higher education & training

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N90**(E)**(N20)H

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

(10070265)

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This question paper consists of 14 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. Number the answers according to the numbering system used in this question paper.
4. Start each question on a NEW page
5. Use only BLUE or BLACK ink.
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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Gelatine dessert gives off water because …

A the ratio of ingredients was incorrect.
B the dessert was too long in the fridge.
C the dessert had too little time in the fridge.
D salt was added.

1.1.2 Clarifying butter is to …

A render the milk fat from butter.
B skim the milk fat foam from the butter.
C separate the milky solids from the pure butterfat.
D all of the above-mentioned.

1.1.3 ONE example of an emulsion sauce is …

A pesto.
B Jus Lié.
C Hollandaise.
D tomato sauce.

1.1.4 Syneresis is …

A the separating out of a liquid.
B adding egg whites to a hot liquid.
C curdling of a custard.
D adding too much sugar to a flour mixture.

1.1.5 What is the term used for a cream soup made from shellfish stock …

A Velouté.
B Consommé.
C Bisque.
D Scotch broth.

1.1.6 ONE example of a solution is …

A milk and cream.
B gelatine.
C whipped cream.
D sugar and water.

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1.1.7 An emulsion is always between ...

A two solids.
B two liquids.
C a liquid and solid.
D two gases.

1.1.8 Adding acidic fruits to a gelatine dessert will result in a dessert that is to …

A sweet.
B soft.
C firm.
D rubbery.

1.1.9 ALL soups are based on …

A brown sauce.
B stock.
C fresh vegetables.
D bouquet garni.

1.1.10 Fruits such as pineapple, figs, pawpaw and kiwi are usually not added to gels because of the …content.

A sugar
B acid
C salt
D enzymes

(10 × 1) (10)

1.2 Choose a description from COLUMN B that matches the dish in COLUMN A. Write only the letter (A–J) next to the question number (1.2.1–1.2.10) in the ANSWER BOOK. Each letter can only be used once.

COLUMN A		COLUMN B	
1.2.1	Cold Soufflé	A	thinly rolled-out puff pastry, rolled up from either side and sprinkled with sugar and baked
1.2.2	Charlotte Russe		
1.2.3	Chiffon	B	rich bread dough shaped with a round head crowning its stubby body
1.2.4	Mousse		
1.2.5	Aspic	C	a savoury jelly made from clarified stock
1.2.6	Brioche	D	moulded dessert made with sponge fingers and rich Bavarian cream
1.2.7	Pita bread		
1.2.8	Savarin	E	a gelatine dessert of egg yolk, egg white foam and whipped cream
1.2.9	Madeira cake	F	set with gelatine into which stiffly beaten egg white and or cream can be folded into it
1.2.10	Palmiers		
		G	a rich butter cake
		H	circular cake made with rich yeast dough
		I	a flat round yeast bread, that rises into a pocket
		J	very light cake

(10 × 1) (10)

1.3 Indicate whether the following statements are TRUE or FALSE. Choose the answer write only 'True' or 'False' next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

1.3.1 A gelatine dish should never be left in the freezer too long, unless it contains a lot of fat.

1.3.2 Angel food and chiffon cakes should always be baked in greased pans.

1.3.3 If jelly sticks to the mould, place in microwave to loosen.

1.3.4 A muffin pan should be filled no more than half to two-thirds full.

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1.3.5 The size of the solute particles differs between a solution and dispersions.

1.3.6 Agar-agar (seaweed) is a form of gelatine.

1.3.7 Tunnelling forms inside of muffins and quick breads when batter is over-mixed.

1.3.8 If a moderate amount of sugar is added to the dessert mixture, stiffness of the gel is increased.

1.3.9 Yeast is a chemical raising agent.

1.3.10 Crepé Anglaisé is a pancake in an orange sauce.

(10 × 1) (10)

1.4 Choose the correct word(s) from those given in brackets. Write only the word(s) next to the question number (1.4.1– 1.4.10) in the ANSWER BOOK.

1.4.1 (Genoise/Sponge cake) is a cake with little to no butter, made with separated eggs, which is then folded into the batter.

1.4.2 If a mixture is mixed or handled too much, the gluten will (under-develop/over-develop).

1.4.3 What is another name for sweet tart dough (Pâté brisée/Pâté sucrée)?

1.4.4 An Italian dessert made with cream, milk, sugar and gelatine is (Panna Cotta/Mousse).

1.4.5 The most suitable cooking method for a lamb noissette is (pot roast/oven roast).

1.4.6 In a solution the substance that is being dissolved is called (solute/emulsifier).

1.4.7 Which fat should you use for maximum flakiness in your pie dough (lard/butter)?

1.4.8 Oil floats on water because (Oil is less dense than water/Oil is both less dense and immiscible with water).

1.4.9 When baking a soufflé, make sure the dish is (greased/un-greased) before placing in the oven for baking.

1.4.10 A sweet pudding made from boiled oatmeal or flour or cornstarch (sago pudding/flummery).

(10 × 1) (10)

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1.5 Choose a description from the list below to match each sentence. Write only the answer next to the question number (1.5.1–1.5.5) in the ANSWER BOOK.

whipped egg cakes; 4–10 °C; creamed fat cakes; genoise; angel food cake; cranberry sauce; mint sauce; milk; 15–20 °C

1.5.1 Genoise, sponge, angel food, and chiffon are all examples of what sort of cake?

1.5.2 Most suitable accompaniment for Roast Turkey.

1.5.3 An example of oil-in-water emulsion.

1.5.4 A cake made using whole eggs.

1.5.5 The most suitable temperature for gelatine to start setting.

(5 × 1) (5)

1.6 Give ONE word/term for each of the following description. Write only the word/term next to the question number (1.6.1–1.6.5) in the ANSWER BOOK.

1.6.1 An ingredient that gives structure to baked products

1.6.2 Tall, light cakes made without fat and leavened with a large quantity of whipped egg whites

1.6.3 Pouring pancake batter ratio of 1:1 flour to liquid

1.6.4 Baking a pie crust or other pastry without the filling

1.6.5 Mixture method used for making muffins

(5 × 1) (5)
[50]

TOTAL SECTION A: 50

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SECTION B

QUESTION 2

2.1 Dunkin Doughnuts has contacted you to train their staff. Assist them in doing so by answering the following questions on the recipe below.

GLAZED YEAST DOUGHNUT RECIPE

45 mℓ Milk
15 g Sugar
4g Salt
2g Active dry yeast
15 mℓ Warm Water
125 g Flour
20 g Butter
1 Egg
Oil for frying



METHOD:

1. In a medium bowl, stir together the scalded milk, sugar and salt. Set aside to cool until lukewarm
2. Add 500 mℓ of the mixture to the milk, and beat until well blended
3. In a small bowl, dissolve the yeast in warm water
4. Stir the milk and flour mixture mix in the butter and eggs
5. Mix in the remaining flour 125 mℓ at a time
6. When dough is firm enough, turn it out onto a floured surface, and knead the dough. Place into an oiled bowl, cover and allow the dough to rise until doubled in bulk. This should take 30–45 minutes.
7. On a lightly floured surface, roll the dough out 12,5 mm in thickness
8. Cut into circles using a doughnut cutter. Set aside to rise for 30-40 minutes.
9. Heat oil.
10. Fry doughnuts a few at a time. Cook on each side until golden brown and remove to drain on paper towel.

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2.1.1 The recipe states dissolve the yeast in the warm water.

Explain to the 'Dunkin Doughnuts' staff why this is important. (2)

2.1.2 Once the dough is formed, the dough is then kneaded:

(a) Discuss the kneading process. (4)
(b) Describe the texture of the dough, once it is kneaded correctly. (2)
(c) How many minutes do one need to knead for? (1)

2.1.3 Identify the correct temperature range for deep fat frying doughnuts till golden brown on the outside. (1)

2.1.4 'Dunkin Doughnuts' success relies on a nutty/sweet aroma.

Describe the doughnuts appearance and texture to ensure they stay a successful business. (2 × 3) (6)

2.1.5 Identify the best time to glaze a doughnut and why. (2)

2.1.6 Provide a suitable glaze option for this recipe. (1)

2.2 Mention the two phases of the colloidal dispersion below:

(a) Potato salad
(b) Baked egg custard
(c) Raw dough mixtures

(3 × 2) (6)

2.3 Differentiate between a *sol* and a *gel.* (2 × 2) (4)

2.4 Give ONE examples of an emulsifying agent. (1)

[30]

QUESTION 3

3.1 Churros, Profiteroles and Beignets are dishes made using choux pastry.

Explain ALL the above dishes in detail. (3 × 3) (9)

3.2 Answer the following questions relating to Choux pastry:



3.2.1 What assists the choux pastry to rise? (2)

3.2.2 State why choux pastry is baked at a high temperature and then finished at a lower temperature. (2)

3.2.3 Identify at least FOUR main ingredients found in a basic choux pastry recipe. (4)

3.2.4 Why should you not open the oven during the first half of the baking process when making éclairs? (2)

3.2.5 Identify the correct consistence of the choux batter. (1)

3.2.6 Identify the food system present in a choux pastry mixture. (2)

3.2.7 When choux pastry is taken out of the oven, explain the next steps to follow to ensure the éclairs are not soggy. (2)

3.2.8 Discuss the appearance, texture and flavour of a successful éclair. (3 × 2) (6)

[30]

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QUESTION 4

4.1 Answer the following questions on 'Hertzoggies' known as a 'Jam Tarts' with a coconut meringue topping:

HERTZOGGIES RECIPE

500 mℓ Cake flour (240g)
Pinch of salt
120 g Butter
3 Large eggs, separated
40 mℓ Cold water
7 mℓ Lemon juice

Topping:

200 mℓ White sugar (160g)
400 mℓ Coconut (135g)
50 mℓ Apricot jam
Egg whites from above
3 Eggs separated



4.1.1 Identify the type of pastry used in the above recipe. (1)

4.1.2 Explain the reason for allowing pastry dough to rest in the fridge. (2)

4.1.3 Demonstrate by explaining in steps, how to prepare the pie shell for the Hertzoggies. (5 × 2) (10)

4.1.4 What could be the reasoning behind the following failures in the pastry below:

(a) A soggy bottom pastry
(b) A oily pastry

(2 × 2) (4)

4.1.5 Until what stage should egg white be beaten? (1)

4.1.6 What can affect the egg whites from becoming light and fluffy with a high volume (4)

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4.2 A customer has asked you as the pastry chef to make 100 'heart biscuits' for a couple's wedding anniversary lunch. Answer the following questions below:

4.2.1 Identify the type of biscuit dough you would recommend (2)

4.2.2 The customer has requested the 'heart biscuits' to be soft but chewy.

Explain which ingredients causes the biscuits to be soft and chewy?

(2 × 3) (6)

[30]

QUESTION 5

5.1 A customer has requested a special menu for a fundraiser she is having for breast cancer awareness month. You as the pastry chef suggested 'raspberry Bavarian cream'.

Answer the following questions.

RASPBERRY BAVARIAN CREAM

200 mℓ Water
150g Sugar
25g Gelatine leaves soaked in cold water
500g Raspberries
500 mℓ Whipping cream



5.1.1 The customer is unsure what this dessert is and asks you to explain *Bavarian cream.* (2)

5.1.2 Is it necessary to cook the raspberries before adding it to the cream mixture? Explain your answer. (2)

5.1.3 Once the mixture is made, explain how to set the dessert. (4)

5.1.4 The following day, you go and check the dessert and it does not hold its shape. What could the reason be? (4)

5.1.5 The customer asks if the whipped cream can be replaced with any other ingredient to make it lower in fat. Name an alternative. (1)

5.1.6 List THREE characteristics of a successful Bavarian cream. (3)

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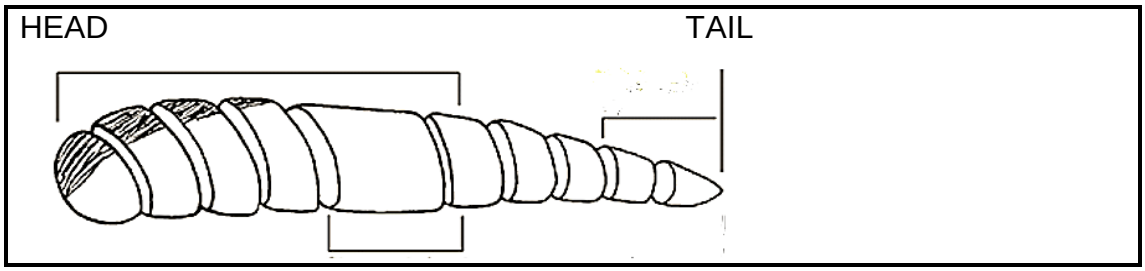
5.2 Answer the following questions below on beef tenderloin:



5.2.1 Name a dish used from each of the head, middle and tail of the above tenderloin. (3)

5.2.2 Answer the questions on the picture below.



(a) Identify the dish above using the whole tenderloin wrapped with pastry. (2)
(b) Provide the steps in making the above dish. (7)

5.2.3 Explain *flambé* term used in the cooking of meat: (2)
[30]

QUESTION 6

6.1 Explain the following terms that is used in making stock:

6.1.1 Mirepoix

6.1.2 Bouquet Garni

(2 × 2) (4)

6.2 Differentiate between *thin soup* and *thickened soup* and give ONE example for each. Tabulate your answer. (2 + 2) (4)

6.3 Choose a country of origin from COLUMN B that matches the name of the soup in COLUMN A. Write the letter (A–E) next to the question number (6.3.1–6.3.4) in the ANSWER BOOK.

COLUMN A		COLUMN B	
6.3.1	Minestrone	A	South America
6.3.2	Bouillabaisse	B	French
6.3.3	Gumbo	C	Italian
6.3.4	Mulligatawny	D	Indian
		E	Wales

(4 × 1) (4)

6.4 A couple came to your restaurant and asked you to explain the difference between a *béarnaise sauce* and an *espagnole sauce*. (2 + 2) (4)

6.5 Which ONE of the above sauces is versatile and will go well with both red meat and fish? (2)

6.6 The chef in the kitchen is making a 'Béarnaise sauce' for a function.

Give solutions for the chef to save the sauce from the following scenario below:

The sauce is too runny and doesn't want to thicken. (4)

6.7 Provide THREE ways in which the chef can serve the above type of sauce to the guest. (3)

6.8 Give a variation for the following sauces:

6.8.1 Hollandaise

6.8.2 Mayonnaise

6.8.3 Un-thicken butter sauce

(3 × 1) (3)

6.9 State TWO reasons why sauces are used in cooking. (2)

[30]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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