higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

13 October 2020

This marking guideline consists of 8 pages.

Copyright reserved

SECTION A

QUESTION 1

1.1	1.1.1	E		
	1.1.2	F		
	1.1.3	O		
	1.1.4	M		
	1.1.5	N		
	1.1.6	B		
	1.1.7	A		
	1.1.8	I		
	1.1.9	K		
	1.1.10	L		
	1.1.11	G		
	1.1.12	D		
	1.1.13	H		
	1.1.14	J		
	1.1.15	C		
			(15 × 1)	(15)

1.2	1.2.1	D		
	1.2.2	C		
	1.2.3	B		
	1.2.4	A		
	1.2.5	B		
	1.2.6	D		
	1.2.7	C		
	1.2.8	A		
	1.2.9	B		
	1.2.10	D		
			(10 × 1)	(10)

1.3	1.3.1	True		
	1.3.2	True		
	1.3.3	False		
	1.3.4	True		
	1.3.5	False		
	1.3.6	True		
	1.3.7	True		
	1.3.8	False		
	1.3.9	True		
	1.3.10	False		
			(10 × 1)	(10)

1.4	1.4.1	Rare		
	1.4.2	Temporary emulsion		
	1.4.3	Offal		
	1.4.4	Aioli		
	1.4.5	Mirepoix		
			(5 × 1)	(5)

Copyright reserved

1.5 1.5.1 Goulash
1.5.2 Horseradish
1.5.3 Yorkshire pudding
1.5.4 Aspic
1.5.5 Hydrophobic
1.5.6 150 °C
1.5.7 Béchamel
1.5.8 Thick custard
1.5.9 Brown stock
1.5.10 Absorption

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 2.1.1 Emulsion method or muffin method✓✓ (2)

2.1.2
- Sieve dry ingredients.
- Stir until just mixed/prevent over-mixing.
- Ensure heated ingredients are cooled to prevent cooking of eggs.
- Add egg and whisk well to form an emulsion.
- Ingredients used must be at room temperature.
- Preheat oven✓ before preparing batter.
- Bake at 200–220 °C.
- Ration flour to liquid 2:1.
- Do not overfill the muffin cup/pan (half to two thirds full).
- Grease the muffin cups to prevent sticking.
- Remove and cool on cooling rack. (Any 6 × 1) (6)

2.1.3
- Uniform golden brown colour
- Top is symmetrical
- Has a smooth round top
- Crumb shows round holes of medium size
- No tunnels
- Tender texture
- Well-risen and light
- Sweet, no bitter aftertaste (Any 5 × 1) (5)

2.1.4
- Formation and expansion of gases:
  Heat expands the gases and the baked product rises with the help of ingredients such as baking powder or bicarbonate of soda
- Trapping of gases in air cells:
  Gases are trapped into the gluten structure which is made up of protein from the egg, and flour
- Coagulation of protein:
  Proteins in mixture will set with the high temperature; protein provides structure to the batter
- Gelatinisation of starch:
  Starch develops when the flour absorbs the moisture, expands and becomes firm
- Evaporation of water:
  In the form of water or milk – high temperatures will form steam and aerate the baked product
- Melting of fat:
  Fat has the ability to release trapped gases during baking.

(1 mark for change and 1 mark for motivation) (Any 4 × 2) (8)

2.1.5
- Muffin can sweat and become soggy in the hot muffin pan
- It can overcook if pan is still hot, or dry out. (Any 2 × 1) (2)

2.1.6
- Grated cheese
- Butter
- Jam
- Whipped cream (4)

2.2 2.2.1 Soufflés are light and fluffy dishes✓ made with egg yolks, beaten egg whites and a variety of other ingredients.✓
Soufflés can be served as a savoury main course✓ or sweetened to be a delicious dessert.✓ (Any 3 × 1) (3)

2.2.2
- Base
- Egg whites
- Flavouring ingredients
- Baking (4)

2.2.3 Soft peaks✓
If whites are too stiff, it will be too difficult to fold it into the mixture;✓ if not mixed properly, it will not rise efficiently.✓ (3)

2.2.4 Salt: Delays formation of foam,✓ increases stability and decreases volume✓
Fat: Even a small amount of fat/egg yolk decreases the volume✓ of foam and retards foam formation✓
Acid: Delays formation of foam, increases stability✓ and decreases volume✓ (3 × 2) (6)

2.2.5
- Do not grease the mould or brush with melted fat. Dust with sugar or cocoa, so the soufflé mixture has something to cling to.
- Never fill dish more than two thirds.
- Place a collar for extra height.
- Bake bain-marie. (Any 3 × 1) (3)

2.2.6
- Remove from the bain-marie (water bath).
- Remove collar carefully.
- Garnish and serve immediately. (Any 2 × 1) (2)

2.2.7
- Goat's cheese and herb
- Berry
- Vanilla
- Rooibos (Any 2 × 1) (2)

[50]

QUESTION 3

3.1 3.1.1 Bread flour is a high-protein✓ flour (glutenin and gliadin)✓ High gluten content which adds elasticity to the dough,✓ Rises well,✓ giving a light,✓open texture.✓ (Any 2 × 1) (2)

3.1.2
- Food: ✓ added sugar or sugars from the flour enter the yeast.✓
- Warmth:✓ Lukewarm liquid is added to the yeast and dough is kept at room temperature (26–36 °C).✓
- Moisture:✓ Enough liquid such as water, milk or eggs must enter the yeast cells.✓

(1 mark for condition and 1 mark for explanation) (3 × 2) (6)

3.1.3 Step 3,✓ when dough becomes elastic and stretchy✓✓ (3)

3.1.4 Parchment paper is grease- and moisture-resistant paper.
Specially treated for oven use. It is very versatile.
Used to line cake moulds and baking sheets. (Any 3 × 1) (3)

3.1.5 The yeast and the dry ingredients are placed in an electric mixer and blended well before the addition of the liquid/ No need for prior steps. (Any 2 × 1) (2)

3.1.6 (a) Optimum temperature range for yeast to grow and reproduce at dough fermentation stage✓✓
(b) Yeast cells die (thermal death point)✓✓ (2 × 2) (4)

3.1.7 Glazing improves the taste and appearance of the yeast product Trimmings/decorations stick better. Bread remains moist. Glaze can be added after baking/frying to add a shine/gloss✓ and or sweetness. (Any 3 × 1) (3)

3.1.8
- Egg
- Butter
- Milk
- Oil
- Honey
- Syrup
- Icing glaze (Any 1 × 1) (1)

3.1.9 During the first few minutes in the oven, ✓✓ rapid rising occurs due to more CO^2 produced by yeast, ✓✓ and gases inside dough expand.✓✓ (Any 2 × 1) (2)

3.2 3.2.1 Bavarois is a dessert consisting of milk thickened with eggs and gelatine, into which whipped cream is folded. The mixture is poured in a cold mould and is unmoulded for serving.✓✓ (Any 2 × 1) (2)

3.2.2 If not done, gelatine will take a long time to dissolve in the hot liquid,✓ and then the gelatine particles tend to stick to the spoon✓ and the inside of the mould.✓ (3)

3.2.3 Yes,✓ using bones, snouts, skin, hooves, feet, knuckles, tendons of animals (which contain collagen).
Collagen when boiled, yields gelatine✓✓
(1 mark for answering yes and 2 marks for the reason) (3)

3.2.4 Isinglass✓✓ (2)

3.2.5
- Temperature and time
- Concentration/amount of gelatine/Proportion of gelatine to liquid
- Acid
- Sugar
- Salt
- Enzymes (Any 7 × 1) (7)

3.2.6
- Dip mould in hot water for a few seconds to melt the sides of the gelatine mixture.✓✓
- Heat knife and run tip along the edge to loosen gelatine mixture.✓✓
- Heat a dishcloth and wrap around mould to heat it up slightly.
- Do not shake mould as it can damage the dessert.
- Moisten a chilled serving plate before turning out dessert.

(Any 2 × 2) (4)

3.2.7 Do not allow gelatine to stand for too long.✓ Standing will cause gelatine mould to break up,✓ which will result in loss of liquid.✓ (Any suitable answer) (3)

[50]

QUESTION 4

4.1
- Mirepoix (carrots, onions and leeks)
- Aromatics (bouquet garni)
- Liquid
- Major flavouring ingredients (bones and vegetables) (Any 4 × 1) (4)

4.2 4.2.1 Gazpacho: cold soup made of raw blended vegetables.✓
A classic Spanish dish✓

4.2.2 Vichyssoise: thick soup✓ made of boiled and puréed leeks, onions, potatoes, cream, and chicken stock.✓ It is traditionally served cold but it can be eaten hot.

4.2.3 Bouillabaisse: Hot soup,✓ classic Provençal seafood stew✓ from France.

(3 × 2) (6)

4.3 Croutons,✓ snippets of chives,✓ swirl of cream,✓ parmesan crisps✓
(Any suitable answer) (4)

4.4 4.4.1 Deglazing: make a gravy or sauce by adding liquid to the cooking juices and food particles (in a pan in which meat has been cooked).✓✓

4.4.2 Reduction: process of thickening and intensifying the flavour of a liquid mixture, such as a soup, sauce, wine or juice, by simmering or boiling.✓✓

4.4.3 Flambé: is a cooking procedure in which alcohol is added to a hot pan to create a burst of flames.✓✓

(Any suitable answer) (3 × 2) (6)

4.5 4.5.1 Lamb: mint sauce/jelly/jus/gravy
4.5.2 Duck: orange sauce/soya, ginger and honey
4.5.3 Beef: jus/gravy/horseradish
4.5.4 Pork: apple sauce

(4 × 1) (4)

4.6 4.6.1 Pan-fry
4.6.2 Oven roast/Pot roast
4.6.3 Pot roast/oven roast in cooking bag/ Braising/stir-frying
4.6.4 Oven roast/Braai/Pan-fry
4.6.5 Oven roast/Grill
4.6.6 Oven roast
4.6.7 Pan-fry
4.6.8 Braising/stewing

(8 × 1) (8)

4.7
- Maturing
- Adding enzymes
- Acid (lemon, vinegar)
- Commercial tenderisers
- Pounding
- Marinating
- Cooking methods (Any suitable answer) (7)

4.8
- Ensure meat rests before carving.
- Place damp napkin under the board to prevent moving as you carve.
- Carve against the grain.
- Carve at an angle.
- Gently remove any strings/skewers as you carve.
- Transfer slices to a warm plate or serving platter.
- Always using carving gear (carving fork and knife).

(Any suitable answer) (6)

4.9
4.9.1 Beef
4.9.2 Veal
4.9.3 Mutton
4.9.4 Lamb
4.9.5 Pork

(5 × 1) (5)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

Copyright reserved