



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

11 JUNE 2018

This marking guideline consists of 10 pages.

SECTION A**QUESTION 1**

1.1	1.1.1	C		
	1.1.2	D		
	1.1.3	A		
	1.1.4	D		
	1.1.5	A		
	1.1.6	A		
	1.1.7	D		
	1.1.8	B		
	1.1.9	B		
	1.1.10	D		
	1.1.11	C		
	1.1.12	C		
	1.1.13	D		
	1.1.14	B		
	1.1.15	D		
	1.1.16	B		
	1.1.17	C		
	1.1.18	C		
	1.1.19	C		
	1.1.20	C		
			(20 × 1)	(20)
1.2	1.2.1	E		
	1.2.2	D		
	1.2.3	B		
	1.2.4	A		
	1.2.5	G		
	1.2.6	C		
	1.2.7	F		
	1.2.8	J		
	1.2.9	H		
	1.2.10	I		
			(10 × 1)	(10)
1.3	1.3.1	True		
	1.3.2	False		
	1.3.3	True		
	1.3.4	True		
	1.3.5	False		
			(5 × 1)	(5)

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1.4	1.4.1	duxelles		
	1.4.2	vin blanche		
	1.4.3	mille-feuille		
	1.4.4	en croûte		
	1.4.5	entrée		
	1.4.6	croutons		
	1.4.7	true solution		
	1.4.8	Shortbread		
	1.4.9	foam		
	1.4.10	2:1	(10 × 1)	(10)
1.5	1.5.1	kneading		
	1.5.2	steam		
	1.5.3	sieving		
	1.5.4	emulsion		
	1.5.5	bicarbonate of soda	(5 × 1)	(5)
				[50]
			TOTAL SECTION A:	50

SECTION B**QUESTION 2**

2.1	2.1.1	Mornay sauce		(1)
	2.1.2	Roux		(1)
	2.1.3	<ul style="list-style-type: none"> • Lumpy sauce:✓ Place sauce through sieve or mix using a whisk or heat up over low heat and stir vigorously.✓ • Sauce with raw taste:✓ Cook for another couple of minutes.✓ • Fatty sauce:✓ Fat and egg separate or fat forms on top of sauce. Remove pan from heat, blotch the surface fat with absorbent paper.✓ • Too thick sauce:✓ Beat more warm milk, drop by drop, into the sauce.✓ • Too thin sauce:✓ Cook quickly on a warm plate. Mix constantly until the consistency improves.✓ 	(Any 4 × 2)	(8)
2.2	• Savoury:	Jus lié (gravy)		
	• Sweet:	Blancmange, instant custard, brandy sauce, crème patisserie (confectioner's custard)	(1 + 1)	(2)

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- 2.3
- Jus lié (gravy): Made with diluted pan juices or seasoned stock and thickened with cornflour✓
 - Blancmange: Made with milk, a pinch of salt, sugar, cornflour and vanilla, set in a mould✓
 - Instant custard: Made with coloured and flavoured cornflour✓
 - Brandy sauce: Many variations to the sauce, made with water, lemon rind, cornflour paste, sugar and finished with butter and brandy✓
 - Confectioner's custard: Cornflour and egg sauce, milk is heated, custard powder paste, with sugar, is added to milk to thicken, eggs are added while still hot✓ (Any 2 + 2) (4)
- 2.4
- 2.4.1
- Use liquid/flavoured liquid: Use it as a base, mostly water but broth, stock, wine or milk can be used.
 - Sweat the aromatics for flavour: Cook mirepoix at a low heat before adding liquid.
 - Use the right tool: A large and heavy pot, a powerful blender or immersion blender and soup ladle must be used.
 - Add salt in layers: Add little by little to not over-season the soup.
 - Add freshness: Add at the end before serving.
 - Use vegetable trimmings: Ensure no waste/economical soup.
 - Add vegetables in order: Consider the cooking time of each.
 - Cover: Always cover soup during cooking to reduce evaporation.
 - Garnish well: Add flavour and texture to the soup.
 - Reduce fat content: Chill and scrape off fat that rises to the top.
 - Freeze: Freeze soup to use when needed. (Any 6 × 1) (6)
- 2.4.2
- (a) Consommé
 - (b) Purée soup
 - (c) Cream soup
 - (d) Bisque
- (4 × 1) (4)
- 2.4.3
- Cream or sour cream swirl
 - Croutons
 - Fresh herbs
 - Black pepper
 - Crackers
 - Diced vegetables
 - Dried vegetables (Any relevant 2 × 1) (2)

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- 2.5 2.5.1 • Determine the grading of the meat.✓
 • Lean flesh ought to be firm✓ and a bright red colour✓ with firm texture/grain.✓
 • The meat should be firm to the touch and not leave a dent when pressed.✓
 • The meat should have a smooth appearance with a fine texture.✓
 • Beef bones should be porous with a slight bluish tinge.✓
 • The fat should be evenly distributed,✓ hard, brittle, flaky✓ and clear white in colour.✓
 (Any 6 × 1) (6)
- 2.5.2 (a) 3: Shin (braise, used for soup/brawn, stock)✓
 9: Thin flank (stew, braise and casserole)✓
 13: Fillet (roast, grill, panfry, braai)
 15: Silverside (oven grill, pot roast, roast and braai)✓
 (4)
- (b) • Fillet
 • Rump
 • Sirloin
 • Thin flank
 • Top side
 • Thick flank
 (Any 3 × 1) (3)
- 2.6 2.6.1 Veal (1)
- 2.6.2 Up to 3 months✓/12–14 weeks✓ (2)
- 2.7 2.7.1 • Liver
 • Kidney
 • Sweetbreads
 • Brains
 • Heart
 • Tongue
 • Thyroid glands
 • Oxtail
 • Tripe
 (Any 2 × 1) (2)
- 2.7.2 Fresh offal should have no smell to it✓ and be glossy and bright. If it is not fresh,✓ it can have a surface that looks dry, mottled or dull✓ and a strong smell.✓
 (4)
[50]

QUESTION 3

- 3.1 3.1.1 Cake flour/All-purpose flour (1)
- 3.1.2 The finished vetkoek will not be as light or tender,✓ making a baked product that is dense✓ and heavy.✓ (3)
- 3.1.3 It is better for the yeast to multiply a little less quickly✓ than to die because the water is too hot.✓ (2)
- 3.1.4 Appearance:
Even colour,✓ regular shape,✓ moderate size✓ and good volume✓
- Texture:
Good elasticity✓ and return to its original form when compressed,✓ air pockets are firm✓ and uniformly dispersed,✓ soft,✓ elastic,✓ moist✓ and not sticky, rough or dry✓
- Flavour:
Pleasant aroma,✓ no bitter taste✓ or other off tastes due to off ingredients✓ or poor fermentation✓ (3 × any 2) (6)
- 3.1.5 26✓–36 °C✓ (2)
- 3.1.6 Dissolve the yeast in a bit of water and sugar.✓ Let it rest for 15 minutes✓ in a warm place until foam✓ starts to form and add to flour. (3)
- 3.1.7 Too much sugar will cause the dough to rise too much✓ and collapse.✓ (2)
- 3.1.8
- Poor quality yeast or flour
 - Proving too long
 - Too hot fermentation/proving process
 - Oven temperature too low
 - Proving too long in the oven
 - Old yeast gives a distinctive, slightly sour, but pleasant, taste except when it has proved for too long (Any 5 × 1) (5)

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- 3.2 3.2.1 Aspic (1)
- 3.2.2 (a) Lumps of gel will form. Adding warm gelatine to a very cold stock can develop roping (strings of gelatine made when cooled too quickly) in the final recipe.
- (b) The gelatine will take a long time to dissolve in the hot water and the undissolved gelatine particles tend to stick to the spoon and the inside of the container.
- (c) Leave the gelatine solution outside the refrigerator until it has the consistency of thick, raw egg white. If added too soon the gelatine solution will not be firm enough to keep the pieces in suspension and the vegetables will either sink to bottom or float on top. Raw vegetables will float. (3 × 2) (6)
- 3.2.3 Prepared gelatine/natural gelatine:
Made from bones, trotters and meat with a lot of connective tissue✓✓
- Commercial forms:
Obtainable in powder or granular form, e.g. sweetened dessert powders in fruit flavours, aspic powder, sheet or leaf gelatine, seaweed, agar-agar, carrageenan and hydrocolloid gums✓✓ (2 + 2) (4)
- 3.2.4 (a) A whip is a clear gel that has been chilled until partially set and then beaten until fluffy. Solids are not added.
- (b) A snow is a clear gel that has been chilled until partially set. Unbeaten egg whites are added and the mixture is beaten until stiff. Solids are not added to snows. This dish is also sometimes called a sponge. (2 × 2) (4)
- 3.2.5 (a) 15 ml
(b) 30 ml (2)
- 3.2.6 (a) Soufflé: sweet or savoury mixture✓ set with gelatine✓ into which stiffly beaten egg white and or cream can be folded✓
- (b) Custard-gelatine mixture: contains egg yolk,✓ milk and gelatine cooked✓ to form a custard base✓
- (c) Charlotte russe: made from a Bavarian cream base,✓ contains more cream in proportion to milk,✓ has a base of jelly and a border of sponge fingers✓ (3 × 3) (9)

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QUESTION 4

- 4.1
- Solid-liquid colloids
 - Fluid-fluid colloids
 - Gas-liquid colloids
 - Egg foams
 - Creamed shortening and sugar foams
 - Gelatine foams
 - Foam
 - Solid foam
 - Liquid aerosol
 - Emulsions
 - Gels
 - Solid aerosol
 - Sol
 - Solid sol
- (Any 5 × 1) (5)
- 4.2
- Particles are larger than those of true solutions
 - Reflecting of particles is visible under an ultra-microscope
 - Particles are subdivided into macro molecules such as a starch molecule
 - They range from see-through to opaque
 - Forms a sol and in certain cases eventually a gel
- (5)
- 4.3
- 4.3.1 Butter is better for taste, ✓ flavour and colour and gives a crispier ✓ and better puff. ✓ (2)
- 4.3.2 The flour will start to absorb softening butter which will affect the result (2)
- 4.3.3 1:1 **OR** 500 g:500 g (2)

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- 4.3.4
- Blitz the flour and salt in a food processor and add the water. Work into a ball, cover with cling film and chill for 1 hour.
 - Soften the cold butter between two sheets of baking parchment by pressing with a rolling pin. Cut in half, lie on top of each other and repeat until pliable. Reshape into a rectangle.
 - Flour the work surface, roll the pastry into a circle and put the butter in the centre. Fold the pastry sides in to cover the butter.
 - Roll out a little and mark the dough into thirds. Fold the bottom third up and the top third down. Make a quarter turn and seal the edges by pressing with the rolling pin.
 - Roll the dough out again and mark into thirds. Fold the bottom third up and the top third down. Seal the edges again, give the pastry a quarter turn and repeat.
 - Cover with cling film and chill for 20 minutes until firm and cold.
 - Roll and fold four more times, chilling after two.
 - Chill for an hour before using. (Any 6 × 1) (6)
- 4.3.5 Yes, ✓ for up to a year if packaged correctly. ✓ (2)
- 4.3.6 Croissants, ✓ scrambled egg and ham Napoleons ✓
(Any relevant answer) (1)

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- 4.4 4.4.1 Egg whites and baking powder (2)
- 4.4.2 Finer than granulated and dissolves more easily (2)
- 4.4.3 It is important when you use baking powder as leavening which reacts to heat.✓ Food also cooks faster in a preheated oven.✓ Oven temperature will not be hot enough and the result may be a heavy, undercooked mixture✓ (2)
- 4.4.4 Stiff peaks, for a light, airy and fluffy Swiss roll (2)
- 4.4.5 Turn the whisk upside down. The peaks should hold its form✓ and point straight up without collapsing.✓ The mixture is thick and heavy.✓ (3)
- 4.4.6 The aim is to incorporate delicate ingredients or components without causing deflation.✓ Folding also traps extra air in the batter and breaks up existing air bubbles into smaller ones.✓ You use the folding technique to gently combine light and airy mixtures.✓ (3)
- 4.4.7 Whisking/Sponge method (2)
- 4.4.8 Add 1½ teaspoons baking powder✓ and ¼ teaspoon salt✓ to one cup of all-purpose flour.✓ (3)
- 4.4.9
- Turn out immediately onto a damp cloth sprinkled with castor sugar.
 - Peel off paper, trim the edges.
 - Spread with warm jam and roll.
 - Leave the Swiss roll to cool in a tea towel.
 - Dust lightly with icing sugar before serving. (Any 4 × 1) (4)
- 4.4.10 Swiss rolls contain no shortening and its freshness is quickly lost. (2)
- [50]**

TOTAL SECTION B: 150
GRAND TOTAL: 200