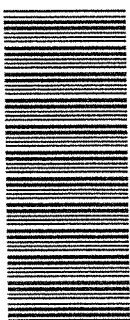


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higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

**N80(E)(J12)H
JUNE EXAMINATION**

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

(10070254)

**12 June 2014 (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 N4**

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 comprises TWO sections:

SECTION A: SHORT QUESTIONS 50 marks
SECTION B: LONG QUESTIONS 150 marks
GRAND TOTAL: 200 marks
 5. Answer questions clearly and use full sentences where necessary.
 6. Leave a line between answers in every subsection, for example between QUESTION 1.1 and QUESTION 1.2.
 7. Each subsection of a question need NOT be on a new page.
 8. Start each question on a NEW page.
 9. Write neatly and legibly.
-

SECTION A: SHORT QUESTIONS**QUESTION 1**

- 1.1 Various options are provided as possible answers to the following questions. Choose the correct answer and write only the letter (A–D) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 The boiling point of water at sea level is ...

- A 110 °C
- B 100 °C
- C 98 °C
- D 96 °C

1.1.2 This type of fruit is classified as tropical fruit:

- A Apples
- B Dates
- C Prunes
- D Strawberries

1.1.3 Granules processed from the starch of the cassava root and used mainly in the making of milk puddings, is called ...

- A cocoa.
- B custard.
- C sago.
- D tapioca.

1.1.4 The addition of small amounts of fat to an egg white foam will have the following effect on the foam:

- A Decreases the volume but forms a foam easily
- B Increases the volume and forms a foam easily
- C Increases the volume and retards foam formation
- D Decreases the volume and retards foam formation

1.1.5 Parmesan is a ... cheese.

- A very hard
- B hard
- C semisoft
- D soft, ripened

1.1.6 A fish purchased with its head, fins, tail and intestines removed is called a ... fish.

- A whole
- B drawn
- C dressed
- D frozen

1.1.7 The best thawing method for poultry is to put it ...

- A in warm water.
- B in cold water.
- C on the kitchen table.
- D in the refrigerator.

1.1.8 The most suitable beef joint for roasting is ...

- A silverside.
- B chuck.
- C thick flank.
- D rump.

1.1.9 The process where oil (liquid) changes to fat (solid):

- A Emulsification
- B Oxidation
- C Saturation
- D Hydrogenation

1.1.10 Celery, rhubarb and asparagus belong to this group of vegetables:

- A Bulbs
- B Roots
- C Flowers
- D Shoots and stems

(10 × 1) (10)

1.2 Choose from COLUMN B the correct mass/volume for each of the quantities in COLUMN A. Write only the letter (A–I) next to the question number (1.2.1–1.2.8) in the ANSWER BOOK.

COLUMN A		COLUMN B
1.2.1	Two cups of water	A 375 ml
1.2.2	One large egg	B 50 ml
1.2.3	Four large egg whites	C 40 ml
1.2.4	Three teaspoons of honey	D 15 ml
1.2.5	Two pounds of flour	E 500 ml
1.2.6	One and a half cups of oil	F 45 ml
1.2.7	Three tablespoons of mustard	G 1 kg
1.2.8	Two large egg yolks	H 120 ml
		I 500 g

(8 × 1) (8)

1.3 Choose the correct word(s) from those given in brackets. Write only the word(s) next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

- 1.3.1 A vegetable dish, which consists of aubergines, peppers, tomatoes, onions and courgettes (moussaka/ratatouille)
- 1.3.2 Mexican dish made from mashed avocado pear, traditionally served as a dip (chilli con carne/guacamole)
- 1.3.3 Chilled beetroot soup (borscht/gazpacho)
- 1.3.4 Small vegetable cuts, coated in a batter and dropped into hot oil with a scoop (crouquettes/fritters)
- 1.3.5 Mashed potato, mixed with egg, placed in a piping bag and piped into rosettes and then baked (duchess potatoes/rösti)
- 1.3.6 A cereal type rolled into flakes (barley/oats)
- 1.3.7 Large, hollow tubes stuffed and covered with a cheese sauce (farfalle/cannelloni)
- 1.3.8 A traditional Italian cereal made from yellow coarsely ground maize flour (sago/polenta)
- 1.3.9 A thick roux-based sauce (tartare/panada)
- 1.3.10 Pasta cooked until soft but firm (al dente/alfresco)

(10 × 1) (10)

1.4 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.4.1–1.4.8) in the ANSWER BOOK.

- 1.4.1 Meat is only matured after the rigor mortis process has been completed.
- 1.4.2 The proportion of connective tissue is one of the factors which influence the quality of meat.
- 1.4.3 A dry-heat cooking method for meat is stewing.
- 1.4.4 Meat grilled until it has a thick layer of grey with a pink interior, is called 'medium done'.
- 1.4.5 The average portion of meat without bone is 125 g.
- 1.4.6 Eggs should be stored with their blunt ends upwards.
- 1.4.7 Egg white and crushed egg shells are used to clarify liquids like consommés.
- 1.4.8 The egg white foam will form finer air bubbles when beaten with a beater which has broader blades.

(8 × 1) (8)

1.5 Give the correct term for each of the following descriptions. Write only the term next to the question number (1.5.1–1.5.4) in the ANSWER BOOK.

1.5.1 Appetising first course, also known as a starter

1.5.2 A written list of dishes

1.5.3 Soaking food in a syrup/liquid and then serving it in the same liquid

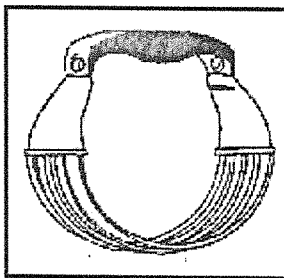
1.5.4 Food which is pressed or liquidised to a pulp

(4 × 1)

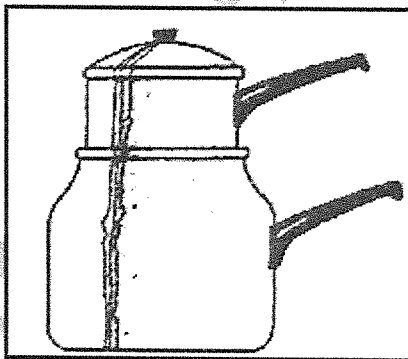
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1.6 Identify the following small kitchen equipment and explain the use of each one:

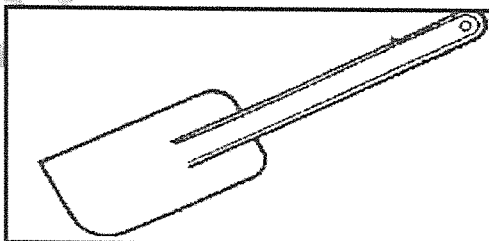
1.6.1



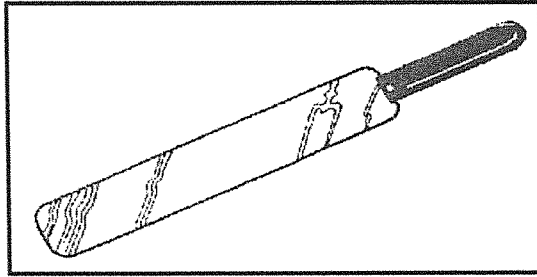
1.6.2



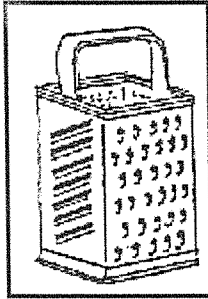
1.6.3



1.6.4



1.6.5



(5 × 2)

(10)

[50]

TOTAL SECTION A:**50****SECTION B: LONG QUESTIONS****QUESTION 2**

2.1 Describe each of the following milk preservation methods and explain how they differ from each other:

2.1.1 Pasteurisation (5)

2.1.2 Sterilisation (6)

2.1.3 Ultraheat-treated milk (5)

2.2 State how you would assess fresh fish for quality when checking the following:

2.2.1 Scales (2)

2.2.2 Eyes (3)

2.2.3 Gills (1)

2.2.4 Flesh (2)

2.3 Name the portions obtained when jointing a chicken. (5)

2.4 Heat has various effects on the connective tissue of meat.

Describe the major changes that occur in the connective tissue when meat is subjected to moist heat. (2)

2.5 Name FOUR types of animal fats used for cooking purposes. (4)

2.6 The following recipe for shortbread provides 36 squares. The ingredients with their respective quantities and price of each commodity alongside are as follows:

INGREDIENT	QUANTITY	PRICE PER UNIT
Corn flour	200 g	R18/kg
Cake flour	240 g	R25/2,5 kg
Salt	2 g	R6/500 g
Butter	250 g	R25/500 g
Castor sugar	100 g	R16/500 g

2.6.1 Do the necessary costing for the above recipe using the prices provided. Clearly write the calculated cost of each ingredient alongside the applicable item (to the nearest 2nd decimal). (5)

2.6.2 Calculate the total cost of the recipe. (1)

2.6.3 Calculate the cost per shortbread square. (1)

2.7 Which type of fruit does each of the following cultivars represent .e.g. Cayenne = pineapples:

2.7.1 Golden delicious

2.7.2 Navels

2.7.3 Royal gala

2.7.4 Bartlett

2.7.5 Alberta

2.7.6 Sultana

2.7.7 Honey dew

2.7.8 Granny Smith

(8 × 1) (8)
[50]

QUESTION 3

3.1 Give the reason for using eggs in each of the following dishes:

3.1.1 Consommé

3.1.2 Chocolate mousse

3.1.3 Bobotie

3.1.4 Egg and flour mixture when frying fish

3.1.5 Crème caramel

3.1.6 Mayonnaise

3.1.7 Milk pudding

3.1.8 Hard-boiled eggs on top of potato salad

(8 × 1) (8)

3.2 Name the SEVEN classes into which cheeses, manufactured in South Africa, are divided. (7)

3.3 Classify the following fish types according to white, oily or moderately oily fish.

3.3.1 Hake

3.3.2 Red roman

3.3.3 Codfish

3.3.4 Sole

3.3.5 Zebra

3.3.6 Tuna

3.3.7 Cape salmon

3.3.8 Anchovy

(8 × 1) (8)

3.4 Poultry is trussed before roasting.

3.4.1 Explain the term *trussing*.

3.4.2 Why is it necessary to do trussing before roasting?

(2 × 2) (4)

3.5 Give a suitable cooking method for each of the following meat cuts:

3.5.1 Beef fillet (steaks)

3.5.2 Lamb neck (portioned)

3.5.3 Leg of lamb (whole, bone-in)

3.5.4 Rack of lamb, rib

3.5.5 Corned silverside

(5 × 1) (5)

3.6 Categorise the cooking methods given in QUESTION 3.5.1–3.5.5 as moist or dry cooking methods by writing only the cooking method next to the question number (3.6.1–3.6.5).

(5 × 1) (5)

3.7 What are the differences between butter and margarine?

(6)

3.8 Give SEVEN reasons why pasta is such a popular food commodity being used on many menus in the food industry.

(7)

[50]

QUESTION 4

4.1 Explain the effect of cooking on the flavour of the following vegetables:

4.1.1 Onions (2)

4.1.2 Cabbage (1)

4.1.3 Carrot (1)

4.2 What is the correct way to store cereals?

(4)

4.3 Explain the special attention that should be given to correct storage procedures to ensure that eggs remain fresh and the quality is maintained.

(8)

4.4 Answer the following questions on the carving of poultry:

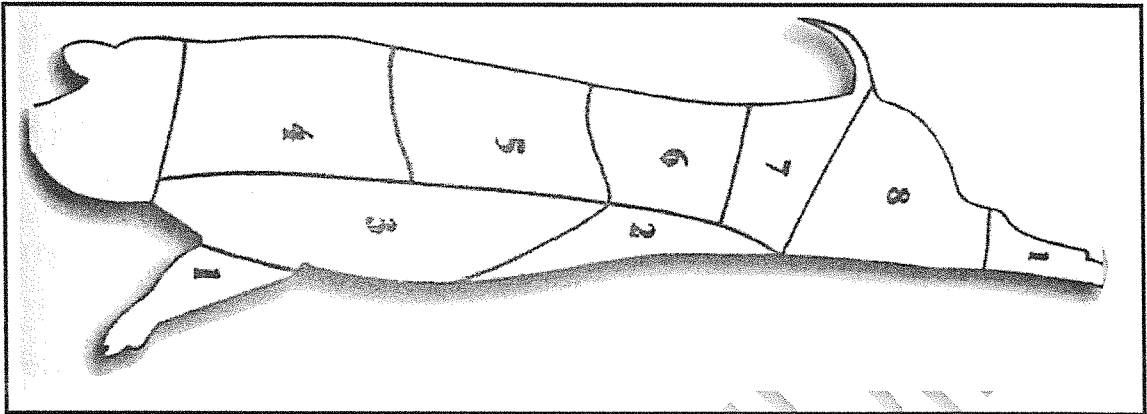
4.4.1 Why should poultry stand for a few minutes after roasting, before carving starts? (2)

4.4.2 Name the equipment used when carving poultry. (2)

4.4.3 In which direction should the poultry be carved? (1)

- 4.5 Why should you keep to the following rules when deep frying?
- 4.5.1 Do not overheat the oil.
 - 4.5.2 Do not put watery/frozen food in hot oil.
 - 4.5.3 Strain oil regularly.
 - 4.5.4 Never leave oil on heat with no one watching.
- (4 × 1) (4)
- 4.6 Describe the following frying methods:
- 4.6.1 Dry frying
 - 4.6.2 Shallow frying
- (2 × 2) (4)
- 4.7 Explain the following cooking terms:
- 4.7.1 Dredge (1)
 - 4.7.2 à la florentine (1)
 - 4.7.3 Croûton (2)
- 4.8 Pulses are dried seeds (beans, peas and lentils) of the legume plant family.
- 4.8.1 Which bean type has the highest protein content of all pulses?
 - 4.8.2 What is the Hindu word for dried beans and peas?
- (2 × 1) (2)
- 4.9 Name the TWO methods used for gutting fish. (2)
- 4.10 Explain what procedures should be followed to ensure that hygiene and safety are applied when preparing poultry. (5)

4.11 Study the following diagram of the pork carcass and name the different cuts by writing only the word(s) next to each number (1–8) in the ANSWER BOOK.



(8)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200