higher education & training

Department:
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NOVEMBER EXAMINATION

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

(10070265)

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This question paper consists of 12 pages.

GENERAL STUDIES

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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. This question paper consists of TWO sections:

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

2. Answer ALL the questions.

3. Read ALL the questions carefully.

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 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 A deep pot with a tight fitting lid is used to limit evaporation of liquid during stock making.

1.1.2 Aspic is a sweet gelatin, made from fruit pulp.

1.1.3 Popover is an example of a thick batter.

1.1.4 Cinnamon rolls are made using the scone method.

1.1.5 Yeast is a chemical raising agent.

1.1.6 With the sponge method, the yeast and dry ingredients are placed in an electric mixer and blended well before the addition of the liquid.

1.1.7 A food processor could be used to make pastry.

1.1.8 The correct ratio of puff pastry is 1 cup flour is to 2 cups lard.

1.1.9 Hot water pastry is suitable for pies and pie bases.

1.1.10 Strudel pastry is made with a small amount of melted butter, contains no acid and has egg yolk added to give it richness.

(10 x 1) (10)

1.2 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.2.1–1.2.10) in the ANSWER BOOK

1.2.1 A food system which is a homogeneous mixture of two or more substances of which the composition may change.

1.2.2 A well flavoured liquid used as the base for sauces and stews.

1.2.3 Collection of herbs including thyme, bay leaf and parsley stalks used in the preparation of stock.

1.2.4 A thick soup with fish stock as a base finished with cream.

1.2.5 Small cubes of fried bread used to garnish soup.

1.2.6 A process whereby yeast in the presence of moisture, heat and food, starts a reaction whereby carbon dioxide and alcohol is formed.

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1.2.7 Has a softening effect on the gluten as a result of the water repelling layer it forms around the gluten, inhibiting the gluten formation.

1.2.8 Baking the pastry crust without filling until partially or completely cooked.

1.2.9 A pastry containing considerably less butter than puff pastry, but is not as delicate and soft as puff pastry.

1.2.10 A pastry which is a good substitute for puff and flaky pastry.

(10 x 1) (10)
[20]

QUESTION 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 (2.1–2.15) in the ANSWER BOOK.

2.1 A colloidal system of TWO liquids which are insoluble in one another is known as …

A egg foam.
B emulsion.
C emulsifier.
D casein.

2.2 … is an example of gas in liquid colloid.

A Whipped cream
B Mayonnaise
C Flour boiled in water
D Meringue

2.3 A vinaigrette is an example of …

A permanent emulsion.
B emulsifying agent.
C temporary gel.
D temporary emulsion.

2.4 A well-seasoned, light- colored, clear soup.

A Purée
B Velouté
C Béchamel
D Consommé

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2.5 Hollandaise sauce is an example of a …

A cooked sauce.
B emulsion sauce.
C temporary dressing.
D uncooked sauce.

2.6 The first of the meat courses which is not roasted/ grilled or carved.

A Entrée
B Bombe
C Beignets
D Larding

2.7 A jus lie is …

A white stock.
B meat sauce that is thickened with arrow root.
C sauce with grated cheese.
D equal part of melted butter and flour.

2.8 A gelatin dish has the consistency of thick egg white and jelly is whisked until it is light and frothy.

A Aerosol
B Whips
C Cream caramel
D Fruit jelly

2.9 The conventional method for the baking of bread and important for the activation of the dry yeast.

A Sponge method
B Shortening method
C Tepid method
D Foamy method

2.10 Short crust pastry is suitable for …

A quiche.
B baklava.
C vol-au-vent.
D apple strudel.

2.11 Dessert made from cream filled puffs stacked in the form of a pyramid and decorated with caramel.

A Milk tart
B Caramel tart
C Croquembouche
D Sugar sponge

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2.12 Teaspoons of choux pastry which is deep fat fried and dusted with icing.

A Gougere
B Gnocchi
C Beignets
D Gateau Paris Brest

2.13 An elongated choux pastry filled with cream or cream patissiere.

A Éclair
B Choux puff
C Semolina choux
D Pudding

2.14 A very delicate baked product which should be served as soon as it is removed from the oven.

A Soft peak cake
B Soufflé
C Fruit tart
D Baked custard

2.15 The foam stage that is not suitable for baking.

A Foamy
B Soft peak
C Stiff peak
D Dry

(15 x 1) **[15]**

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QUESTION 3

3.1 Choose a mixing method from COLUMN B that matches a description in COLUMN A. Write only the letter (A–E) next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B
3.1.1	This method is used for rich mixtures with a large amount of fat	A beating
3.1.2	This technique requires powerful action with an electric beater	B rubbing-in
3.1.3	Sifted dry ingredients are gradually added to the beaten egg and liquid	C whisking
3.1.4	This method is often referred to as the cutting in method as a knife may be used in the beginning to cut the flour and fat together	D melting method
3.1.5	The fat, sugar, syrup and other liquid ingredient are heated together to melt and cooled slightly	E creaming method

(5 x 1) (5)

3.2 Use the information given below and write the correct sequence for preparing a choux pastry. Write only (A–F) next to the question number (3.2.1–3.2.6) in the ANSWER BOOK.

3.2.1	A	Make sure that the batter has the right consistency to enable the mixture to stretch.
3.2.2	B	Bake in an oven with a temperature of 180 ºC–200 ºC for 45 minutes.
3.2.3	C	Add butter to water and bring to boil.
3.2.4	D	Remove from the heat and add the eggs one at a time.
3.2.5	E	Add the flour all at once and stir vigorously over heat until batter is smooth and forms a soft ball in the saucepan.
3.2.6	F	The batter is dropped with a teaspoon or piped on to a very lightly greased baking sheet.

(6 x 1) (6)

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3.3 Choose a reason from COLUMN B to match a fault in baked yeast in COLUMN A. Write only the letter (A–D) next to the question number (3.3.1–3.3.4) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.3.1	Volume too small	A	did not prove enough in the loaf tin
3.3.2	Cracked crust	B	too much dough in the loaf tin
3.3.3	Volume too large	C	surface dried out during proving in loaf tin
3.3.4	Pale crust	D	flour of poor gluten quality

(4 x 1) (4)

[15]

TOTAL SECTION A: 50

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SECTION B

QUESTION 4

4.1 State THREE properties of an emulsion. (3)

4.2 Explain the effect an egg yolk would have on an oil and water mixture? (4)

4.3 Draw a table outlining the properties of a true solution, colloidal dispersion and a suspension.

TRUE SOLUTION	COLLOIDAL DISPERSION	SUSPENSION
4.3.1	4.3.2	4.3.3

(3 x 3) (9)

4.4 Explain the steps you would follow when making brown stock. (7)

4.5 State FIVE characteristics of a good soup. (5)

4.6 Name TWO ingredients not to be added to a soup. (2)

4.7 For which FOUR functions would you use a sauce? (4)

4.8 Distinguish between the THREE types of roux. (3 x 2) (6)

4.9 How would you bard a veal cut to be cooked in the oven? (4)

4.10 Choose a suitable accompaniment from COLUMN B to match a meat cut in COLUMN A. Write only the letter (A–F) next to the question number (4.10.1–4.10.6) in the ANSWER BOOK.

COLUMN A		COLUMN B	
4.10.1	Roast leg of lamb	A	maître d'hotel butter
4.10.2	Grilled beef steak	B	apple sauce
4.10.3	Roast pork chop	C	mint sauce
4.10.4	Roast mutton saddle	D	Yorkshire pudding
4.10.5	Boiled mutton	E	caper or parsley sauce
4.10.6	Roast beef	F	quince/apple/redcurrant jelly

(6 x 1) (6)

[50]

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QUESTION 5

5.1 Explain the process of vacuum packing. (4)

5.2 Name FOUR cooking methods that would apply on a pork cut. (4)

5.3 What are the uses of gelatine? (5)

5.4 Name THREE commercial types of gelatine available. (3)

5.5 State FOUR factors that affect the gelation process. (4)

5.6 How would you ensure success when un-moulding a gelatine dish? (4)

5.7 List the steps to be followed when making a Bavarios. (6)

5.8 Explain what a *Charlotte Russe* is. (2)

5.9 Complete the table by writing the appropriate ratios in the ANSWER BOOK. Write only the answer next to the question number (5.9.1–5.9.4) in the ANSWER BOOK.

TYPE OF DISH	GELATINE	LIQUID
Custard jelly	5.9.1	250 mℓ egg custard
Sponge	12,5 mℓ	5.9.2
Fruit jellies	5.9.3	250 mℓ
Cream jellies	7,5 mℓ	5.9.4

(4 x 1) (4)

5.10 Explain the THREE methods that you would use to aerate quick flour mixtures. (3 x 2) (6)

5.11 Give TWO examples of each of the following cake classifications:

5.11.1 Cakes with shortening

5.11.2 Cakes without shortening

(2 x 2) (4)

5.12 What is the influence of manipulation on the following end results:

5.12.1 Under manipulation

5.12.2 Over manipulation

(2 x 2) (4)
[50]

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QUESTION 6

6.1 Answer the questions that follow based on the recipe given below.

STANDARD SPONGE CAKE (YIELDS 2 LAYERS)	
QUANTITY	**INGREDIENTS**
5 160 g/200 mℓ 12,5 mℓ 120 g 1 mℓ 5 mℓ	Eggs, separated Sugar Lemon juice Cake flour Salt Vanilla

6.1.1 Explain step-by-step the preparation of a basic sponge using the above ingredients, using the whisking method. (6)

6.1.2 State FOUR characteristics of a good sponge cake. (4)

6.1.3 What are the causes of the following faults when making a sponge cake:

FAULTS	CAUSES
Cracked upper crust	(a)
Speckled crust	(b)
Close, heavy texture	(c)
Sticky crust	(d)
Sugary crust	(e)

(5 x 1) (5)

6.2 What FIVE general rules must be followed when making cakes? (5)

6.3 Which factors are important in the baking of biscuits? (4)

6.4 Name THREE commercial forms of yeast. (3)

6.5 Name and explain the THREE factors that influence fermentation. (3 x 2) (6)

6.6 State EIGHT guidelines you would adhere to when making pastry. (8)

6.7 Explain the following terms in flour mixture:

6.7.1 Hot cross bun

6.7.2 Pita bread

6.7.3 Bagel

6.7.4 Baba au rum

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6.7.5 Danish pastry

6.7.6 Savarin

6.7.7 Croissant

6.7.8 Phyllo

6.7.9 Fleurons

(9 x 1) (9)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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