



higher education
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NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

(10070265)

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09:00–12:00


This question paper consists of 11 pages.



DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA
NATIONAL CERTIFICATE
CATERING THEORY AND PRACTICAL N5
TIME: 3 HOURS
MARKS: 200

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. Write neatly and legibly.
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SECTION A**QUESTION 1**

- 1.1 Choose a description from COLUMN B that matches a choux item in COLUMN A. Write only the letter (A–K) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK. 

COLUMN A		COLUMN B	
1.1.1	Mousse	A	mixture is whisked until light and frothy and the volume has increased
1.1.2	Gelatine sponge	B	unbeaten egg white added to a gelatine mixture and beaten until light and frothy
1.1.3	Gelatine whip	C	gelatine dessert to which whipped cream and pulped fruit is added
1.1.4	Spanish cream	D	dessert with border of sponge fingers
1.1.5	Bavarian cream	E	melted gelatine added to warm custard
1.1.6	Chaud-froid	F	egg whites beaten to stiff-peak stage and beaten cream added to setting gelatine, mixture is poured into a soufflé dish with a paper collar to set
1.1.7	Charlotte Russe	G	gelatine dessert prepared with egg yolk, egg white foam and whipped cream
1.1.8	Panna cotta	H	Italian dessert of sweetened cream thickened with gelatine
1.1.9	Baked Alaska	I	adding gelatine to a velouté sauce 
1.1.10	Charlotte Royale 	J	dessert consisting of ice cream and cake topped with browned meringue
		K	dessert with border/dome covering of Swiss roll

(10 × 1) (10)

1.2 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 (1.2.1–1.2.10) in the ANSWER BOOK. 

1.2.1 Ratio of gelatine to liquid in making a mousse:

- A 12:500
- B 15:500
- C 20:500
- D 5:500

1.2.2 A crème caramel is included in the following food system:

- A Sol
- B Gel
- C Colloidal dispersion
- D Suspension

1.2.3 Classification of bouillon soup:



- A Puree
- B Clear
- C Cream
- D Bisque

1.2.4 Emulgent added to an emulsion:

- A Mayonnaise
- B Butter
- C Egg yolk
- D Egg white


1.2.5 French term for stock:


- A Estouffade
- B Velouté
- C Mirepoix
- D Les fonds

1.2.6 Cooking temperature for an Angel food cake:

- A 200 °C
- B 120 °C
- C 180 °C
- D 250 °C

1.2.7 Stage egg whites must be beaten to when making a soufflé:

- A Soft peaks
- B Stiff peaks 
- C Dry peaks
- D Foamy peaks

- 1.2.8 Characteristics of a traditional boiled pudding: 
- A Thin, solid, doughy outer layer, more moist texture
 - B Thin, solid, doughy texture
 - C Thick, crumbly texture, moist texture
 - D Thick and firm texture

- 1.2.9 Pavlova is made with this meringue:

- A Hard
- B Soft
- C Very hard
- D Foamy

- 1.2.10 A heavy, dull appearance to a gelatine item is due to which ONE of the following:


- A Gelatine too cold when adding the cream
- B Too much cream added
- C Cream not hot enough before added to gelatine
- D Cream not being whipped before added to gelatine

(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 (1.3.1–1.3.10) in the ANSWER BOOK.

1.3.1 Isinglass is a type of gelatine used in the kitchen.

1.3.2 A suspension is a mixture of which the particles precipitate as a result of their size.

 1.3.3 Basting means to ladle over pan juices or marinade to keep meat from drying out during the cooking process.

1.3.4 A fruitcake is an example of a true solution.

1.3.5 A fleuron is a Greek pastry.

1.3.6 Stock can be used to make an aspic dish.

1.3.7 Skimming ensures that the scum is removed from a stock, leaving a clear liquid.

1.3.8 Yorkshire pudding is a thick pancake mixture baked in a preheated muffin pan until golden.

1.3.9 A colloidal dispersion can range from see-through to opaque.

1.3.10 Cream is an example of water in solid gel. 

(10 × 1) (10)

1.4 Give ONE term for each of the following descriptions. Write only the term next to the question number (1.4.1–1.4.5) in the ANSWER BOOK. 

1.4.1 Another name for hydrating gelatine in water

1.4.2 Amount of ml of powdered gelatine to one sheet of gelatine

1.4.3 Jelly giving off water

1.4.4 Covering lean meat with fat

1.4.5 Thin sponge cake filled with jam or whipped cream and rolled up
(5 × 1) (5)

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 (1.5.1–1.5.15) in the ANSWER BOOK.



veal bones; suet crust pastry; beef carcass; pancakes; solute;
choux pastry; pâte sucrée pastry; tenderloin; sirloin; beurre manié;
pork carcass; Bavarian cream; arrowroot; brioche; genoise; pie;
baking powder; eggs; fish bones; puff pastry; steam

1.5.1 From which bacon is made

1.5.2 Sweet pastry that incorporates sugar and egg yolks for a rich, sweet result

1.5.3 Another name for fillet

1.5.4 Baked afternoon-tea item

1.5.5 Classic European-style cake that uses whole eggs for leavening – chemical leavening agents are not used

1.5.6 Leavening agent used in quick breads

1.5.7 Thickening agent used to thicken sauces

1.5.8 Equal quantities of softened butter and flour


1.5.9 Best type of bones to use for making stock that will set to a jelly

1.5.10 In a solution the substance being dissolved 

1.5.11 Dessert of egg custard set with gelatine and mixed with whipped cream and whisked egg whites

1.5.12 Open-faced pastry typically covered with a full or latticed crust



1.5.13 Ingredients providing protein but acting as tougheners in a cake




- 1.5.14 Mille-feuille uses this type of pastry 
- 1.5.15 Raising agent used when preparing a choux pastry (15 × 1) (15)
[50]
- TOTAL SECTION A: 50**

SECTION B

QUESTION 2




- 2.1 Mr Williams will be celebrating his 40th birthday at the Cattle Baron. He has decided to make it special and have lamb for the function.
- 2.1.1 Identify the cut of meat illustrated in the picture. (2)
-  2.1.2 State where this specific cut would be found on the lamb carcass (forequarter/hindquarter) and give TWO reasons for the answer. (1 + 2) (3)
- 2.1.3 Give the most appropriate cooking method for this cut of lamb. (1)
- 2.1.4 Give the most appropriate degree of doneness for this cut to ensure it stays juicy and moist. (2)
- 2.1.5 List FIVE rules a chef should follow when carving this cut of lamb in front of guests. (5)
- 2.1.6 Mr Williams asked the restaurant to prepare a sauce to go with the meat.
 Name ONE suitable sauce to go with the lamb. (2)

- 2.2 You are a commis chef at a well-known hotel. The head chef has instructed you to make white sauce. 
- 2.2.1 Define the term *roux*. (3)
- 2.2.2 List THREE roux-based sauces that can transform a sauce. (3)
- 2.2.3 Give THREE reasons for serving sauce with a dish. (3 × 2) (6)
- 2.2.4 Give the French term for *white sauce*. (1)
- 2.2.5 Name THREE white-sauce variations. (3)
- 2.2.6 List and explain FOUR factors that can affect thickening agents. (4 × 2) (8)
- 2.3 You have been invited to make soup for the Soup Festival held in Woodstock next month.
-  2.3.1 The function organisers asked you to make two thin and two purée-based soups for the event.
- Name TWO types of thin and TWO types of purée-based soups to serve at the festival. (2 + 2) (4)
- 2.3.2 You decided that the soup should have an accompaniment.
- Name THREE suitable accompaniments that can be served with the soup. (3)
- 2.3.3 A well-made stock should be used to make a good soup. Stock is made using mirepoix and a liquid.
-  Explain why mirepoix is not sautéed in oil before adding a liquid. (2)
- 2.3.4 Give TWO characteristics of a good stock. (2)
- [50]**


QUESTION 3



- 3.1 3.1.1 Identify the mixing method used to make the type of product shown in the image.  (1)
- 3.1.2 Substantiate the answer given to QUESTION 3.1.1. (2)
- 3.1.3 Give the step-by-step method for making banana bread. Use the list of ingredients as a guide:


Ingredients



- 3 ripe bananas, peeled
- 1/3 cup melted butter
- 1 teaspoon baking soda
- 3/4 cup sugar
- Pinch of salt
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cup all-purpose flour (12 x 1/2) (6)

- 3.1.4 Describe well-made banana bread. (3)
-  3.1.5 You are making 40 banana breads for a weekend market this coming Saturday. You need to ensure it stays fresh for the day.

Give some guidelines to ensure that the banana breads stay fresh and tasty. (3)

3.2 Name ONE item made by each of the following mixing methods:


- 3.2.1 Creaming 
 - 3.2.2 Whisking/Sponge (without shortening)
 - 3.2.3 Melting
 - 3.2.4 Emulsion
- (4 x 1) (4)




- 3.3 Your neighbour asked you to make a birthday cake for a child.
 Compare and tabulate the general rules for baking a cake and the general rules for icing a cake. (6 + 6) (12)
- 3.4 Answer each of the following questions on biscuits:
- 3.4.1 Differentiate between a dropped biscuit, moulded biscuit and sheet biscuit. (3 × 2) (6)
- 3.4.2 Give the step-by-step process of preparing the pan, baking and cooling of biscuits. (3 × 2) (6)
- 3.4.3 List FIVE rules to follow to ensure the biscuits you are making come out oven crispy.  (5)
- 3.4.4 Name ONE traditional South African baked item. (2)
- [50]**

QUESTION 4

- 4.1 Answer each of the following questions on yeast products:

Afternoon-tea menu	
Cucumber and cream cheese pumpernickel sandwiches	
Rum baba with Chantilly cream	
Assorted Danish pastries	
Pita pockets filled with smoked salmon	

- 4.1.1 Identify and define the yeast products in the menu. (4 × 2) (8)
- 4.1.2 Name THREE types of yeast used to make the yeast products mentioned in QUESTION 4.1.1. (3)
- 4.1.3 There are five methods for baking yeast products.
 Name and explain the most appropriate method for making rum baba. (1 + 2) (3)
-  4.1.4 Name THREE types of glaze that can give Danish pastry a golden colour. (3)
- 4.1.5 Is glaze added at the beginning of the baking process or after? Give a reason for the answer. (1 + 2) (3)
- 4.2 Name the most suitable pastry for each of the following dishes:
- 4.2.1 Caramelised onion and thyme tarte Tatin
- 4.2.2 Spicy mince spanakopita

- 4.2.3 White-chocolate éclair  (5 × 1) (5)
- 4.2.4 Pork pie
- 4.2.5 Lemon-curd tart (5 × 1) (5)
- 4.3 Give TWO causes of each of the following pastry failures:
- 4.3.1 Soggy pastry
- 4.3.2 Dough shrinking in the oven
- 4.3.3 Bitter-tasting pastry
- 4.3.4 Oily pastry (4 × 2) (8)
- 4.4 Kyle is your new demi chef in the kitchen. You have asked him to make short-crust pastry for a lemon meringue pie.
-  4.4.1 Kyle is unsure whether to use butter, margarine or lard for the pastry as the recipe only states fat.
Suggest the best fat for the short crust and give a reason for the answer. (1 + 2) (3)
- 4.4.2 On the last minute the guests decide that they would prefer a savoury tart instead.
Name ONE additional ingredient that can be added to the pastry to give it a more savoury taste. (2)
- 4.4.3 The recipe requires the tart to be blind baked.
Summarise how to blind bake pastry in TWO sentences. (3)
- 4.4.4 The guests suggested that the chef decide on a filling for the tart.
Give THREE examples of savoury options for the tart. (3)
- 4.5 There are two types of emulsions, namely temporary and permanent emulsions. 
- 4.5.1 Tabulate the dispersion phase and medium for both mayonnaise and French dressing. (2 + 2) (4)
- 4.5.2 Name ONE emulsifying agent for each emulsion type in QUESTION 4.5.1. (1 + 1) (2)
- [50]**
- TOTAL SECTION B: 150**
GRAND TOTAL: 200