higher education & training

Department:
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REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

(10070265)

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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. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 Choose a description from COLUMN B that matches a term in COLUMN A. Write only the letter (A–J) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK. Each letter can only be used once.

COLUMN A		COLUMN B	
1.1.1	Sauté	A	cutting foods such as herbs, into smaller pieces or the tearing up of leaves
1.1.2	Shredding	B	the action of taking one ingredient and placing over another one, i.e. jam on toast
1.1.3	Spreading	C	removing excess liquid from food such as cooked pasta
1.1.4	Straining	D	heating food in small quantities over a low heat
1.1.5	Trussing	E	binding poultry so that the shape is retained during cooking
1.1.6	Whipping	F	piercing of holes for steam and hot air to escape
1.1.7	Moulding	G	using a wire whisk to quickly beat ingredients, cream or egg white to increase their consistency
1.1.8	Pricking	H	setting of items such as mousse, in a mould
1.1.9	Skimming	I	removing scum with a slotted spoon when making stock
1.1.10	Seasoning	J	flavouring of food with salt and pepper

(10 × 1) (10)

1.2 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.2.1–1.2.15) in the ANSWER BOOK.

1.2.1 Banana bread is a very light, basic cake with high volume.

1.2.2 Pumpernickel bread contains rye flour.

1.2.3 Gnocchi can be made using choux paste.

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1.2.4 Brioche is soaked in rum syrup after baking.

1.2.5 Vichyssoise is a classical cream soup.

1.2.6 Phyllo pastry is rich and doughy.

1.2.7 Pancake batter baked in piping hot oil is known as crêpe cake.

1.2.8 Pêche melba is a dessert served with raspberry coulis and ice cream.

1.2.9 Croûtons are a popular soup garnish.

1.2.10 Béchamel sauce is a traditional filling for mille-feuille.

1.2.11 Strudel pastry is a suitable pastry for a venison pie.

1.2.12 Puff pastry has equal quantities of butter and flour.

1.2.13 Preparation of pastry can be done either by hand or with a food processor.

1.2.14 Salt should always be added when making a good stock.

1.2.15 Choux pastry should never have a hollow centre.

(15 × 1) (15)

1.3 Various options are given as possible answers to the following statements. Choose the answer and write only the letter (A–D) next to the question number (1.3.1–1.3.15) in the ANSWER BOOK.

1.3.1 The main ingredients in making a ganache icing are …

A butter and icing sugar.
B icing sugar and lemon juice.
C chocolate and cream.
D chocolate and icing sugar.

1.3.2 Brine is an example of a … solution.

A liquid-in-liquid
B solid-in-liquid
C solid-in-solid
D liquid-in-solid

1.3.3 Uses of a lamb loin chop include …

A mince.
B debone and roll.
C used in sausage.
D stew.

1.3.4 Examples of a hot pudding include…

A sticky-toffee pudding.
B blancmange.
C bavarian cream.
D crème patisserie.

1.3.5 Which ONE of the following will NOT dissolve in water?

A Castor sugar
B Salt
C Gelatine
D Essential oils

1.3.6 The term *blind bake* refers to …

A bake pastry and filling together.
B bake pastry before adding filling.
C freeze pastry before baking.
D preparation of pastry.

1.3.7 The best type of flour for making flaky pastry is … flour.

A bread
B cake
C all-purpose
D short

1.3.8 … is an example of a sheet biscuit.

A Chocolate chip
B Crunchie
C Gingerbread man
D Pinwheel cookie

1.3.9 Undissolved sugar crystals give biscuits a … texture.

A a crunchy and crispy
B soft mouth feel
C open and flaky
D hard and uneatable

1.3.10 The whisking method is used when baking …

A scones.
B fruit cake.
C butter cake.
D swiss roll.

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1.3.11 An example of a moist-heat cooking method for meat is …

A braising.
B grilling.
C broiling.
D pot roasting.

1.3.12 A type of emulsion sauce:

A Béarnaise
B Au-jus
C Brown roux
D Coulis

1.3.13 A cake batter is included in which type of food system?

A Gel
B Foam
C Sol
D Suspension

1.3.14 The ratio for a medium béchamel sauce is …

A 30 g – 30 g – 250 mℓ.
B 15 g – 15 g – 250 mℓ.
C 45 g – 45 g – 250 mℓ.
D 50 g – 50 g – 250 mℓ.

1.3.15 Bouillabaisse is a … soup.

A mutton and barley
B tomato and beet
C potato and leek
D French fish

(15 × 1) (15)

1.4 Give ONE term for each of the following descriptions by choosing a term from the list below. Write only the term next to the question number (1.4.1–1.4.10) in the ANSWER BOOK.

solute; rubbing-in; dépouiller; braising; colloidal dispersions; fond brun; egg yolk; jus-lié; demi-glace; grilling; beignets; solvent; egg white

1.4.1 A savoury sauce made of cornflour

1.4.2 The particles are larger than that of a true solution

1.4.3 A French term which means to skim off the scum that accumulates at the top of a stock or sauce

1.4.4 Lecithin is another name given to this ingredient

1.4.5 A dissolving substance

1.4.6 The French term for brown beef stock

1.4.7 A sauce made with espagnole and brown stock

1.4.8 Appropriate cooking method for lamb shank

1.4.9 The mixing method used for scones

1.4.10 Choux pastry dessert that is cooked in hot fat and dusted with icing sugar

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

You are the owner of an up-and-coming catering business. A client approached you to quote for a specialised menu for a business function.

Carefully study the menu below and answer the questions.

~ MENU ~

Consommé à la Julienne
*
Pork Belly served with a Butternut Purée
*
Decadent Chocolate Petits Fours with a Berry Coulis

2.1 Briefly explain each of the following menu terms:

2.1.1 Consommé a la Julienne (3)

2.1.2 Butternut Purée (2)

2.1.3 Berry Coulis (2)

2.2 A hospitality trainee does her in-service training at your catering business. The student, however, is not knowledgeable about the above menu.

2.2.1 For the consommé, the recipe requires beef bones for the stock. Unfortunately, there are none in stock.

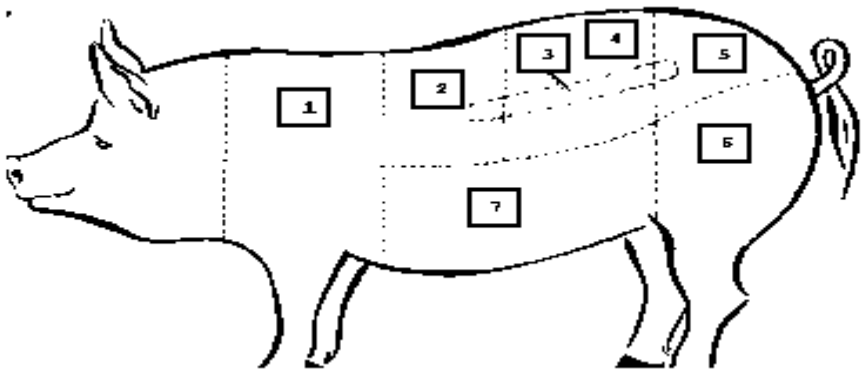
Give TWO alternatives that can be used. (2)

2.2.2 Explain to the trainee the process of making a consommé a la julienne. (6)

2.2.3 Give food and beverage examples that the trainee needs to avoid when making the stock. (5)

2.2.4 Give FIVE important points to follow when serving and plating the consommé. (5)

2.3 The client specifically wants pork belly on the menu. Answer the questions below on pork:



2.3.1 Identify the number for the pork belly cut on the carcass. (2)

2.3.2 Explain to the trainee how to achieve the crispy crackling on the pork belly. (3)

2.3.3 Give the correct main-portion size for pork belly that is plated for the guests at the function. (2)

2.4 You recommended petit fours to the client to round off the meal.

2.4.1 Explain the term p*etit fours* to the client. (3)

2.4.2 Name the type of icing that is used for decorating petit fours. (2)

2.4.3 Write down the recipe's method for the type of icing mentioned in QUESTION 2.4.2. (4)

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2.4.4 Give some general rules to follow when icing petit fours. (5)

2.4.5 Give FOUR reasons for serving the dessert with a coulis sauce. (4)

[50]

QUESTION 3

3.1 Explain the following terms used in baking bread:

3.1.1 Kneading

3.1.2 Fermentation

(3 × 2) (6)

3.2 Knead Café Bakery is having a demonstration on how to make a basic white bread. Answer the following questions from the public at the demonstration:

3.2.1 State the quality points to consider when making the bread. (4)

3.2.2 How do you test if the bread has been baked correctly? (2)

3.2.3 Give some advice to the public on how to get a golden sheen to the crust of the bread. (2)

3.2.4 Someone wants to know how to prevent the bread from becoming heavy and dense. (4)

3.3 Name the best type of flour that one should use in making any bread. (1)

3.4 Provide a reason for your answer in QUESTION 3.3. (3)

3.5 There are five methods for baking bread.

Explain the following methods:

3.5.1 Sponge method (4)

3.5.2 Cool rise method (3)

3.6 The pastry department has an important role in the overall operation of a professional kitchen.

3.6.1 The French term used for sweet short crust is pâte sucrée.

Name the preparation method used for this pastry. (5)

3.6.2 Describe the storage procedure for most types of pastry. (4)

3.6.3 Give an alternative for castor sugar used in the type of pastry mentioned in QUESTION 3.6.1. (2)

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3.6.4 Identify the differences between a profiterole and an éclair when making choux pastry. (3 × 6) (6)

3.6.5 Give TWO suitable cooking methods that are applied to choux pastry and give ONE example of each. (2 × 2) (4)

[50]

QUESTION 4

4.1 Mrs Hermanus has requested your restaurant to make a cold soufflé as a special dish for her and a few of her close friends.



4.1.1 Mrs Hermanus phoned a few days later and requested that the soufflé be vegetarian friendly.

Identify the type of gelatine that will be used to make the dessert and explain why. (3)

4.1.2 We divide the preparation of this dessert into FOUR stages.

Give the details of all FOUR stages. (4 × 2) (8)

4.1.3 Explain how the chef was able to achieve the height on the soufflé. (3)

4.1.4 Identify the TWO food systems present in a cold soufflé. (2)

4.1.5 Explain TWO of the four important factors that can influence foam quality. (2 × 2) (4)

4.1.6 A few guests complained that the dessert was too thick and rubbery and that the fruit in the dessert had sunk to the bottom.

Provide reasons for this. (2 × 2) (4)

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4.1.7 Identify TWO types of fruit that one should avoid when making a gelatine dessert. Motivate your answer. (4)

4.1.8 Give the proportion of gelatine to liquid when making a cold soufflé if the liquid is 500 ml. (2)

4.1.9 Explain how the concentration of gelatine would affect the gelation or setting of the soufflé. (3)

4.2 Give TWO food examples for each of the following food systems:

4.2.1 Foam

4.2.2 Sol

4.2.3 Gel

4.2.4 Suspension

4.2.5 Emulsion

(5 × 2) (10)

4.3 Give an explanation for the following types of gelatine desserts:

4.3.1 Panna cotta (2)

4.3.2 Chaudfroid sauce (3)

4.3.3 Bavarian cream (2)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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