higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

21 NOVEMBER 2019

This marking guideline consists of 8 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	D
	1.1.2	A
	1.1.3	B
	1.1.4	C
	1.1.5	E
	1.1.6	G
	1.1.7	H
	1.1.8	F
	1.1.9	I
	1.1.10	J

(10 × 1) (10)

1.2	1.2.1	False
	1.2.2	True
	1.2.3	True
	1.2.4	False
	1.2.5	True
	1.2.6	False
	1.2.7	False
	1.2.8	True
	1.2.9	True
	1.2.10	False
	1.2.11	False
	1.2.12	True
	1.2.13	True
	1.2.14	False
	1.2.15	False

(15 × 1) (15)

1.3	1.3.1	C
	1.3.2	B
	1.3.3	B
	1.3.4	A
	1.3.5	D
	1.3.6	B
	1.3.7	B
	1.3.8	B
	1.3.9	A
	1.3.10	D
	1.3.11	D
	1.3.12	A
	1.3.13	C
	1.3.14	A
	1.3.15	D

(15 × 1) (15)

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1.4	1.4.1	Jus-lié
	1.4.2	Colloidal dispersions
	1.4.3	Dépouiller
	1.4.4	Egg yolk
	1.4.5	Solute
	1.4.6	Fond brun
	1.4.7	Demi-glace
	1.4.8	Braising
	1.4.9	Rubbing-in
	1.4.10	Beignets

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 2.1.1 Clear soup julienne:✓ this garnish consists of different types of vegetables✓ (carrots, turnip and leek). Cut into 2 cm-long thin strips✓ and add to the clarified stock.✓ (Any suitable answer) (3)

2.1.2 Cooked✓ butternut that has been ground, pressed, blended or sieved✓ to the consistency of a soft, creamy paste or thick liquid.✓ (Any suitable answer) (2)

2.1.3 Thick sauce✓ made from pureed and strained fruit.✓ Coulis are most often used on/with desserts.✓ (Any suitable answer) (2)

2.2 2.2.1 Mirepoix (vegetables)✓ or chicken bones.✓ (2)

2.2.2 Made from a white stock,✓ which has been strained✓ and clarified.✓ Spices, herbs, salt, pepper and vegetables may be added to the stock.✓
Whisk egg whites until they begin to froth✓ (about 30 seconds). Mix in ground meat.✓
Place mixture over stock,✓ heat stock over a high flame, stir constantly✓ until it starts to boil, bring consommé to a simmer,✓ being careful not to allow it reach a rolling boil. ✓
Once a simmer is achieved, turn heat down to low, and continue to simmer for 60 minutes.✓ Pass it through a chino✓ lined with cheese /muslin cloth.✓ (Any suitable answer) (6)

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2.2.3
- Starchy foods
- Cooked vegetables
- Cabbage
- Fat and bacon
- No salt or spices
- Never add wine or vinegar (Any 5 × 1) (5)

2.2.4
- Soup can be served in a tureen on the table or in soup plates, bowls or cups
- Serving dishes should be heated
- Serving tureen should be the correct size
- Accompanied by a soup ladle
- Do not fill more than ¾ full
- A hot soup is served hot and a cold soup is served chilled
- Garnish before serving
- Always look out for fat floating on the surface (Any 5 × 1) (5)

2.3 2.3.1 No 7 (2)

2.3.2 Place the pork, rind-side up, in a roasting pan.✓ Drizzle the oil✓ over the pork, score the rind/skin✓ and then rub the salt mixture into the cuts.✓ Place in the oven. Roast for 45 minutes or until the rind crackles✓ (Any 3 × 1) (3)

2.3.3 180–200 g/180 g/200 g boneless (2)

2.4 2.4.1 Very dainty,✓ small, bite-size cakes✓, beautifully decorated✓ with fondant/glacé/glazed icing,✓ sugared fruits, piped chocolate decorations and small-shape flowers✓ (Any 3 × 1) (3)

2.4.2 Fondant/glacé/glazed icing (2)

2.4.3 Glacé icing: is made by mixing✓ icing sugar √ with a liquid such as water✓ or fruit juice.

Fondant: is made by heating fondant icing powder,✓ which is mixed✓ with water or stock syrup,✓ over a bain-marie to approximately 38 °C.✓

Glaze: Mix confectioner's sugar,✓ butter✓ and vanilla together.✓ Add half the milk (or orange juice) to start with, stir in ✓ to make a thick glaze. Add the rest of the mild a drop at a time until you get a nice, thick glaze.✓

(Any suitable answer that relates to QUESTION 2.4.2) (4)

2.4.4
- Work with clean, dry utensils
- Sift icing sugar
- Use flavourings sparingly
- Add food colouring drop by drop
- Add liquid slowly and sparingly
- Plan icing prior to starting
- First ice the sides and then the top
- Brush the cake with melted jam or egg white to avoid the transfer of crumbs
- Ensure that cakes are cold before icing them
- Decorate while icing is still wet (before it sets) (Any 5 × 1) (5)

2.4.5 Provide moisture,✓ flavour/taste,✓ texture and enhance presentation,✓ garnish and visual appeal.✓ (4)
[50]

QUESTION 3

3.1 3.1.1 Kneading is a process in the making of bread,✓ to mix the ingredients✓ and adds strength to the final product.✓ Its importance lies in the mixing of flour with water.✓ The kneading process warms up and stretches the gluten strands,✓ eventually creating springy and elastic dough.✓ (Any suitable answer)

3.1.2 The aim of the bread fermentation is to enable the dough to rise.✓ When the dough is in a hot environment (30-40 °C),✓ alcoholic fermentation occurs owing to the yeast or leaven and carbon dioxide is released.✓ (Any 3 × 2) (6)

3.2 3.2.1
- Using good quality ingredients
- Using the correct type of ingredients
- Favourable conditions (temperature)
- Mixing process (incorporating ingredients correctly and dough is fermented correctly)
- Shape and prove
- Glaze and bake correctly (Any 4 × 1) (4)

3.2.2 Should sound hollow✓ and feels lighter✓ (Any suitable answer) (2)

3.2.3 Glaze before baking✓ (egg glaze, melted butter or milk)✓ (Any suitable answer) (2)

3.2.4
- Yeast or flour of a poor quality
- Too much salt
- Mixture too soft of dense (over or under prove)
- Not enough proving
- Not cooked enough (Any 4 × 1) (4)

3.3 Strong flour/Bread flour (1)

3.4 Strong flour, which has a high gluten content, contains protein✓ (glutenin and gliadin)✓ which adds to the elasticity of the dough.✓ Therefore it rises well,✓ and has a light,✓ open texture.✓ (3)

3.5 3.5.1 Conventional method✓ for the baking of bread and important for the activating for the dry yeast✓
Dissolve 5 ml sugar in tepid water and sprinkle with dry yeast,✓ allow to rest (10 mins)✓

Or

Use all of the water, half the flour, and all the sugar and mix until smooth.✓ Add yeast and allow it to stand for 30 minutes in a warm place to ferment✓ (Any suitable answer) (4)

3.5.2 Dough is mixed, kneaded and shaped,✓ placed into loaf tins and allowed to rest in the fridge✓ for between 2 and 12 hours.✓ This allows bread to bake when necessary. Convenient.✓
(Any 3 × 1) (3)

3.6 3.6.1 Combine the flour, butter and sugar,✓ process until the mixture resembles fine breadcrumbs.✓ Add yolk and chilled water. Process until dough just comes together.✓ Turn pastry onto a lightly floured surface. Knead until just smooth.✓ Shape into a disc. Wrap in baking paper and refrigerate✓ for 30 minutes. Place pan on a baking tray. Line pastry case with baking paper. Fill with ceramic pie weights or uncooked rice. Bake at 180 °C for 10 minutes.✓ Remove weights and paper. Bake for a further 5 to 10 minutes or until pastry is golden.✓ Allow to cool.✓ (Any suitable answer) (5)

3.6.2 Will keep good, if covered with plastic wrap, for 2 to 3 days in the fridge✓ and 3 to 4 months in the freezer✓
Ensure that it is well covered to keep the pastry from absorbing any foreign smells and tastes.✓ Ensure that the pastry is completely defrosted✓ before it is rolled out (otherwise it will crack).✓ Pastry can also be shaped and frozen and placed directly in the oven.✓ (Any 4 × 1) (4)

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3.6.3 Icing sugar✓/Confectioner's sugar✓ (2)

3.6.4 Profiterole: Ball of choux pastry,✓ baked or deep fried,✓ and filled with cream or crème pâtissière with a chocolate topping/glaze✓
Éclairs: Elongated choux pastry✓ filled with cream or crème pâtissière ✓ – may be glazed with chocolate.✓ (3 × 2) (6)

3.6.5 Deep frying:✓ Beignets/Aigrettes/Churros✓
Baked:✓ Croquembouche/éclairs✓
gateau St. Honoré/gougère/profiteroles/paris breast
Poached: Gnocchi✓ (4)
[50]

QUESTION 4

4.1 4.1.1 Agar-agar:✓ seaweed gelatine for vegetarians,✓ no animal collagen present✓ (3)

4.1.2
- Base:✓ Heavy, starch-thickened preparations, such as pastry creams✓
- Egg whites:✓ Whenever possible, egg whites should be whipped with sugar.✓
- Flavouring ingredients:✓ Include melted chocolate, lemon and liqueurs.✓
- Setting in fridge:✓ Place a collar around it to get the desired effect of soufflé✓ (Any 4 × 2) (8)

4.1.3 Whipped cream,✓ folded into the mixture✓
Place a grease-proof collar✓ around the dish and tie with a piece of string. Put it in the fridge and remove it only once it is set and ready to serve.✓ (Any 3 × 1) (3)

4.1.4 Foam✓ and gel,✓ suspension (air bubbles)✓ (2)

4.1.5
- Utensils✓ – bowls with small round bottoms and angled, sloping edges work better because the mixer picks up mixture much easier – use wire beaters, let the bowl stand still – put on dish cloth✓
- Beating time✓ – beat to the right stage – be careful not to overbeat – if sugar is added, it does not overbeat easily✓
- Season✓ – spring and autumn eggs foam better than summer eggs✓
- Temperature✓ – eggs at room temperature beats easier and makes a more stable foam✓ (Any 2 × 2) (4)

4.1.6
- Thick and rubbery: Too much gelatine was added✓✓
- Sunken fruit: mixture was not thick enough✓ (egg-white consistency) before adding fruit✓ (2 × 2) (4)

4.1.7 Kiwi fruit, papayas, pineapple, peaches, most citrus, mangos, guavas, and figs.✓ (ANY TWO)✓ These fruits contain an enzyme✓ with affects the gelatine and prevents it from setting.✓
(Any suitable answer) (4)

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4.1.8 5 mℓ: 500 mℓ, similar to mousse (2)

4.1.9 The concentration of the gelatine mixture affects the:
- firmness of gel✓
- rate of setting✓
- If a gelatine mixture is beaten to a foam or a sponge, the volume increases but the firmness decreases.✓
- To produce a sponge with a firm texture, a high concentration of gelatine is required. ✓
- If too much gelatine is added, the product will be stiff and rubbery.✓
- If too little gelatine is used, a weak gel will form and it might not set.✓
- The amount of gelatine is increased if a mixture is very acidic✓ due to the addition of fresh fruit or fruit juice, or if a large mould is used, or if the mixture has to set quickly.✓ (Any 3 × 1) (3)

4.2 4.2.1 Egg white whipped, whipped cream, carbonated beverages, marshmallows, meringue, gluten ball and sponge cake

4.2.2 Warm, cooked flour mixtures/batters, sauces such as a white sauce, milk tart filling

4.2.3 Cooled, cooked starch mixtures such as baked custard, blancmange and gelatine mixtures

4.2.4 Fruit in fruit cake, blueberries in crumpets, air bubbles in mousse

4.2.5 Mayonnaise, cream, cheese, butter or margarine (Any (5 × 2) (10)

4.3 4.3.1 Panna cotta is an Italian dessert✓ of sweetened cream thickened with gelatine✓ and moulded.✓ The cream may be aromatised with rum, coffee, vanilla, or other flavourings.✓ (Any suitable answer) (2)

4.3.2 Its made by adding gelatine✓ to a velouté sauce, or a demi-glaze or a béchamel sauce.✓ It can also be made by adding cream to simple aspic.✓ In a pinch, it's possible to add gelatine to mayonnaise or sour cream, to make a chaudfroid substitute called a mayonnaise collée.✓ (Any suitable answer) (3)

4.3.3 A dessert similar to pastry cream but thickened with gelatine or isinglass✓ instead of flour or corn starch, and sometimes flavoured with liqueur.✓ (Any suitable answer) (2)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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