



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

27 NOVEMBER 2018

This marking guideline consists of 8 pages.

SECTION A**QUESTION 1**

1.1	1.1.1	B		
	1.1.2	A		
	1.1.3	B		
	1.1.4	A		
	1.1.5	A		
	1.1.6	C		
	1.1.7	B		
	1.1.8	B		
	1.1.9	D		
	1.1.10	D		
			(10 × 1)	(10)
1.2	1.2.1	True		
	1.2.2	True		
	1.2.3	True		
	1.2.4	False		
	1.2.5	True		
	1.2.6	True		
	1.2.7	True		
	1.2.8	True		
	1.2.9	False		
	1.2.10	False		
			(10 × 1)	(10)
1.3	1.3.1	Béchamel – basic white sauce,✓ made with flavoured milk.✓		
	1.3.2	Binding – combining ingredients by adding eggs,✓ e.g. fish✓ or meat/ to thicken soups and sauces with eggs.		
	1.3.3	Liaison – binding✓ or thickening agent for stews, stocks.✓ It can be egg yolks, cream, butter, flour		
	1.3.4	Panada – very thick roux sauce,✓ used to bind croquettes,✓ fillings, etc.		
	1.3.5	Crudités – thin sliced raw vegetables or fruits✓ served as hors d'oeuvres.✓		
			(5 × 2)	(10)
1.4	1.4.1	E, G, J, M		(4)
	1.4.2	C, H,		(3)
	1.4.3	D, F, K		(3)

1.5	1.5.1	Globe artichoke		
	1.5.2	Garlic		
	1.5.3	Green asparagus		
	1.5.4	Sweet corn/corn		
	1.5.5	Carrots		
	1.5.6	Cabbage/lettuce		
	1.5.7	Broccoli		
	1.5.8	Beetroot		
	1.5.9	Celery		
	1.5.10	Cucumber		
			(10 × 1)	(10)
				[50]
			TOTAL SECTION A:	50

SECTION B**QUESTION 2**

- 2.1 SAFETY✓ – heat destroys many bacteria, which is also the reason for food to be sterilised and pasteurised.✓
 PRESERVATION✓ – heat inactivates enzymes that cause the deterioration of the edible quality of food.✓
 DIGESTIBILITY✓ – heat increases the digestibility of some foods.✓
 ATTRACTIVENESS✓ – heat improves the edible quality of foods through appearance, colour and flavour texture.✓
 VOLUME✓ – heat reduces the volume of food.✓
 VARIETY✓ – a variety in cooking methods gives a variety in colour✓
 (Any 5 × 2) (10)

2.2

BUTTER	MARGARINE
Animal origin✓ More expensive✓ Saturated✓ More flavoursome✓ Superior✓	Plant origin✓ Less expensive✓ Unsaturated✓ Less flavoursome✓ Inferior✓

(4 × 2)

(8)

- 2.3
- The shell is clean, undamaged and somewhat coarse.
 - A pleasant, fresh smell.
 - The yolk must be thick and clear.
 - White: a large portion thick to thin white.
 - Egg yolk: a firm, round, a good yellow colour.
 - Airbag: small in size.
 - A fresh egg will sink to the bottom of a salt solution.
- (Any 6 × 1) (6)

- 2.4
- Grown in many parts of the world and also form the basis of many cultures' staple food.
 - Very popular on the menu.
 - Easy to prepare.
 - Economic in relation to animal products.
 - Long shelf life.
 - A source of carbohydrates, proteins, minerals and Vitamin B.
- (6)
- 2.5
- The cream layer is eliminated.
 - The milk is whiter in colour.
 - It is tastier.
 - It has a thicker consistency.
 - It is easier to digest.
 - It has a greater viscosity and a higher frothing capacity.
 - Gives a better appearance, texture and taste to starch puddings, etc.
 - It makes delicious coffee.
- (Any 6 × 1) (6)
- 2.6
- Remove scales as soon as possible.
 - Hold the fish at the tail and scrape off the scales from the tail to the head.
 - Use the blunt end of the straight blade knife, with the knife held at a slight angle.
 - It is easier to remove the scales from a wet fish than from a dry fish.
 - If struggling to get the scales off the fish, dip the fish in boiling water for a few minutes, dry well and continue.
 - Cut off the head and wash in cold water, remove all clotted blood and wipe fish thoroughly.
- (6)
- 2.7
- Overcooked fish is hard to carve.
 - Poultry must be allowed to stand for a few minutes after roasting for the meat to firm up.
 - Strings and skewers must be removed in the kitchen.
 - Use a carving knife and a carving fork.
 - Carve across the grain whenever possible.
 - First remove the legs and the wings, and then start slicing the breast.
 - After the first cut is made, try to keep the angle of the knife the same and carve with long, sweeping strokes.
 - When carving is done in the public, the platter must be big enough to hold the bird and the cut portions.
 - Person must be served with white meat from breast and brown meat from leg or body.
- (8)

[50]

QUESTION 3

- 3.1
- All the ingredients should be at room temperature.
 - After preparing the mayonnaise, refrigerate immediately to ensure stability of the mixture.
 - Egg yolk gives a better emulsion than when using the whole egg.
 - Too much oil makes the mixture unstable.
 - Use an electric mixer to ensure a finer emulsion.
 - Remove from fridge before service to ensure optimum flavour.
 - Do not beat too much for this can cause emulsion to break up.
 - If adding other ingredients make sure that they are dry. (8)
- 3.2
- Adding of sugar or acid
 - Temperature
 - Technique (3)
- 3.3
- Stuffing keeps the meat moist
 - Amounts of portions is increased
 - Variety is given to the texture
 - Gives variation to the menu
 - Improves presentation (Any 4 × 1) (4)
- 3.4
- Pasteurisation
 - Freezing
 - Drying (3)
- 3.5
- Raised and compact appearance
 - Evenly coagulated
 - Soft/tender
 - Yolk should retain its shape and coated with a thin layer of egg white
 - White should be properly set
 - Egg should not be too greasy (6)

3.6

FUNCTION	EXPLANATION
Trapping air✓	Both the yolk and white have the ability to trap air and act as a raising agent.✓
Thickening✓	Used to thicken custard, sauces and soups.✓
Emulsifying✓	Egg yolk contains lecithin which is an emulsifier and enables oil and water to be mixed without separating. ✓
Coating✓	Ingredients for rissoles, meat, fish cakes can be bound together with egg, which, when heated, will coagulate and hold the ingredients together.✓
Binding✓	Eggs are used as coating for fried foods, either on their own, or combine with flour and breadcrumbs.
Glazing✓	They can be brushed over pastries, bread, etc.✓
Enriching✓	Can be added to sauces, milk puddings, soups, etc as a way to include extra protein.✓
Garnishing✓	Hard-boiled egg whites and egg yolk can be used to garnish salads.✓
Clarifying✓	Egg whites and shells are used to clarify liquids like consommés.✓

(5 × 2)

(10)

3.7

- Crisp, firm and compact.
- Correct colour with no signs of discolouration.
- Without wilted leaves.
- Medium in size (in proportion with maximum size).
- Pods: crisp and medium in size.
- Without signs of insects, pest or frost-damage.
- Store in cool, ventilated dry area on open shelves lifted from the ground.
- Bought at regular intervals.
- Heavy in weight for cauliflower and the flowers should be firm next to one another and white in colour.
- Firm, white, crisp for items with no dirt or sign of wilting.

(10)

3.8

- Economical
- Long shelf life
- Easily obtained
- Short cooking time
- Compact storage
- Large variety
- Wide range of usage
- Sustainable food
- Good nutritional value
- Acceptable in food institutions

(Any 6 × 1)

(6)

[50]

QUESTION 4

4.1	INGREDIENTS	QUANTITY	PRICE PER UNIT	4.1.1 $F = \frac{\text{required}}{\text{Known}}$ $= \frac{30}{12}$ $= 2.5 \checkmark \checkmark$ (10)	4.1.2 $X = \frac{P \times Q}{U}$ (6)
	Cake flour	480 g	R22.00/2.5 kg	1200g/1.2 kg✓	R 4.22c✓
	Lemon essence	5 ml	R7.50/50 ml	12.5 ml✓	R 0.75c✓
	Cooking oil	30 ml	R11.00/750 ml	75 ml✓	R 0.44c✓
	Luke warm water	500 ml		1250 ml/ 1.25 L✓	R
	Sugar	60 g	R19.50/2 kg	150 g✓	R 0.59c✓
	Salt	5 g	R8.00/500 g	12.5 g✓	R 0.08c✓
	Instant yeast	10 g	R4.50/10 g	25 g✓	R 4.50c✓
				4.1.3	R10.58c✓✓(2)

(18)

- 4.2
- Long grain
 - Medium grain
 - Short grain

(3)

- 4.3
- Fry at the correct temperature.
 - Too high temperatures will lead to rapid browning of foods, without being cooked properly.
 - Too low temperature will lead food absorbing lots of oil, higher costs oily foods and prolonged frying time.
 - The correct temperature for potato chips is 180 °C.
 - Regularly check the thermometer.
 - Prepare foods correctly.
 - Ensure that crumbs are firmly attached to food to avoid too many crumbs ending up in the oil, that will burn and cause a smoking effect.
 - Use the correct ration of oil to foods.
 - Skim the surface regularly.
 - Do not season food prior to cooking.
 - Keep the oil covered after use.
 - Filter the oil daily.
 - Clean the fryer at regular intervals.

(10)

- 4.4
- The composition of the meat cut
 - Surrounding medium
 - Cooking facilities
 - Available time
- (4)

- 4.5
- The protein coagulates.
 - There is little shrinkage if protein.
 - The extracts seep out, causing loss of flavour and shape.
 - Colour changes from transparent to white.
 - Flesh has a flaky texture.
- (5)

4.6

COW'S MILK	GOAT'S MILK
Has 13% more lactose.✓	Has 13% less lactose.✓
Cause allergies.✓	Does not cause allergies or less.✓

(2 × 2) (4)

4.7

COW'S MILK	GOAT'S MILK
Soft meringue✓	Hard meringue✓
Alaska, lemon meringue✓	Pavlova, tart bases✓

(2 × 2) (4)

- 4.8
- Lumps
 - Poor gloss
 - Wrong consistency
 - Too oily
 - Poor flavour
- (Any 2 × 1) (2)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200