



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

**N90(E)(J10)H
JUNE EXAMINATION**

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

(10070265)

**10 June 2013 (X-Paper)
09:00–12:00**

This question paper consists of 12 pages.

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. This question paper consists of TWO sections:

SECTION A:	SHORT QUESTIONS	50 marks
SECTION B:	LONG QUESTIONS	150 marks
GRAND TOTAL:		200 marks
 5. Start each question on a NEW page.
 6. Write neatly and legibly.
-

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 (1.1.1–1.1.20) in the ANSWER BOOK.

1.1.1 An example of a true solution is ...

- A whipped cream.
- B French dressing.
- C butter.
- D sugar water.

1.1.2 Warm custard is an example of a ...

- A suspension.
- B sol.
- C true solution.
- D gel.

1.1.3 The emulsifying agent in French dressing is ...

- A gelatine.
- B vinegar.
- C olive oil.
- D mustard.

1.1.4 When mixing vinegar and olive oil a ... is formed.

- A temporary emulsion
- B permanent emulsion
- C sol
- D gel

1.1.5 A suspension is a mixture of which some of the particles, because of their size will ...

- A settle to the bottom.
- B dissolve.
- C crystallise.
- D foam.

1.1.6 Which of the following vegetables are suitable to use in a stock?

- A Cabbage, garlic
- B Leeks, carrots
- C Carrots, onions and potatoes
- D Leeks, onions, carrots and garlic

- 1.1.7 A sauce made from chicken stock, mushrooms, egg yolk and cream, is called a/an ...
- A suprême.
 - B coulis.
 - C au jus.
 - D custard
- 1.1.8 Larding is used on ONE of the following meat cuts:
- A Fat meat
 - B Venison
 - C Ribs
 - D Chicken breasts
- 1.1.9 A beef Wellington is prepared from ...
- A beef fillet.
 - B bolo.
 - C veal.
 - D steak.
- 1.1.10 A traditional accompaniment for roast pork is ...
- A horseradish sauce.
 - B thick gravy.
 - C apple sauce.
 - D orange sauce.
- 1.1.11 Which ONE of the following ingredients added to a mixture will affect gelation?
- A Salt
 - B Whipped cream
 - C Cooked pineapple
 - D Stewed fruit
- 1.1.12 A Charlotte is a ...
- A dessert.
 - B sponge.
 - C plain jelly.
 - D Spanish cream.

- 1.1.13 Fried bread cubes served with cream soup are ...
- A croissants.
 - B croutons.
 - C crôutes.
 - D croquettes.
- 1.1.14 Which ONE of the following ingredients is not used in a sugar loaf?
- A Egg yolk
 - B Oil
 - C Egg yolk and oil
 - D Flour
- 1.1.15 Baking powder is used in the making of ...
- A cup cakes.
 - B bread.
 - C hot cross buns.
 - D ginger bread.
- 1.1.16 Which ONE of the following tea dishes is NOT baked?
- A Brioche
 - B Tea ring
 - C Swiss roll
 - D Crumpets
- 1.1.17 The best flour to use in the preparation of puff pastry is ...
- A self-raising flour.
 - B cake flour.
 - C bread flour.
 - D brown flour.
- 1.1.18 A white sauce is also called a(an) ...
- A velouté.
 - B Béchamel.
 - C espagnole.
 - D jus.
- 1.1.19 A velouté is made from ...
- A stock, milk and butter.
 - B milk and butter.
 - C flour and milk.
 - D flour, stock and butter.

1.1.20 Yeast requires the following to raise:

- A Food and heat
- B Flour
- C Beaten eggs
- D Plastic bowl

(20 × 1) (20)

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 (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 A Hollandaise sauce is made with egg yolk, butter and lemon juice.

1.2.2 Oven roasting is a cooking method used for tender cuts of meat.

1.2.3 Mayonnaise is served with red meat.

1.2.4 Sauce verte is a green-coloured sauce.

1.2.5 A crown roast is made from two racks of lamb ribs.

1.2.6 Wiener schnitzel is a classic veal dish.

1.2.7 Fruit juice can be used as a solvent.

1.2.8 The more a mixture is beaten, the more quickly the solute will dissolve.

1.2.9 Whipped cream is a solid foam.

1.2.10 Lecithin is used as a stabiliser in mayonnaise.

(10 × 1) (10)

- 1.3 Choose a description from COLUMN B that matches a sauce in COLUMN A. Write only the letter (A–F) next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

COLUMN A SAUCE		COLUMN B DESCRIPTION	
1.3.1	Vinaigrette	A	sweetened raspberry pulp
1.3.2	Chasseur	B	melted butter, chopped parsley and lemon juice
1.3.3	Melba sauce	C	egg yolks, sugar and wine
1.3.4	Tartar sauce	D	a mixture of vinegar, oil and herbs
1.3.5	Sabayon	E	mayonnaise with chopped gherkins, capers and herbs
		F	shallots, white wine and tomato sauce

(5 × 2)

(10)

- 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 the ANSWER BOOK.

- 1.4.1 Chilled cucumber and tomato soup
- 1.4.2 Thick soup, made with meat and vegetables
- 1.4.3 Small round puff-pastry cases filled with various fillings
- 1.4.4 Crescent-shaped rolls made from Danish pastry
- 1.4.5 Flat bread that is hollow inside, like a pocket

(5 × 2)

(10)

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Complete the TABLE below by classifying the following food products under the correct headings.

baked custard; soda water; butter; marshmallows; raw batter

Tabulate as follows:

SOL	PERMANENT EMULSION	TRUE SOLUTION	GEL	FOAM

(5 × 2) (10)

2.2 Explain the term *beurre manié*. (5)

2.3 Name FOUR variations of a white sauce. (4)

2.4 Complete the TABLE below on the ingredient proportions and uses of white sauces. Write only the answer next to the question number (2.4.1–2.4.10) in the ANSWER BOOK.

CONSISTENCY	FLOUR	BUTTER	MILK	USES
2.4.1	2.4.2	12,5 ml	200 ml	2.4.3
Medium	25 ml	2.4.4	2.4.5	Coating foods
2.4.6	2.4.7	2.4.8	2.4.9	2.4.10

(10)

2.5 Name THREE ingredients each of the following soup consists of:

2.5.1 Vichyssoise (3)

2.5.2 Mulligatawny (3)

2.6 Name THREE sauces that can be used for desserts. (3)

2.7 GELATINE

- 2.7.1 State FIVE uses of gelatine. (5)
- 2.7.2 Explain how the following factors would affect the gelation or setting of gelatine mixtures:
- (a) Too much acid (3)
 - (b) Too much sugar (2)
 - (c) Concentration of gelatine (2)
- [50]

QUESTION 3

- 3.1 3.1.1 Explain how hydrated gelatin could be dissolved. (2)
- 3.1.2 Why should cool liquids not be added to hot gelatin mixtures? (2)
- 3.1.3 Why should a gelatine mixture have a thick egg-white appearance before the following are added?
- (a) Beaten egg white (2)
 - (b) Whipped cream (2)
 - (c) Fruit pieces (2)
- 3.1.4 Why should gelatine never be boiled? (1)
- 3.1.5 Why should gelatine be cooled down before it is added to milk or custard? (1)
- 3.2 Explain what an *orange Bavarian cream* is. (3)
- 3.3 Name THREE methods that could be used to tenderise tougher cuts of meat. (3)
- 3.4 At what temperature is beef left to ripen? (2)
- 3.5 Why should pork meat not be ripened? (2)

- 3.6 Name ONE example of each of the following types of raising agents. Write only the example next to the question number (3.6.1–3.6.3) in the ANSWER BOOK.

RAISING AGENT	EXAMPLE
Physical	3.6.1
Chemical	3.6.2
Biological	3.6.3

(3 × 2) (6)

- 3.7 Explain how air can be incorporated into mixtures. (5)

- 3.8 Name FIVE types of sugar used in baking. (5)

3.9 WHITE BREAD

- 1 kg white bread flour
- 50 mℓ sugar
- 15 mℓ salt
- 45 mℓ cooking oil
- 1 packet of instant yeast
- 1ℓ lukewarm water

- 3.9.1 Explain, by making use of the above ingredients, how you would step-by-step, prepare the bread dough. (7)

- 3.9.2 State the properties of a good bread. (4)

- 3.9.3 What should the oven temperature be for baking bread? (1)

[50]

QUESTION 4

4.1 SCONES

- 500 ml cake flour
- 50 ml baking powder
- 2,5 mℓ salt
- 25 mℓ sugar
- 50 mℓ butter
- 1 egg
- 200 mℓ milk

- 4.1.1 Describe step-by-step the preparation of scones by making use of the rubbing-in method. (5)

4.1.2 Name THREE more uses for the rubbing-in method. (3)

4.2 Complete the table below by giving the cooking temperatures for the following baked products. Write only the answer next to the question number (4.2.1–4.2.5) in the ANSWER BOOK.

BAKED PRODUCTS	TEMPERATURE
Dark fruit cake	4.2.1
Meringues	4.2.2
Sponge cake	4.2.3
Ginger bread	4.2.4
Scones	4.2.5

(5 × 2) (10)

4.3 State TWO examples for each of the following types of batter:

4.3.1 Running batter

4.3.2 Drop batter

4.3.3 Thick batter

(3 × 2) (6)

- 4.4 Compare puff pastry and flaky pastry by completing the table below. Write only the question number (4.4.1–4.4.6) and the answer.

PUFF PASTRY	FLAKY PASTRY
1 part shortening : 1 part flour	4.4.1
4.4.2	All the shortening is grated over the flour and rubbed in
Dough is rolled out and folded 6–8 times	4.4.3
Texture is very light	4.4.4
4.4.5	Takes less time to prepare
Baked at 200°C–220°C	4.4.6

(6 × 2) (12)

4.5 EGGS

- 4.5.1 State the FOUR stages of whipped egg whites in the correct sequence and give ONE use for each stage. (4 × 2) (8)
- 4.5.2 Why should eggs be at room temperature before being whipped? (2)
- 4.5.3 Name TWO ingredients that will delay the formation of foam when whipping egg whites. (2)
- 4.6 State TWO uses for choux pastry. (2)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200