1	Butter✓ gives better flavour and taste✓ to pastry and creates a soft, thin and crispy crust with good colour.✓	(3)
	4.4.2	<ul style="list-style-type: none"> • Herbs • Cheese • Cayenne • Pepper 	(Any relevant 1 × 2) (2)

4.4.3 Prick the base of the pastry case all over with a fork.✓ Line the tart tin with baking parchment✓ and fill with ceramic baking beans or dried pulses.✓ Bake for about 15 minutes or until the pastry is firm,✓ then remove the beans and cook for about 5 minutes more✓ until golden brown.✓ (Any relevant 3 × 1) (3)

4.4.4

- Bacon and mushroom
- Broccoli and chicken
- Chicken and peppadew
- Vegetable quiche

(Any relevant 3 × 1) (3)

4.5 4.5.1

Mayonnaise	French dressing
Dispersion phase: Oil	Dispersion phase: Oil
Dispersion medium: Vinegar	Dispersion medium: Vinegar

(2 + 2) (4)

4.5.2

- Mayonnaise: Lecithin (egg yolk)
- French salad dressing: Mustard, paprika and pepper

(2)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200