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. Start each section on a new page.
5. Use only black or blue pen.
6. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 Choose a/an item/word from COLUMN B that matches a/an word/item in COLUMN A. Write only the letter (A–O) next to the question number (1.1.1–1.1.15) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1.1	True solution	A	only one kind of particle in it
1.1.2	Suspensions	B	when a solvent cannot dissolve any more solute beyond its solubility limit
1.1.3	Crystallisation	C	hollandaise
1.1.4	Pour batter	D	enzyme found in pineapple
1.1.5	Stiff dough	E	salt and water
1.1.6	Supersaturated solution	F	mixtures where some particles settle to the bottom
1.1.7	Pure substances	G	classic French pastry
1.1.8	Protein in flour	H	yeast dough that is first boiled before being baked
1.1.9	Creaming method	I	gliadin and glutenin
1.1.10	Paté sable	J	aromatic vegetable broth
1.1.11	Mille-feuille	K	sugar beaten into butter
1.1.12	Bromelin	L	shortbread
1.1.13	Bagels	M	very thin and runny to thick mixture
1.1.14	Court bouillon	N	piecrust
1.1.15	Mother sauce	O	excess amount of sugar will form crystals

(15 × 1) (15)

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1.2 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 (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 Example of a miscellaneous sauce:

A Mayonnaise
B Custard
C Soubise
D Coulis

1.2.2 Italy specialises in the following soup …

A Borscht
B Gazpacho
C Minestrone
D Vichyssoise

1.2.3 A good pastry to use for sausage roll:

A Choux pastry
B Flaky pastry
C Shortcrust pastry
D Hot-water pastry

1.2.4 Cloudiness in a stock results from …

A not skimming the stock
B using chicken bones
C using cold water
D adding salt

1.2.5 Beignets are choux pastry that is …

A baked in the oven
B deep-fried
C elongated in shape
D shaped into a cone

1.2.6 Shortcrust is NOT suitable for the following dish:

A Quiche
B Pies
C Fruit tart
D Vol-au-vent

1.2.7 Texture of a cake is dense or heavy …

A Oven temperature was too high
B Too much liquid added
C Too much flour added
D Not greasing the tin

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1.2.8 An example of a bar cookie:

A Fruit squares
B Date balls
C Pinwheel cookies
D Heart-shaped cookies

1.2.9 The best fat to use when making pastry:

A Margarine
B Lard
C Olive oil
D Fat spread

1.2.10 Example of a sol:

A Mayonnaise
B Crème brûlée
C Meringue
D Cake batter

(10 × 1) (10)

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

1.3.1 When particles become mixed with one another, they are often referred to as a dispersion system.

1.3.2 Entropy is known as a process of mixing two or more ingredients that can become disorderly.

1.3.3 Chocolate mixed with icing sugar is known as ganache.

1.3.4 Baked cake can be stored in the freezer.

1.3.5 Flour boiled with water is a liquid in gas colloids.

1.3.6 Swiss roll is an example of an unshortened cake.

1.3.7 The goal in mixing a cake batter is to incorporate air cells.

1.3.8 The cake tin for an angel food cake must be greased and lined with greaseproof paper.

1.3.9 Sugar undergoes caramelisation when a cake is baked in the oven.

1.3.10 A solute is a liquid in a solution.

(10 × 1) (10)

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1.4 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.4.1–1.4.5) in your ANSWER BOOK.

1.4.1 Meat is seared on the outside for not more than two minutes on each side and has a red, bloody interior.

1.4.2 Type of emulsion vinaigrette is classified as

1.4.3 Kidney, brain and liver are known as …

1.4.4 Mayonnaise with added crushed garlic

1.4.5 2 parts onion, 1 part carrot and 1 part celery roughly chopped

(5 × 1) (5)

1.5 Select the correct term from the list below and write only the answer next to the question number (1.5.1–1.5.10) in the ANSWER BOOK.

velouté; hydrophobic; 150 °C; Yorkshire pudding; goulash; horseradish; 200 °C; brown stock; aspic; white stock; whisking method; hydrophilic; thick custard; béchamel; absorption

1.5.1 Cubed meat made with onions, tomato purée and stock

1.5.2 An uncooked sauce

1.5.3 A traditional starch accompaniment for roast beef

1.5.4 Another name for savoury jelly

1.5.5 Molecules that have a 'fear' of water

1.5.6 Correct temperature to bake a dark fruit cake

1.5.7 Flour, butter are the main ingredients for this sauce

1.5.8 Crème patisserie is also classified as this

1.5.9 An example of a fond brun

1.5.10 Adhering of one substance to another surface

(10 × 1) (10)

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 The following recipe is used to prepare cappuccino muffins:

CAPPUCCINO MUFFIN RECIPE

Ingredients



2 Cups	All-purpose flour
2 Tsp	Baking powder
2.5ml	Salt
2 Tsp	Baking cocoa
¾ Cup	Sugar
1 Cup	Milk
2 Tsp	Instant coffee granules
1	Egg, beaten
½ Cup	Butter, melted
5 ml	Vanilla extract
¾ Cup	Semi-sweet chocolate chips

Method

1. Sieve the dry ingredients together and add the sugar into a bowl. Set aside.
2. Mix together milk, coffee, egg, butter and vanilla. Fold this mixture into the flour mixture.
3. Lastly fold in the chocolate chips. Do not over-mix.
4. Spoon batter into paper-lined or greased muffin cups, filling ⅔ full.
5. Bake at 180 ºC for 15 to 20 minutes, until a toothpick tests clean.
6. Cool in pan for 5 minutes; transfer to a wire rack to finish cooling.

2.1.1 Identify the type of mixing method used in the above recipe. (2)

2.1.2 Provide the general rules in making the above muffin. (6)

2.1.3 Name FIVE characteristics one would expect from a well-made cappuccino muffin. (5)

2.1.4 Discuss FOUR changes that take place during the baking of the muffin. (4 × 2) (8)

2.1.5 Why is step 6 in the method above so important? (2)

2.1.6 List FOUR food accompaniments that are traditionally served with the above muffin. (4)

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2.2 You have been tasked with making a chocolate orange soufflé for a cook-off. You thought it would be a good idea to do some research for the big day.

2.2.1 Define the term *soufflé*. (3)

2.2.2 Name the FOUR stages that goes into making a chocolate orange soufflé. (4)

2.2.3 Name the ideal way of beating the egg whites in the recipe and provide an explanation for your answer. (3)

2.2.4 Explain what effect the following would have on the egg white foam in the recipe.

(a) Salt

(b) Fat

(c) Acid

(3 × 2) (6)

2.2.5 How must the mould be prepared before baking the soufflé? (3)

2.2.6 Write down the points to remember when the soufflé comes out of the oven. (2)

2.2.7 Name TWO variations that could be used for the above dessert. (2)

[50]

QUESTION 3

3.1 Answer the following questions on hot cross buns:

1. Scald the milk in a saucepan, remove from the heat and add the butter. Leave to cool.
2. Put the bread flour, salt, sugar and yeast into a bowl. Make a well in the centre. Pour in the warm milk and butter mixture, then add the egg. Using a wooden spoon, mix well, then bring everything together with your hands until you have a sticky dough.
3. Knead the dough until smooth and elastic. Put the dough in a lightly oiled bowl. Cover with cling film and leave to rise in a warm place for 1 hour.
4. With the dough still in the bowl, tip in the sultanas, mixed peel, orange zest, apple and cinnamon. Knead into the dough, making sure everything is well distributed. Leave to rise for another hour.
5. Divide the dough into equal portions and roll each piece into a smooth ball. Arrange the buns on a baking tray lined with parchment, leaving enough space for the dough to expand.
6. Mix the flour with water to make the paste for the cross.
7. Pipe a line along each row of buns, then repeat in the other direction to create crosses.
8. Bake for 20 minutes on the middle shelf of the oven, until golden brown.
9. Glaze the hot cross buns when removing from the oven and serve.

3.1.1 Step 2 in the method above uses bread flour.

What makes this an ideal flour to use? (2)

3.1.2 Yeast requires favourable conditions to grow.

Explain the THREE conditions for yeast to grow. (3 × 2) (6)

3.1.3 In the method above, write down the number of the step during which gluten is formed. Give a reason for your answer. (3)

3.1.4 Describe what *parchment* is. (3)

3.1.5 The method used in the above recipe is the quick-rise method.

What is the advantage of using this method? (2)

3.1.6 The temperatures below can affect the hot cross bun recipe.

Explain what happens at the following temperatures:

(a) 26–32 C

(b) 55–60 C

(2 × 2) (4)

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3.1.7 State the importance of glazing in step 9. (3)

3.1.8 List an example of a glaze that can be used when baking dough products. (1)

3.1.9 Explain the term *oven spring* when baking the dough. (2)

3.2 With the help of a trainee chef, you are to prepare a caramel Bavarois (Bavarian cream) dessert for a 50 pax function being held over the weekend.

3.2.1 Define the term *Bavarois* to the trainee chef. (2)

3.2.2 The recipe requires the gelatine to be placed in a bowl of cold water to soak. Explain the reason for this. (3)

3.2.3 There is no gelatine in stock in the storeroom. Can gelatine be made from scratch? Provide TWO reasons for your answer. (3)

3.2.4 The Food and Beverage Manager has informed you that there will be a vegetarian guest present.

Provide an alternative gelatine that can be used for the dessert. (2)

3.2.5 Give SEVEN factors which influence gelation in this dessert. (7)

3.2.6 Name FOUR ways to unmould the dessert to ensure its presentation is neat and attractive. (4)

3.2.7 While plating the dessert, you notice syneresis is forming.

Explain what syneresis is. (3)

[50]

QUESTION 4

The head chef at a restaurant will be changing their menu and requires assistance from all the chefs in the kitchen.

4.1 Classify the FOUR essential components that will need to be ordered to make a professional stock. (4)

4.2 Differentiate between the following traditional types of soups that will be added to the menu:

4.2.1 Gazpacho

4.2.2 Vichyssoise

4.2.3 Bouillabaisse

(3 × 2) (6)

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4.3 List FOUR suitable garnishes for the purée soup on the menu. (4)

4.4 Discuss the following menu terms with the staff:

4.4.1 Deglazing

4.4.2 Reduction

4.4.3 Flambé

(3 × 2) (6)

4.5 Provide a suitable accompanying sauce that can be added to the menu for the following types of meats:

4.5.1 Lamb

4.5.2 Duck

4.5.3 Beef

4.5.4 Pork

(4 × 1) (4)

4.6 Name ONE suitable cooking method for each of the following meat/offal cuts:

4.6.1 Lamb livers

4.6.2 Pork belly

4.6.3 Beef chuck

4.6.4 Lamb cutlets

4.6.5 Beef ribs

4.6.6 Roast lamb

4.6.7 Pork chops

4.6.8 Lamb shank

(8 × 1) (8)

4.7 An order of meat came in and the head chef notices that the meat is tough. The chef is concerned that the guests may complain.

Name SEVEN methods that can be used to tenderise the meat. (7)

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4.8 A guest requested that the meat be carved in front of them to add to the ambiance of the evening.

Provide SIX rules to apply when carving meat. (6)

4.9 Translate the following French meat terms into English:

4.9.1 Boeuf

4.9.2 Veau

4.9.3 Mouton

4.9.4 D' agneau

4.9.5 Le Porc

(5 × 1) (5)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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