



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N5

21 NOVEMBER 2019

This marking guideline consists of 8 pages.

SECTION A**QUESTION 1**

1.1	1.1.1	D		
	1.1.2	A		
	1.1.3	B		
	1.1.4	C		
	1.1.5	E		
	1.1.6	G		
	1.1.7	H		
	1.1.8	F		
	1.1.9	I		
	1.1.10	J		
			(10 × 1)	(10)
1.2	1.2.1	False		
	1.2.2	True		
	1.2.3	True		
	1.2.4	False		
	1.2.5	True		
	1.2.6	False		
	1.2.7	False		
	1.2.8	True		
	1.2.9	True		
	1.2.10	False		
	1.2.11	False		
	1.2.12	True		
	1.2.13	True		
	1.2.14	False		
	1.2.15	False		
			(15 × 1)	(15)
1.3	1.3.1	C		
	1.3.2	B		
	1.3.3	B		
	1.3.4	A		
	1.3.5	D		
	1.3.6	B		
	1.3.7	B		
	1.3.8	B		
	1.3.9	A		
	1.3.10	D		
	1.3.11	D		
	1.3.12	A		
	1.3.13	C		
	1.3.14	A		
	1.3.15	D		
			(15 × 1)	(15)

1.4	1.4.1	Jus-lié		
	1.4.2	Colloidal dispersions		
	1.4.3	Dépouiller		
	1.4.4	Egg yolk		
	1.4.5	Solute		
	1.4.6	Fond brun		
	1.4.7	Demi-glace		
	1.4.8	Braising		
	1.4.9	Rubbing-in		
	1.4.10	Beignets		
			(10 × 1)	(10)
				[50]
			TOTAL SECTION A:	50

SECTION B**QUESTION 2**

2.1	2.1.1	Clear soup julienne:✓ this garnish consists of different types of vegetables✓ (carrots, turnip and leek). Cut into 2 cm-long thin strips✓ and add to the clarified stock.✓ (Any suitable answer)		(3)
	2.1.2	Cooked✓ butternut that has been ground, pressed, blended or sieved✓ to the consistency of a soft, creamy paste or thick liquid.✓ (Any suitable answer)		(2)
	2.1.3	Thick sauce✓ made from pureed and strained fruit.✓ Coulis are most often used on/with desserts.✓ (Any suitable answer)		(2)
2.2	2.2.1	Mirepoix (vegetables)✓ or chicken bones.✓		(2)
	2.2.2	Made from a white stock,✓ which has been strained✓ and clarified.✓ Spices, herbs, salt, pepper and vegetables may be added to the stock.✓ Whisk egg whites until they begin to froth✓ (about 30 seconds). Mix in ground meat.✓ Place mixture over stock,✓ heat stock over a high flame, stir constantly✓ until it starts to boil, bring consommé to a simmer,✓ being careful not to allow it reach a rolling boil. ✓ Once a simmer is achieved, turn heat down to low, and continue to simmer for 60 minutes.✓ Pass it through a chino✓ lined with cheese /muslin cloth.✓ (Any suitable answer)		(6)

- 2.2.3
- Starchy foods
 - Cooked vegetables
 - Cabbage
 - Fat and bacon
 - No salt or spices
 - Never add wine or vinegar
- (Any 5 × 1) (5)
- 2.2.4
- Soup can be served in a tureen on the table or in soup plates, bowls or cups
 - Serving dishes should be heated
 - Serving tureen should be the correct size
 - Accompanied by a soup ladle
 - Do not fill more than $\frac{3}{4}$ full
 - A hot soup is served hot and a cold soup is served chilled
 - Garnish before serving
 - Always look out for fat floating on the surface
- (Any 5 × 1) (5)
- 2.3
- 2.3.1 No 7 (2)
- 2.3.2 Place the pork, rind-side up, in a roasting pan. ✓ Drizzle the oil ✓ over the pork, score the rind/skin ✓ and then rub the salt mixture into the cuts. ✓ Place in the oven. Roast for 45 minutes or until the rind crackles ✓ (Any 3 × 1) (3)
- 2.3.3 180–200 g/180 g/200 g boneless (2)
- 2.4
- 2.4.1 Very dainty, ✓ small, bite-size cakes ✓, beautifully decorated ✓ with fondant/glacé/glazed icing, ✓ sugared fruits, piped chocolate decorations and small-shape flowers ✓ (Any 3 × 1) (3)
- 2.4.2 Fondant/glacé/glazed icing (2)
- 2.4.3 Glacé icing: is made by mixing ✓ icing sugar ✓ with a liquid such as water ✓ or fruit juice.
- Fondant: is made by heating fondant icing powder, ✓ which is mixed ✓ with water or stock syrup, ✓ over a bain-marie to approximately 38 °C. ✓
- Glaze: Mix confectioner's sugar, ✓ butter ✓ and vanilla together. ✓ Add half the milk (or orange juice) to start with, stir in ✓ to make a thick glaze. Add the rest of the milk a drop at a time until you get a nice, thick glaze. ✓
- (Any suitable answer that relates to QUESTION 2.4.2) (4)

- 2.4.4
- Work with clean, dry utensils
 - Sift icing sugar
 - Use flavourings sparingly
 - Add food colouring drop by drop
 - Add liquid slowly and sparingly
 - Plan icing prior to starting
 - First ice the sides and then the top
 - Brush the cake with melted jam or egg white to avoid the transfer of crumbs
 - Ensure that cakes are cold before icing them
 - Decorate while icing is still wet (before it sets) (Any 5 × 1) (5)
- 2.4.5 Provide moisture,✓ flavour/taste,✓ texture and enhance presentation,✓ garnish and visual appeal.✓ (4)
[50]

QUESTION 3

- 3.1 3.1.1 Kneading is a process in the making of bread,✓ to mix the ingredients✓ and adds strength to the final product.✓ Its importance lies in the mixing of flour with water.✓ The kneading process warms up and stretches the gluten strands,✓ eventually creating springy and elastic dough.✓ (Any suitable answer)
- 3.1.2 The aim of the bread fermentation is to enable the dough to rise.✓ When the dough is in a hot environment (30-40 °C),✓ alcoholic fermentation occurs owing to the yeast or leaven and carbon dioxide is released.✓ (Any 3 × 2) (6)
- 3.2 3.2.1
- Using good quality ingredients
 - Using the correct type of ingredients
 - Favourable conditions (temperature)
 - Mixing process (incorporating ingredients correctly and dough is fermented correctly)
 - Shape and prove
 - Glaze and bake correctly (Any 4 × 1) (4)
- 3.2.2 Should sound hollow✓ and feels lighter✓ (Any suitable answer) (2)
- 3.2.3 Glaze before baking✓ (egg glaze, melted butter or milk)✓ (Any suitable answer) (2)

- 3.2.4
- Yeast or flour of a poor quality
 - Too much salt
 - Mixture too soft or dense (over or under prove)
 - Not enough proving
 - Not cooked enough
- (Any 4 × 1) (4)
- 3.3 Strong flour/Bread flour (1)
- 3.4 Strong flour, which has a high gluten content, contains protein✓ (glutenin and gliadin)✓ which adds to the elasticity of the dough.✓ Therefore it rises well,✓ and has a light,✓ open texture.✓ (3)
- 3.5 3.5.1 Conventional method✓ for the baking of bread and important for the activating for the dry yeast✓
Dissolve 5 ml sugar in tepid water and sprinkle with dry yeast,✓ allow to rest (10 mins)✓
- Or
- Use all of the water, half the flour, and all the sugar and mix until smooth.✓ Add yeast and allow it to stand for 30 minutes in a warm place to ferment✓ (Any suitable answer) (4)
- 3.5.2 Dough is mixed, kneaded and shaped,✓ placed into loaf tins and allowed to rest in the fridge✓ for between 2 and 12 hours.✓ This allows bread to bake when necessary. Convenient.✓ (Any 3 × 1) (3)
- 3.6 3.6.1 Combine the flour, butter and sugar,✓ process until the mixture resembles fine breadcrumbs.✓ Add yolk and chilled water. Process until dough just comes together.✓ Turn pastry onto a lightly floured surface. Knead until just smooth.✓ Shape into a disc. Wrap in baking paper and refrigerate✓ for 30 minutes. Place pan on a baking tray. Line pastry case with baking paper. Fill with ceramic pie weights or uncooked rice. Bake at 180 °C for 10 minutes.✓ Remove weights and paper. Bake for a further 5 to 10 minutes or until pastry is golden.✓ Allow to cool.✓ (Any suitable answer) (5)
- 3.6.2 Will keep good, if covered with plastic wrap, for 2 to 3 days in the fridge✓ and 3 to 4 months in the freezer✓
Ensure that it is well covered to keep the pastry from absorbing any foreign smells and tastes.✓ Ensure that the pastry is completely defrosted✓ before it is rolled out (otherwise it will crack).✓ Pastry can also be shaped and frozen and placed directly in the oven.✓ (Any 4 × 1) (4)

- 3.6.3 Icing sugar✓/Confectioner's sugar✓ (2)
- 3.6.4 Profiterole: Ball of choux pastry,✓ baked or deep fried,✓ and filled with cream or crème pâtissière with a chocolate topping/glaze✓
Éclairs: Elongated choux pastry✓ filled with cream or crème pâtissière ✓ – may be glazed with chocolate.✓ (3 × 2) (6)
- 3.6.5 Deep frying:✓ Beignets/Aigrettes/Churros✓
Baked:✓ Croquembouche/éclairs✓
gateau St. Honoré/gougère/profiteroles/paris breast
Poached: Gnocchi✓ (4)
- [50]**

QUESTION 4

- 4.1 4.1.1 Agar-agar:✓ seaweed gelatine for vegetarians,✓ no animal collagen present✓ (3)
- 4.1.2
- Base:✓ Heavy, starch-thickened preparations, such as pastry creams✓
 - Egg whites:✓ Whenever possible, egg whites should be whipped with sugar.✓
 - Flavouring ingredients:✓ Include melted chocolate, lemon and liqueurs.✓
 - Setting in fridge:✓ Place a collar around it to get the desired effect of soufflé✓ (Any 4 × 2) (8)
- 4.1.3 Whipped cream,✓ folded into the mixture✓
Place a grease-proof collar✓ around the dish and tie with a piece of string. Put it in the fridge and remove it only once it is set and ready to serve.✓ (Any 3 × 1) (3)
- 4.1.4 Foam✓ and gel,✓ suspension (air bubbles)✓ (2)
- 4.1.5
- Utensils✓ – bowls with small round bottoms and angled, sloping edges work better because the mixer picks up mixture much easier – use wire beaters, let the bowl stand still – put on dish cloth✓
 - Beating time✓ – beat to the right stage – be careful not to overbeat – if sugar is added, it does not overbeat easily✓
 - Season✓ – spring and autumn eggs foam better than summer eggs✓
 - Temperature✓ – eggs at room temperature beats easier and makes a more stable foam✓ (Any 2 × 2) (4)
- 4.1.6
- Thick and rubbery: Too much gelatine was added✓✓
 - Sunken fruit: mixture was not thick enough✓ (egg-white consistency) before adding fruit✓ (2 × 2) (4)
- 4.1.7 Kiwi fruit, papayas, pineapple, peaches, most citrus, mangos, guavas, and figs.✓ (ANY TWO)✓ These fruits contain an enzyme✓ with affects the gelatine and prevents it from setting.✓
(Any suitable answer) (4)

- 4.1.8 5 ml: 500 ml, similar to mousse (2)
- 4.1.9 The concentration of the gelatine mixture affects the:
- firmness of gel ✓
 - rate of setting ✓
 - If a gelatine mixture is beaten to a foam or a sponge, the volume increases but the firmness decreases. ✓
 - To produce a sponge with a firm texture, a high concentration of gelatine is required. ✓
 - If too much gelatine is added, the product will be stiff and rubbery. ✓
 - If too little gelatine is used, a weak gel will form and it might not set. ✓
 - The amount of gelatine is increased if a mixture is very acidic ✓ due to the addition of fresh fruit or fruit juice, or if a large mould is used, or if the mixture has to set quickly. ✓ (Any 3 × 1) (3)
- 4.2 4.2.1 Egg white whipped, whipped cream, carbonated beverages, marshmallows, meringue, gluten ball and sponge cake
- 4.2.2 Warm, cooked flour mixtures/batters, sauces such as a white sauce, milk tart filling
- 4.2.3 Cooled, cooked starch mixtures such as baked custard, blancmange and gelatine mixtures
- 4.2.4 Fruit in fruit cake, blueberries in crumpets, air bubbles in mousse
- 4.2.5 Mayonnaise, cream, cheese, butter or margarine (Any 5 × 2) (10)
- 4.3 4.3.1 Panna cotta is an Italian dessert ✓ of sweetened cream thickened with gelatine ✓ and moulded. ✓ The cream may be aromatised with rum, coffee, vanilla, or other flavourings. ✓ (Any suitable answer) (2)
- 4.3.2 Its made by adding gelatine ✓ to a velouté sauce, or a demi-glaze or a béchamel sauce. ✓ It can also be made by adding cream to simple aspic. ✓ In a pinch, it's possible to add gelatine to mayonnaise or sour cream, to make a chaudfroid substitute called a mayonnaise collée. ✓ (Any suitable answer) (3)
- 4.3.3 A dessert similar to pastry cream but thickened with gelatine or isinglass ✓ instead of flour or corn starch, and sometimes flavoured with liqueur. ✓ (Any suitable answer) (2)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200