



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

CATERING THEORY AND PRACTICAL N4

(10070254)

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09:00–12:00

This question paper consists of 9 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. Write neatly and legibly.
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SECTION A**QUESTION 1**

1.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

- 1.1.1 'Egg en cocotte' is baked in a pie dish in the oven.
- 1.1.2 Fritters are small vegetable cuts, coated in a batter and dropped into hot fat with a scoop. 
- 1.1.3 Milk heated to 72 °C for at least one hour is pasteurised.
- 1.1.4 Sweetbreads are a type of offal.
- 1.1.5 Shallow-fried food items are called meunière.
- 1.1.6 Roux is equal amounts of butter and flour made into dough.
- 1.1.7 Crème caramel is a true baked custard.
- 1.1.8 Weeping is a liquid forming between the tart filling and the meringue. 
- 1.1.9 Pastrami is strong flavoured beef.
- 1.1.10 Butter is made of plant fats.

(10 × 1) (10)

- 1.2 Choose the classification from COLUMN B that matches each fish in COLUMN A. Write only the letter (A–C) next to the question number (1.2.1–1.2.10) in the ANSWER BOOK. Note that a classification may be used more than once.

COLUMN A		COLUMN B	
1.2.1	Cod fish	A	oily fish 
1.2.2	Snoek	B	moderately oily fish
1.2.3	Hake	C	white fish
1.2.4	Cape salmon		
1.2.5	Anchovy		
1.2.6	Blacktail 		
1.2.7	Kingklip		
1.2.8	Zebra		
1.2.9	Tuna		
1.2.10	Sole		

(10 × 1)

(10)

- 1.3 Give ONE word or term for each of the following descriptions. Write only the word or term next to the question number (1.3.1–1.3.10) in the ANSWER BOOK.

- 1.3.1 Solid fat melted out of firm pork fat by heating
- 1.3.2 Brown stew of lamb or mutton 
- 1.3.3 Basic white sauce made from flavoured milk
- 1.3.4 A slice of round fish with bone included
- 1.3.5 A type of grill with an element that projects heat from above
- 1.3.6 To cook food in a small amount of fat or oil with a lid, without allowing the food to discolour
- 1.3.7 Gives a rippled effect to vegetables when cut with it
- 1.3.8 A French upside-down apple tart
- 1.3.9 Green peas, with small seeds 
- 1.3.10 Long, white carrot, resembles yellow carrot, but unique nutty taste

(10 × 1)

(10)

1.4 Identify the following pieces of small kitchen equipment and explain the use of each item when preparing food:

1.4.1



1.4.2



1.4.3



1.4.4



1.4.5



(5 × 2) (10)

1.5 Various options are given as possible answers to the following statements. Choose the answer and write only the letter (A–D) next to the question number (1.5.1–1.5.10) in the ANSWER BOOK.

1.5.1 The correct metric equivalent for 4 ounces of sugar is

- A 75 g
- B 80 g
- C 100 g
- D 120 g



1.5.2 To make evenly-spaced cuts with a knife into the surface of fish or meat to allow flavour to penetrate:

- A Scrape
- B Season
- C Score
- D Scrub

1.5.3 Fish that is sold as it comes out of the water is called ... fish.

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



1.5.4 When whipping cream to a firm foam, the cream must be ...

- A warm.
- B cold.
- C very cold.
- D at room temperature.

1.5.5 ... are chickens four weeks old and weighing between 300 g and 500 g.

- A Roasters
- B Broilers
- C Spring chickens
- D Capons

1.5.6 These nuts are the main ingredients of a good basil pesto:

- A Pecan nuts
- B Pine nuts
- C Walnuts
- D Hazelnuts



- 1.5.7 Whole grain cereals have a shorter life because of ... content.
- A flour
 - B acid
 - C sugar
 - D fat
- 1.5.8 White connective tissue of which the composition changes when cooked with moisture to form gelatine:
- A Elastin
 - B Gliadin
 - C Collagen
 - D La viande
- 1.5.9 A rice and seafood dish, containing chicken, pork, shellfish and mussels, flavoured with saffron:
- A Sole Véronique
 - B Paella
 - C Kedgeree
 - D Quenelles
- 1.5.10 The enzyme found in pineapples:
- A Rennin
 - B Bromelain
 - C Lactase
 - D Lipase

(10 × 1) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Give TWO examples of fruit using the following classification:

2.1.1 Hard fruit

2.1.2 Citrus fruit

2.1.3 Berry fruit 

2.1.4 Tropical fruit

2.1.5 Stone fruit

(5 × 2) (10)

- 2.2 Distinguish between *garden peas* and *mange tout*. (4)
- 2.3 Define *corn flour*.  (3)
- 2.4 Why do cereals form an important part in one's diet? (7)
- 2.5 Name and describe each of the THREE stages in which eggs can be boiled.
(4 × 3) (12)
- 2.6 Explain a permanent emulsion. (4)
- 2.7 Discuss the functions of eggs in the preparation of the following dishes:
- 2.7.1 Soufflé
- 2.7.2 Consommé
-  2.7.3 Chicken pie
- 2.7.4 Milk pudding
- 2.7.5 Potato salad
- (5 × 2) (10)
- [50]**

QUESTION 3

- 3.1 The recipe for 'GINGER COOKIES' yields 24 cookies. The ingredients with their respective quantities and price for each commodity alongside, are as follows:

INGREDIENT	QUANTITY	PRICE PER UNIT
Cake flour	240 g	R24,00/2,5 kg
Baking powder	5 g	R32,00/500 g
Ground ginger	10 ml	R26,00/100 ml
Ground cinnamon	10 ml	R24,00/100 ml
Mixed spice	5 ml	R24,00/100 ml
Brown sugar	50 g	R19,00/2 kg
Golden syrup	50 ml	R27,00/250 ml
Margarine	100 g	R24,00/500 g
Eggs	2	R14,00/dozen
Bicarbonate of soda	5 g	R18,00/200 g



- 3.1.1 Do the costing for the above recipe using the prices given. Write the calculated cost (to the nearest TWO decimals) of each ingredient clearly alongside the relevant item. (10)
- 3.1.2 Calculate the total cost of the recipe.  (2)
- 3.1.3 Calculate the cost per packet of six cookies. (2)

- 3.2 Distinguish between the forequarter and hindquarter of beef according to the following characteristics:
- 3.2.1 Amount of bones
 - 3.2.2 Flavour
 - 3.2.3 Cost 
 - 3.2.4 Cooking method
- (4 × 2) (8)
- 3.3 List SIX cuts of lamb or mutton. (6)
- 3.4 Name the factors influencing the quality of meat after slaughtering. (5)
- 3.5 Cheese is classified according to very hard; hard; semi-hard; soft fresh; soft ripened; blue; special. 
- Give ONE example of each classification. (1 × 7) (7)
- 3.6 Recommend how to make your oil, used for deep frying, last longer. (7)
- 3.7 Why is heated milk more digestible? (3)
- [50]**

QUESTION 4

- 4.1 Describe the effect of heat on milk. (6)
- 4.2 Discuss how to joint a chicken. (8)
- 4.3 Explain the following chicken dishes on a menu to clients.
- 4.3.1 Chicken Kiev
 - 4.3.2 Cordon Bleu
 -  4.3.3 Chicken Fricassee
- (3 × 2) (6)
- 4.4 Name SEVEN advantages of using pasta in cooking. (7)
- 4.5 What are the advantages of using UHT milk? (4)
- 4.6 State THREE different methods of frying. (3)
- 4.7 Describe briefly the *holder process* of pasteurisation in milk. (3)
- 4.8 Discuss the quality points to look for when selecting whole fresh fish. (6 × 2) (12)
- 4.9 Explain the way in which eggs can be frozen.  (1)
- [50]**

TOTAL SECTION B: 150
GRAND TOTAL: 200