



**higher education  
& training**

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

**NATIONAL CERTIFICATE**  
**CATERING THEORY AND PRACTICAL N5**

(10070265)

**1 June 2021 (X-paper)**  
**09:00–12:00**

**This question paper consists of 12 pages.**

157Q1J2101

**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 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 statements. 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 A fault causing biscuits to be too soft:

- A Not stored in an airtight container
- B Baked in the oven too long
- C Under-proofed
- D Over-proofed 

1.1.2 Which one is NOT a characteristic of an ideal muffin:

- A Uniform shape
- B Golden colour
- C Tunnels
- D Even crumb

1.1.3 The function of liquid when making a chocolate brownie is to provide ... .


- A flavour
- B tenderise
- C moisture
- D colour



1.1.4 Oreo cookies are an example of ...

- A rolled cookies
- B sandwich cookies
- C no-bake cookies
- D bar cookies


1.1.5 Un-shortened cakes or foam cakes contain:

- A no shortening
- B only butter
- C only egg yolks
- D no liquid and shortening 

1.1.6 Standard size egg to add to any recipe:

- A pee wee
- B jumbo
- C small
- D large


1.1.7 Example of a true solution:

- A Black coffee 
- B Blue berries in a batter
- C Vanilla infused in panna cotta
- D Whipped cream

1.1.8 Reason why an emulsion breaks:

- A Adding the oil too quickly to mayonnaise
- B Putting the mixture into the fridge
- C Adding spices and sugar
- D Adding too little oil

1.1.9 The most common function of egg yolks in a batter is to ...


- A emulsify the shortening in the mixture
- B inhibit gluten formation
- C trap air into the mixture 
- D contribute to the velvety mouth feel

1.1.10 The general mixing method for scones:

- A Quick method
- B Rubbing-in method
- C Cream method
- D Whisking method

(10 × 1) (10)




1.2 Choose a description from COLUMN B that matches a dish/term in COLUMN A. Write only the letter (A–F) next to the question number (1.2.1–1.2.5) in the ANSWER BOOK.

COLUMN A		COLUMN B
1.2.1	Marzipan	A light and delicate sponge
1.2.2	Blini	B leavened, oven-baked flatbread found in the cuisines of the middle east
1.2.3	Genoise cake	C paste made with ground almonds and sugar
1.2.4	Naan bread	D small, savoury pancake
1.2.5	Chelsea buns	E high egg white content 
		F bun made of a rich yeast dough, flavoured with spices and currants or raisins



(5 × 1) (5)

- 1.3 Choose ONE term from the list below for each of the following descriptions and write it next to the question number (1.3.1–1.3.12) in the ANSWER BOOK.

Spanish cream; gelation; isinglass; pumpnickel bread  
 Christmas pudding; oven spring; gluten; strong bread flour; cake flour  
 steam; two-thirds full; croquembouche; Victoria sponge

- 1.3.1 Setting or stiffening of gelatine dispersion
- 1.3.2 Provides dough with elasticity and strength
- 1.3.3 Custard gelatine mixture 
- 1.3.4 Glutenin and Gliadin is present in this flour
- 1.3.5 The raising agent found in choux pastry
- 1.3.6 Gelatine found from a sturgeon
- 1.3.7 Rapid rising of yeast dough
- 1.3.8 Never fill a cake pan more than
- 1.3.9 Traditional boiled pudding 
- 1.3.10 A tower of small choux puffs filled with crème pâtisserie
- 1.3.11 Solid dark brown rye bread
- 1.3.12 A layered sponge cake filled with jam and dusted with castor sugar  
 (12 × 1) (12)
- 1.4 Give ONE term for each of the following descriptions by writing it next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.
- 1.4.1 Process whereby yeast in the presence of moisture, heat and food, starts to react and carbon dioxide is formed
- 1.4.2 The dough is mixed, kneaded and shaped, placed into loaf tins and into the refrigerator. 
- 1.4.3 The type of fruit in which ficin is found as an enzyme
- 1.4.4 Italian cooked gelatine cream
- 1.4.5 Pâte sucrée is the name for this type of pastry  
 (5 × 1) (5)

1.5 Re-arrange the following EIGHT processes for making yeast dough in the correct order:

- Baking
- Shaping 
- Proving 
- Kneading
- Measuring
- Rising
- Mixing
- Knocking back


(8 × 1) (8)

1.6 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.6.1–1.6.10) in the ANSWER BOOK.

1.6.1 Ganache icing can be used to make truffles.

1.6.2 An emulsion always consists of only ONE liquid.


1.6.3 Syrup is an example of a solution.

1.6.4 A cupcake is tough and full of large tubular holes because it was baked blind. 

1.6.5 Lard is used to make pie dough flaky.

1.6.6 Air is an example of a physical raising agent.

1.6.7 The most common leavening agent used to make quick breads is corn flour.

1.6.8 En croûte is a food that has been wrapped in pastry and baked in the oven. 

1.6.9 Cake sink in the centre due to not being baked through.

1.6.10 Creaming is a basic mixing method used to make cookies.

(10 × 1) (10)

**TOTAL SECTION A: 50**

**SECTION B****QUESTION 2**

A menu with various types of afternoon tea pastries for a bridal shower is provided below.



<p><b>AFTERNOON TEA MENU</b></p> <p>Spanakopitas</p> <p>Chicken and mushroom vol au vents</p> <p>Mini sausage rolls</p> <p>Hertzoggies</p> <p>Caramel custard filled éclairs</p>
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2.1 Provide the type of pastry that would be best suited to prepare each of the following items. Write only the type of pastry next to the question number (2.1.1–2.1.5) in the ANSWER BOOK.



2.1.1 Spanakopitas

2.1.2 Chicken and mushroom vol-au-vents

2.1.3 Mini sausage rolls

2.1.4 Hertzoggies

2.1.5 Caramel custard filled éclairss

(5 × 1) (5)

2.2 Define the following items found on the above menu:

2.2.1 Spanakopita

2.2.2 Hertzoggies

2.2.3 Éclairs

(3 × 2) (6)


2.3 2.3.1 Identify ONE traditional filling (excluding custard) that would be suitable for this menu.

2.3.2 Identify ONE traditional topping for an éclair (excluding caramel) that could be suitable for this menu.

(2 × 1) (2)


2.4 Select ONE suitable vegetarian variation for the vol-au-vents. (2)

- 2.5 Provide the ratio of flour:fat for the pastry used for the following:
- 2.5.1 Mini sausage rolls
- 2.5.2 Éclairs pastry (2 × 2) (4)
- 2.6 What measures can the chef put in place to prevent pastry items from becoming soggy? (4)
- 2.7 List TWO ingredients the chef can use to ensure the pastry has a golden-brown crust. (2)
- 2.8 Read through the recipe ingredients below and answer the questions that follow:

<b>RED VELVET CAKE</b>	
<p><b>Ingredients</b></p> <p>2 ½ cups cake flour</p> <p>1 ½ cups sugar</p> <p>5 ml bicarbonate of soda (bicarb)</p> <p>5 ml fine salt</p> <p>5 ml cocoa powder</p> <p>375 ml vegetable oil</p> <p>250 ml buttermilk, at room temperature</p> <p>2 large eggs</p> <p>30 ml red colouring</p> <p>5 ml white distilled vinegar</p> <p>5 ml vanilla extract</p>	



- 2.8.1 What is the classification of the recipe? (2)
- 2.8.2 Identify TWO ingredients that act as tenderisers in the recipe. (2)
- 2.8.3 Identify the TWO raising agents that will assist in the rising of the red velvet cake. (2)
- 2.8.4 Give FIVE important guidelines for making this cake sponge. (5)
- 2.8.5 State TWO ingredients not on the ingredients list above that can provide the additional red colour to the sponge. (2)
- 2.8.6 How should the pan be prepared for this cake? (2)
- 2.8.7 The cake is ready to come out of the oven. (2)
- State TWO ways to determine or test whether the cake is cooked. (2)



- 2.8.8 Red velvet is famous for its meringue icing.  
Name TWO types of meringue best suited and give a reason for each.  (2 × 2) (4)
- 2.8.9 Describe TWO factors that can affect the foam quality of egg whites. (2 × 2) (4)
- [50]**

### QUESTION 3

You have been asked to make a spicy chicken and tomato aspic for the chefs table tonight.

- 3.1 Explain the dish being prepared to the waitering staff before the shift starts? (3)
- 3.2 Name ONE type of stock that can be used to make this dish. (2)
- 3.3 List FIVE guidelines for making the suggested stock in QUESTION 3.2 (5)
- 3.4 Explain the term *depouiller* used in the recipe. (1 + 2) (3)
- 3.5 State FOUR requirements when working with gelatine. (4)
- 3.6 The kitchen is under pressure for time.  
Suggest THREE quickly prepared alternative liquids that can be used in place of stock for the aspic. (3)
- 3.7 Discuss the results of the gelatine:liquid ratio when:
- 3.7.1 too much gelatine is used  (3)
- 3.7.2 too little gelatine is used (3)
- 3.8 Explain the causes for the following failures occurring during and after making the aspic:
- 3.8.1 Spicy chicken and tomato mixture sank to the bottom.
- 3.8.2 The aspic did not set in the mould.
- 3.8.3 There are threads of gelatine in the mixture.
- 3.8.4 Liquid is oozing out on the plate. (4 × 2) (8)
- 3.9 Name THREE food items you should avoid when preparing the stock. (3)
- 3.10 List THREE items the kitchen can prepare with the leftover stock from the recipe.  (3)

3.11 Complete the table below on colloidal dispersions. Write only the answer next to the question number (3.11.1 – 3.11.5) in the ANSWER BOOK.

Dispersed Phase	Dispersed Medium	Types of colloidal dispersions
Gas	3.11.1	Foam
3.11.2	Solid	Solid foam
Liquid	Gas	3.11.3
3.11.4	Liquid	Emulsion
3.11.5	Solid	Gel

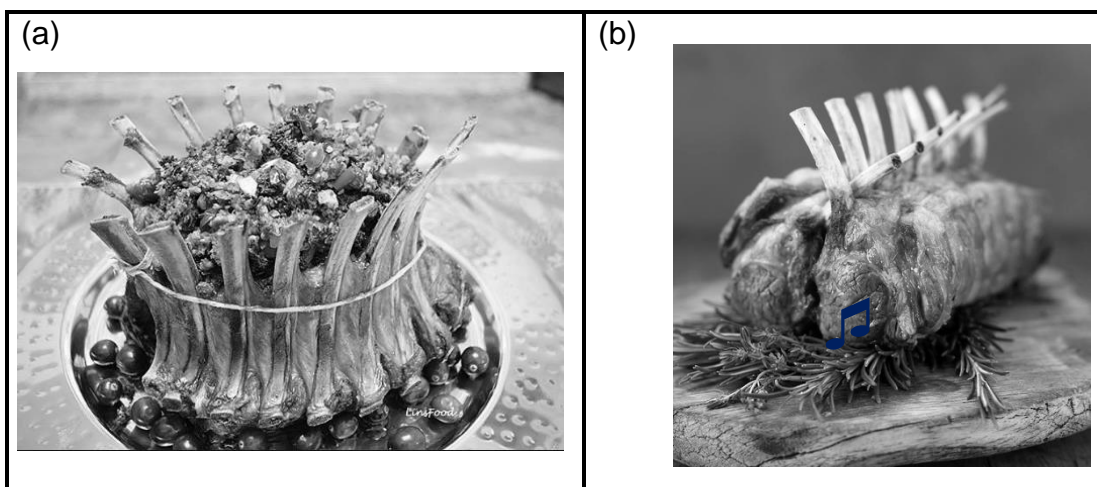
(5 × 2)

(10)  
[50]



### QUESTION 4

4.1 Answer the questions below on lamb cuts and sauces.



4.1.1 Identify the plated dishes in (a) and (b). (2)

4.1.2 Suggest the type of function for which a chef would plate these dishes. (2)






4.1.3 State the degree of doneness for the above dishes. (2)

4.1.4 State FOUR important factors for pairing the above dishes with sauce. (4)

4.1.5 Explain TWO ways sauce can be served to the guests at this function. (2 × 2) (4)

4.1.6 The kitchen staff are very strict about storing of meat at the correct temperature. Provide the temperature range for lamb:

- A stored in the fridge
- B stored in the freezer (2 × 2) (4)

- 4.2 Provide the abbreviation for the term *FIFO* and explain its meaning. (3)
- 4.3 The trainee chef made the Neapolitan sauce too thin.  (3)
- Suggest FOUR possible thickeners that can be added to rectify the problem. (4)
- 4.4 Explain the term *miscellaneous* when referring to some sauces. (2)
- 4.5 Provide TWO functions of *miscellaneous* as used in QUESTION 4.4. (2)
- 4.6 Below is a list of secondary sauces. State the mother sauce of each:
- 4.6.1 Mornay sauce
- 4.6.2 Creoles sauce
- 4.6.3 Vin blanc
- 4.6.4 Demi glaze  (6)
- 4.6.5 Normandy sauce
- 4.6.6 Bèarnaise (6 × 1) (6)
- 4.7 Provide the term used when mixing cornflour with a cold liquid before adding it to a warm sauce. (2)
- 4.8 Provide ONE sweet sauce using cornflour.  (1)
- 4.9 State TWO advantages and TWO disadvantages of deboning a chicken.(2 × 2) (4)
- 4.10 Provide THREE suitable stuffings for the deboned chicken in QUESTION 4.9. (3)

4.11 Identify the lamb cuts below: 

4.11.1



4.11.2



4.11.3



4.11.4



4.11.5



(5 x 1)



(5)  
[50]

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