higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N70(E)(N12)H
NOVEMBER EXAMINATION

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

(10070265)

12 November 2014 (X-Paper)
09:00–12:00

This question paper consists of 12 pages.

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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. This question paper consists of TWO sections:

SECTION A:	SHORT QUESTIONS	50 marks
SECTION B:	LONG QUESTIONS	150 marks
GRAND TOTAL:		200 marks

4. Number the answers according to the numbering system used in this question paper.
5. Start each question on a NEW page.
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 A crème caramel is an example of a …

A gel.
B sol.
C true solution.
D suspension.

1.1.2 French dressing is an example of a …

A gel.
B permanent emulsion.
C temporary emulsion.
D true solution.

1.1.3 A food system that is formed when eggs are added to a creamed margarine and sugar mixture is a/an …

A foam.
B suspension.
C gel.
D emulsion.

1.1.4 A curdled egg custard is an example of a/an …

A suspension.
B emulsion.
C foam.
D true solution.

1.1.5 The emulsifying agent in vinaigrette is …

A gelatine.
B vinegar.
C mustard.
D olive oil.

1.1.6 A Beef Wellington is prepared from …

A bolo.
B beef fillet.
C veal.
D steak.

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1.1.7 A traditional accompaniment for leg of lamb is …

A orange sauce.
B apple sauce.
C thick gravy.
D mint jelly.

1.1.8 An espagnole is a sauce made with …

A milk.
B juice.
C stock
D wine

1.1.9 Which of the following ingredients can be used to prepare stock?

A Salt, sweet potatoes, tomatoes, carrots
B Pork meat, cheese, leeks, onions
C Cabbage, potatoes, leeks
D Leeks, carrots, celery

1.1.10 The best shortening to use in the preparation of pastry is …

A emulsified shortening.
B lard.
C butter.
D hydrogenated shortening.

1.1.11 Fried bread cubes served with cream soup are called …

A croissants.
B croutons.
C crôutes.
D croquettes.

1.1.12 Which ONE of the following ingredients is not used in a sugar loaf?

A Egg white
B Flour
C Oil
D Sugar

1.1.13 The best flour to use in the preparation of puff pastry is …

A brown flour.
B cake flour.
C self-raising flour.
D bread flour.

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1.1.14 Yeast requires the following to rise:

A Sugar and heat
B Flour
C Butter
D Whipped eggs

1.1.15 Used for glazing cold dishes.

A Demi-glaze
B Chaudfroid
C Custard
D Cream

1.1.16 ONE of the following will be the result of using excessive sugar in a gelatine dish:

A The product will not be overly sweet
B A weaker gel will be obtained
C Will not retard the setting rate
D A firmer gel will be obtained

1.1.17 Which ONE of the following fruit prevents gelation?

A Apple
B Cooked pineapple
C Raw pineapple
D Cooked apple

1.1.18 Crêpe Suzettes are pancakes served with …

A cinnamon and sugar.
B orange and brandy sauce.
C cinnamon and brandy sauce.
D orange and sugar sauce.

1.1.19 A panada is a …

A thick white sauce.
B thin white sauce.
C brown sauce.
D cold sauce.

1.1.20 Roast beef is traditionally served with … sauce.

A mint
B tartare
C parsley
D horseradish

(20 × 1) (20)

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1.2 Choose a description of a soup from COLUMN B that matches a soup 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	Consommé Mimosa	A	usually made with chicken stock to which vegetables, curry and spices are added
1.2.2	Vichyssoise	B	a blend of tomato concassé, cucumber, green peppers, onion and chicken stock
1.2.3	Bouillon	C	beetroot soup served with sour cream
1.2.4	Gazpacho	D	sifted hard-boiled egg yolks and small pieces of cooked French beans are added to the stock
1.2.5	Mulligatawny	E	usually made from strained brown stock, the fat of which is also removed
		F	potato soup made with chicken stock, leeks and cream

(5 × 2) (10)

1.3 Choose a sauce from COLUMN B that matches a food item in COLUMN A. Write only the letter (A–F) next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.3.1	Potato salad	A	orange sauce
1.3.2	Fish	B	apple sauce
1.3.3	Pork	C	chasseur sauce
1.3.4	Duck	D	mayonnaise
1.3.5	Steak	E	sauce verte
		F	tartare sauce

(5 × 2) (10)

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

1.4.1 The country of origin for vichyssoise

1.4.2 A crescent-shaped roll made of rich, yeast dough

1.4.3 Flat bread that is hollow inside, like a pocket

1.4.4 Italian vegetable soup, containing rice or pasta

1.4.5 A concentrated fish stock

(5 × 1) (5)

1.5 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.5.1–1.5.5) in the ANSWER BOOK.

1.5.1 An emulsion is a colloidal dispersion of two liquids able to dissolve in each other for example oil and water.

1.5.2 Gluten traps the expanding air bubbles in the cooking and causes the product to rise.

1.5.3 Crab soup can also be classified as bisque.

1.5.4 Shaped pasta is a suitable garnish for cream soups.

1.5.5 Bread rolls served with soup usually add to the food value of the soup.

(5 × 1) (5)
[50]

TOTAL SECTION A: 50

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SECTION B

QUESTION 2

2.1 Complete the table below by classifying the following types of colloidal dispersions under the correct headings.

Margarine, blancmange, sponge cake, white sauce, cream

Tabulate your answer as follows:

FOAMS	GELS	SOLS	EMULSIONS

(5 × 2) (10)

2.2 Explain the reasons why emulsions can separate or break. (4)

2.3 State the characteristics of gelatine. (7)

2.4 Complete the following table by giving the proportion of liquid to gelatine in the preparation of dishes. Write only the answer next to the question number (2.4.1–2.4.3) in the ANSWER BOOK.

DISHES	LIQUID: TO	GELATINE
Jelly with a custard base	250 ml	2.4.1
Thin jelly	250 ml	2.4.2
Jelly with fruit pieces	250 ml	2.4.3

(3 × 2) (6)

2.5 Explain what a Charlotte is. (4)

2.6 What is a savoury jelly called? (1)

2.7 Explain how you would unmould a gelatine dish. (4)

2.8 LEMON PANACOTTA

300 ml thickened cream
180 ml milk
125 ml lemon juice
10 ml lemon zest
75 ml castor sugar
10 ml gelatine
12,5 ml cold water

2.8.1 Why should gelatine be sponged in cold water? (2)

2.8.2 Explain THREE methods to prepare the individual moulds, in order to set the panacotta. (3)

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2.8.3 How would the addition of extra gelatine to the recipe, affect the gelation? (2)

2.8.4 Except for the lemon, give THREE more variations for this dessert. (3)

2.9 Explain the reasons for the following actions when preparing brown stock.

2.9.1 Removing the fat from the bones

2.9.2 Soaking the meat in cold water

2.9.3 Simmer slowly

(3 × 1) (3)

2.10 Explain how you would remove the scum from stock. (1)

[50]

QUESTION 3

3.1 Give an example of suitable garnishes for each of the following types of soups:

3.1.1 Purée

3.1.2 Broth

3.1.3 Bisque

3.1.4 Consommé royal

(4 × 1) (4)

3.2 Compare béchamel sauce with velouté sauce. (3)

3.3 State TWO examples for each of the following types of sauces:

3.3.1 Sauces thickened with corn flour

3.3.2 Emulsified sauces

3.3.3 Uncooked sauces

3.3.4 Unthickened butter sauces

(4 × 2) (8)

3.4 Describe the functions of eggs in baked products. (5)

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3.5 Classify raising agents in THREE groups and give ONE example for each group.

Tabulate your answer as follows:

RAISING AGENT	EXAMPLES

(6)

3.6 BUTTER CAKE

125 g butter
375 ml sugar
5 ml vanilla essence
2 eggs
625 ml flour
20 ml baking powder
2,5 ml salt
200 ml milk

3.6.1 Explain step by step the mixing of the butter cake by using the above-mentioned ingredients. (7)

3.6.2 Which mixing method have you used for this recipe? (1)

3.6.3 State THREE more uses for the mixing method used in QUESTION 3.6.2. (3)

3.7 Describe how air can be incorporated into mixtures. (5)

3.8 Complete the table below by giving the respective cooking temperatures for the following baked products. Write only the answer next to the question number (3.8.1–3.8.5) in the ANSWER BOOK.

BAKED PRODUCTS	TEMPERATURE
Dark fruit cake	3.8.1
Scones	3.8.2
Ginger bread	3.8.3
Sponge cake	3.8.4
Meringues	3.8.5

(5)

3.9 State THREE examples for running batter. (3)

[50]

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QUESTION 4

4.1 Two methods are used to dissolve cube or active dry yeast.

Explain how you would dissolve yeast according to the:

4.1.1 Sponge method (4)

4.1.2 Direct method (3)

4.2 State the properties of good bread. (6)

4.3 SHORT CRUST PASTRY

250 ml flour
5 ml baking powder
1 ml salt
62,5 ml butter
1 egg yolk
25–50 ml ice water

4.3.1 Explain step by step the preparation of short crust pastry by using the above-mentioned ingredients and the rubbing-in method. (5)

4.3.2 How would you roll out pastry to ensure a good end result? (7)

4.4 CHOUX PASTRY

4.4.1 Describe step by step the correct mixing method for choux pastry. (7)

4.4.2 Complete the table below on the volumes and ingredient proportions of choux pastry. Write the answers next to the question numbers (a–e) in the ANSWER BOOK.

VOLUMES	INGREDIENTS
2 volumes flour	(a) …
(b) … volumes water	(c) …
(d) … volume shortening	125 ml shortening
2 volumes beaten egg	(e) …

(5)

4.5 State the uses for each of the following stages of whisked egg whites:

4.5.1 Foamy stage (3)

4.5.2 Stiff-peak stage (3)

4.5.3 Dry stage (1)

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4.6 How would the addition of the following ingredients influence the volume and stability of egg foams?

4.6.1 Milk (1)

4.6.2 Fat (1)

4.6.3 Acid (2)

4.6.4 Sugar (2)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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