higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

20 NOVEMBER 2018

This marking guideline consists of 10 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	A
	1.1.2	D
	1.1.3	C
	1.1.4	A
	1.1.5	C
	1.1.6	D
	1.1.7	B
	1.1.8	B
	1.1.9	B
	1.1.10	D

(10 × 1) (10)

1.2	1.2.1	F
	1.2.2	D
	1.2.3	J
	1.2.4	E
	1.2.5	C
	1.2.6	B
	1.2.7	I
	1.2.8	H
	1.2.9	G
	1.2.10	A

(10 × 1) (10)

1.3	1.3.1	True
	1.3.2	False
	1.3.3	False
	1.3.4	True
	1.3.5	True
	1.3.6	True
	1.3.7	True
	1.3.8	True
	1.3.9	False
	1.3.10	False

(10 × 1) (10)

1.4	1.4.1	Genoise
	1.4.2	Over-developed
	1.4.3	Pâté Sucree
	1.4.4	Panna Cotta
	1.4.5	Oven Roast
	1.4.6	Solute
	1.4.7	Lard
	1.4.8	Oil is both less dense and immiscible with water
	1.4.9	Un-greased
	1.4.10	Flummery

(10 × 1) (10)

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5.1 1.5.1 Whipped egg cakes
1.5.2 Cranberry sauce
1.5.3 Milk
1.5.4 Genoise
1.5.5 15-20℃

(5 × 1) (5)

1.6 1.6.1 Flour
1.6.2 Angel food cake
1.6.3 Crepés
1.6.4 Blind baking
1.6.5 Emulsion method / Muffin method

(5 × 1) (5)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 2.1.1 Yeast cell can only function in limited temp for best flavour, lower temperature inhibits the metabolism of the yeast cell and if to high the yeast cell will be destroyed. (2)

2.1.2 (a) The action used to manipulate bread dough that forms the gluten network in dough.✓ To knead dough flatten into a disk shape, fold it towards you, using the palms of your hands, push dough away with a rolling motion, ✓ turn dough on quarter turn and vigorously repeat the fold,✓ push, turn steps, a process of mixing that consists of a pressing motion accompanied by folding and stretching.✓ (4)
(b) Dough is elastic✓ and has a soft, pliable texture.✓ (2)
(c) 10–30mins (1)

2.1.3 185–195℃ (1)

2.1.4 Appearance: even colour,✓ regular shape,✓ moderate size✓ and good volume.✓

Texture: it should have good elasticity✓ and return to its original form when compressed. Air pockets are firm✓ and uniformly dispersed,✓ soft,✓ elastic✓ and moist,✓ but not sticky or dry.✓
(Any 2 × 3) (6)

2.1.5 Remove the doughnuts from the oil and drain as desired. After 30 seconds to one minute of cooling/any relevant time under 1 min, toss the doughnuts in the sugar. If you wait for the doughnuts to cool for too long, the sugar won't stick to the doughnuts. (2)

2.1.6
- Sweet icing glaze
- Milk glaze,
- Chocolate,
- Caramel (Any ONE) (1)

2.2 2.2.1 Liquid – Emulsion
2.2.2 Liquid – Gel
2.2.3 Liquid – Sol
(3 × 2) (6)

2.3 Sol: colloidal system in which solid particles are dispersed in a liquid✓ i.e. gelatine dispersed in water e.g. gelatine dessert, white sauce, custard sauce, jam, or during cooking e.g. baked custard.✓

Gel: semi – rigid, jelly – like colloid in which a solid dispersed in a liquid✓ e.g. baked custard, blancmange.✓
Any relevant answer (2 × 2) (4)

2.4
- Lecithin from egg yolk
- Glyceryl monostearate
- Pepper
- Mustard
- Paprika and flour. (Any ONE) (1)

[30]

QUESTION 3

3.1
- Churros: is a long, slender✓ fried dough pastry✓ that is sprinkled with cinnamon sugar✓
- Profiteroles: Balls of choux pastry,✓ baked or deep fried, filling and with a sauce of chocolate as a topping or garnish for soup or served as a snack✓
- Beignets: teaspoons of choux pastry✓ which is deep fried✓ and dusted with icing sugar✓ Any relevant answer (3 × 3) (9)

3.2.1 Eggs✓ and water vapour✓ (2)

3.2.2 To ensure the protein structure can coagulate✓ and further to become dry and crispy,✓ puffs should not collapse on removal from the oven. Any relevant answer (2)

3.2.3
- Flour
- Water
- Shortening
- Eggs (4)

3.2.4 As the high heat of oven converts water to steam and allows the choux to puff up and rise evenly (2)

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3.2.5 Drop or piping consistency (1)

3.2.6 Emulsion (2)

3.2.7 Open oven door slightly when baking to allow excess steam to escape/place on oven rack/cooling rack,✓ poke baked choux at the bottom✓ to allow choux to dry out and become crispy
(Any relevant answer) (2)

3.2.8
- Appearance: well risen,✓ surface must be smooth✓ and firm,✓ golden in colour,✓ equal in size✓ and volume✓
(Any relevant answer)
- Texture: crispy crust✓ but soft✓ (Any relevant answer)
- Flavour: delicate✓ (Any relevant answer)

(3 × 2) (6)
[30]

QUESTION 4

4.1 4.1.1 Short crust pastry (1)

4.1.2
- It allows the present gluten strands time to settle down and relax.
- This actually makes your pastry dough easier to roll out and cuts down on any shrinking during the baking process.

(Any 1 × 2) (2)

4.1.3
- Work directly on the kitchen surface (a cool, dry, even surface)
- Sprinkle the rolling pin and surface with flour (never the pastry)
- Roll the pastry lightly and in one direction. Roll away from you and turn pastry regularly, thickness of 3mm
- Wrap around rolling pin and carefully unroll over a pie plate/dish.
- Fit gently into bottom and side of plate. Use kitchen shears to trim dough to a 5cm overhang; fold under, and seal to form a rim.
- Crimp rim with fingertips and knuckle. (Any 5 × 2) (10)

4.1.4 (a)
- Filling leakage
- Cracks with the pastry
- Oven temperature incorrect: temperature is too low the crust won't brown properly
- Cool pie on a wire rack after baking.
- Allowing the air to circulate under the pie prevents the crust from becoming soggy
- Too much lard, shortening, or butter in the recipe.
- Ingredients were not cold enough during preparation.
- You could have overworked the crust.
- The fat became too warm, melted and increased the liquid content of the pastry

(b)
- Too much fat was used
- Oven temperature too low
- The dough was not chilled

Any relevant answer (2 × 2) (4)

4.1.5 Soft peaks (1)

4.1.6
- Utensils: bowls with small round bottoms and angled, wire beater work better
- Beating time: careful not to over beat
- Season: spring and autumn eggs foam better than summer eggs
- Temperature: eggs at room temp beat easier and makes a more stable foam

Any relevant answer (2 × 2) (4)

4.2 4.2.1
- Moulded biscuits
- Rolled biscuits (2)

4.2.2 Soft: High proportion of liquid,✓ low in sugar✓ and fat,✓ honey, molasses or corn syrup was used✓

Chewy: High sugar and liquid added,✓ low fat content,✓ high proportion of eggs used,✓ strong flour or gluten development during mixing✓

Any relevant answer (2 × 3) (6)

[30]

QUESTION 5

5.1 5.1.1 A dessert similar to pastry cream but thickened with gelatine or isinglass instead of flour or cornstarch, and sometimes flavoured with liqueur. (2)

5.1.2 No,✓ it is not necessary to cook beforehand as raspberries are a soft delicate fruit. Expose them to water for as little time as possible to prevent them from absorbing too much water and becoming mushy.✓ (2)

5.1.3
- Rinse mould under the tap, ensure the mould is cold. Do NOT grease mould.
- Turn mixture into mould, ensure the mixture is evenly spread/set.
- Cover with wax paper/cling wrap and chill 3–4 hours or overnight.
- Allow gelatine dishes to set over longer period at a higher temperature, desserts containing fruit take longer to set.
- The time can be halved if dish is allowed time in the freezer compartment. Any relevant answer (4 × 1) (4)

5.1.4
- The mixture started setting before it was poured into the setting mould✓
- The gelatine was not enough to set the mixture✓or too sweet,✓ acidic✓ or presence of enzymes was forgotten,✓ pieces of fruit are too bulky,✓ salt feature.✓ Any relevant answer (4 × 1) (4)

5.1.5 Ideal milk (1)

5.1.6
- Pale yellow colour
- Very light in texture
- Very smooth (3)

5.2 5.2.1
- The head: Chateaubriand
- The centre-cut: Filet mignon or tenderloin steak
- The tail, which is generally unsuitable for steaks due to size inconsistency, beef stroganoff, beef goulash, beef patties (3)

5.2.2 (a)
- Beef
- Wellington (2)

(b)
- Heat oven to 220C✓
- Seal beef fillet✓ in a roasting pan and season. When the beef is cooked to your liking, remove from the oven to cool, then chill in the fridge for about 20 mins.✓
- Make and cook filling: The mixture should hold its shape when stirred. Remove the mushroom duxelle from the pan to cool.✓
- Overlap two pieces of cling film over a large chopping board. Lay prosciutto on the cling film, √spread half the duxelles over the prosciutto,✓ then sit the fillet on it and spread the remaining duxelles over.✓ Roll it into a sausage shape, twisting the ends of cling film to tighten it as you go.✓ Chill the fillet while you roll out the pastry.✓
- Roll out puff pastry and place on a non-stick baking sheet. Unravel the fillet from the cling film and sit it in the centre of the smaller strip of pastry, wrap pastry✓ around fillet and glaze all over with egg yolk✓
- Cook until golden and crisp – 20–25 mins✓ for medium-rare beef, 30 mins for medium.✓ Allow to stand for 10 minutes before serving✓ Any relevant answer (7 × 1) (7)

5.2.3 Flambé: cooking procedure in which alcohol is added to a hot pan to create a burst of flames. (2)

[30]

QUESTION 6

6.1 6.1.1 Mirepoix: Combination of diced carrots, onions and celery sautéed in butter and used as an aromatic base to flavour sauces, soups and stews (4)

6.1.2 Bouquet garni: bundle of herbs usually tied together with string and mainly used to prepare soups, stock and stews, cooked with other ingredients but removed prior to serving/consumption (2 × 2) (4)

6.2

Thin Soup	Is made from stock✓ containing no thickening agents✓ e.g. Clear soups (Consommé, bouillon)✓ Broth (Scotch broth, minestrone, Vegetable potage✓ Any relevant example
Thick Soup	Is made with stock, milk/cream and vegetables as a base.✓A thickening agent (liaison) is added✓ e.g. Purée soups (Pea, lentil, potato etc.)✓ Velouté soup (chicken Velouté etc.)✓ Cream soup (Cream of vegetable, cream of tomato etc.)✓ Bisque (Lobster soup etc.)✓ Any relevant example (2 × 2) (4)

6.3 6.3.1 C
6.3.2 B
6.3.3 A
6.3.4 D

(4)

6.4
- Béarnaise sauce: sauce made of clarified butter emulsified in egg yolk and white wine vinegar and flavoured with herbs
- Espagnole sauce: classic brown sauce, made from brown stock, mirepoix and tomatoes and thickened with a roux (2 × 2) (4)

6.5 Béarnaise sauce (2)

6.6
- Rinse a clean bowl with very hot water
- Add 12.5 ml of the unthicken sauce to the bowl
- Add 5 ml strained lemon juice
- Whisk until creamy and then add the rest of the sauce (4)

6.7
- Food may be coated with sauce/over food
- Sauce may be spooned on to a plate and food served on top/sauce smeared on plate
- Sauce can be served separately in a sauce boat or bowl with a ladle
- Sauce is silver served to guest by waiter (Any 3 × 1) (3)

6.8 6.8.1
- Mousseline
- Maltaise
- Divine
- Sauce Bavaroise
- Sauce Crème Fleurette
- Sauce Dijon

6.8.2
- Aioli
- Verte
- Rémoulade
- Marie Rose
- Tartare sauce
- Sauce Andalouse
- Sauce Tyrolienne
- Sauce Vincent

6.8.3
- Beurre Fondu
- Beurre Noisette
- Beurre Meuniére
- Beurre Noir

(Any 3 × 1) (3)

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6.9
- Enhances the flavour
- Adds colour to a dish
- Adds moistness/texture
- Enhances the dining experience
- Brings out flavours in a dish
- Adds variety
- Visual interest

(Any 2 × 1) (2)
[30]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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