



**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.

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)

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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 CO² 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	<ul style="list-style-type: none"> • Maturing • Adding enzymes • Acid (lemon, vinegar) • Commercial tenderisers • Pounding • Marinating • Cooking methods 	(Any suitable answer)	(7)										
4.8	<ul style="list-style-type: none"> • 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	<table border="0" style="width: 100%;"> <tbody> <tr> <td style="width: 10%;">4.9.1</td> <td>Beef</td> </tr> <tr> <td>4.9.2</td> <td>Veal</td> </tr> <tr> <td>4.9.3</td> <td>Mutton</td> </tr> <tr> <td>4.9.4</td> <td>Lamb</td> </tr> <tr> <td>4.9.5</td> <td>Pork</td> </tr> </tbody> </table>	4.9.1	Beef	4.9.2	Veal	4.9.3	Mutton	4.9.4	Lamb	4.9.5	Pork	(5 × 1)	(5)
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4.9.3	Mutton												
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4.9.5	Pork												
			[50]										
			TOTAL SECTION B: 150										
			GRAND TOTAL: 200										