



# higher education & training

Department:  
Higher Education and Training  
REPUBLIC OF SOUTH AFRICA

## MARKING GUIDELINE

NATIONAL CERTIFICATE

NOVEMBER EXAMINATION

CATERING THEORY AND PRACTICAL N4

13 NOVEMBER 2015

This marking guideline consists of 8 pages.

*MR*  
21/11/2015

## SECTION A: SHORT QUESTIONS

## QUESTION 1

1.1	1.1.1	C✓		
	1.1.2	A✓		
	1.1.3	D✓		
	1.1.4	B✓		
	1.1.5	D✓		
	1.1.6	C✓		
	1.1.7	B✓		
	1.1.8	A✓		
	1.1.9	A✓		
	1.1.10	D✓		
			(10 × 1)	(10)
1.2	1.2.1	D✓		
	1.2.2	J✓		
	1.2.3	B✓		
	1.2.4	H✓		
	1.2.5	F✓		
	1.2.6	I✓		
	1.2.7	K✓		
	1.2.8	G✓		
	1.2.9	C✓		
	1.2.10	E✓		
			(10 × 1)	(10)
1.3	1.3.1	A La Meunière✓		
	1.3.2	Hors-d'oeuvre✓		
	1.3.3	Glace✓		
	1.3.4	Moussaka✓		
	1.3.5	Macèdoine✓		
	1.3.6	Deglaze✓		
	1.3.7	Roux✓		
	1.3.8	Bouquet garni✓		
	1.3.9	Blanching✓		
	1.3.10	String✓		
			(10 × 1)	(10)
1.4	1.4.1	True✓		
	1.4.2	True✓		
	1.4.3	False✓		
			(3 × 1)	(3)
1.5	1.5.1	Measuring spoons✓ / Teaspoons✓		
	1.5.2	Measuring scale / Massmeter✓		
	1.5.3	Measuring cup✓ / Table - / teaspoon✓		
	1.5.4	Ladle✓		
	1.5.5	Scoop / Ice-Cream Scoop✓		
				(7)

1.6	1.6.1	Strawberries√ = berry fruit√		
	1.6.2	Banana√ = tropical fruit√		
	1.6.3	Apple√ = hard fruit√		
	1.6.4	Lemon /lime /orange /grapefruit √= citrus fruit√		
	1.6.5	Peach / Plum / Prune / Apricot / Nectarines√ = stone fruit√	(5 × 2)	(10)
				<b>[50]</b>
<b>TOTAL SECTION A:</b>				<b>50</b>

## SECTION B: LONG QUESTIONS

### QUESTION 2

- 2.1
- Be careful not to overheat the oil – not above 195 °C (smoke point).√  
(Avoid excessive heating and cooling).
  - Season food away from oil to prevent salt falling into oil.√
  - Drain oil to get rid of food particles before heating the oil.√
  - Never overload the oil with food.√
  - Never over fill the pot with oil – not more than half full.√
  - Replace oil when it starts to smoke under normal circumstances.√
  - Use fat or oil with a suitable high smoke-point.√
  - Wait until the oil has reached the required temperature each time before putting the food in. √
  - Always lower the food slowly into the hot oil – do not drop it as it will splash. √
  - Do not place wet food items in the hot oil.
  - Have ready a plate with a piece of absorbent kitchen paper / cooking tongs / perforated spoon. √
  - Turn the food over carefully as it is frying to ensure even cooking. √
  - Store oil in a covered, cool, dry place to prevent rancidity. √ (Any 7 × 1) (7)
- 2.2
- 2.2.1
- Clean the mushrooms. √
  - Prepare the bacon/mushrooms/garlic using a cutting technique (cutting/slicing/chopping/dicing etc.) into smaller pieces.√
  - Preheat the oil. √
  - Pre-heat oven for the baking of the dish later. √
  - Fry/Sauté the bacon, mushrooms and garlic in the oil until cooked.√
  - Boil water for the pasta. √
  - Add salt and pasta to the boiling water and boil pasta until al dante.√
  - Drain and rinse pasta. √
  - Grate cheese. √
  - Prepare a custard mixture (for thickening), by beating the egg yolks into the cream.√
  - Mix the macaroni with the bacon, mushrooms and garlic.√
  - Add the cream mixture to it and mix through.√
  - Put it in a casserole dish. √
  - Sprinkle with the grated cheese – au gratin.√
  - Bake in oven until cheese is well melted and/or custard has thickened.√ (Any 14 × 1) (14)

- 2.2.2 Macaroni and cheese dish / Carbonata. ✓ (1)
- 2.2.3
- Allow 3 litres of water for each 400 - 500 g of pasta. ✓
  - Bring water to boil in a large pot. ✓
  - As water starts to boil, add salt ( $\pm 15$  ml). ✓
  - Gently add the pasta into the boiling water. ✓
  - Do not put a lid on pasta when cooking. ✓
  - Stir occasionally until water boils again. ✓
  - Cook pasta till soft but firm - al dente. ✓
  - Drain the cooked pasta through a sieve/colander. ✓
  - Rinse under cold running water to remove excess starch. ✓
- (9)
- 2.3
- Exclude oxygen (cover with cold water) ✓
  - Lower the temperature (refrigerator) ✓
  - Blanching and cooling ✓
  - Add ascorbic acid solution ✓
  - Vacuum – packing – exclude oxygen ✓
  - Add acid such as vinegar / lemon juice ✓
  - Place the cut vegetables in a light salt-water solution (sodium chloride) ✓
  - After peeling – use or cook as fast as possible ✓
  - Sprinkle with sulphur dioxide ✓
- (Any 5 × 1) (5)
- 2.4
- Foamy stage ✓
    - clarify stock e.g. consommé / fruit jellies and soups ✓
    - thickening agent ✓
  - Soft peak stage ✓
    - soft meringue e.g. sago pudding ✓
    - omelette ✓
    - soufflé ✓
    - to make batters lighter ✓
  - Stiff peak stage ✓
    - hard meringue e.g. pavlova ✓
    - soufflé-omelette ✓
    - sponge cakes ✓
  - Dry stage ✓
    - no use/dish at all ✓
- (4 × 2) (8)
- 2.5
- 2.5.1 Feta ✓
- 2.5.2 Cottage cheese ✓
- 2.5.3 Gorgonzola ✓
- 2.5.4 Cheddar cheese ✓
- 2.5.5 Mozzarella ✓
- 2.5.6 Gruyere ✓
- (6)  
(6 × 1) [50]

## QUESTION 3

- 3.1
- Butter✓
  - Lard✓
  - Suet✓
  - Dripping✓
  - Bacon✓
- (Any 3 × 1) (3)
- 3.2 3.2.1  $54 \div 6\checkmark = 9\checkmark$  (2)
- 3.2.2
- 9 egg yolks✓
  - 270 ml castor sugar✓
  - 22,5 ml vanilla essence✓
  - 2,25 kg mascarpone cheese✓
  - 270 ml coffee liqueur✓
  - 144 amaretti biscuits✓
- (6)
- 3.3 3.3.1 Thickening and enriching✓✓
- 3.3.2 Provides air (aerate / trapping air), lightness, volume, enriching✓✓
- 3.3.3 Enriching and binding, gives colour (improves appearance) ✓✓
- 3.3.4 Coating, binding, gives colour (improves appearance)✓✓ (4 × 2) (8)
- 3.4
- Full-cream yoghurt✓
  - Low-fat yoghurt✓
  - Fat-free yoghurt✓
  - Fruit yoghurt✓
  - Drinking yoghurt✓
  - UHT yoghurt✓
  - Artificially – sweetened yoghurt✓
- (Any 6 × 1) (6)
- 3.5 3.5.1 Hake✓ (1)
- 3.5.2
- Oily✓
  - White✓
  - Moderately oily✓
- (3)
- 3.5.3 Tartar sauce✓ (1)
- 3.5.4 **Fillets**  
These are the side portions of the fish, sliced away from the bone✓ along the length✓ of the fish.
- Darne(s)**  
Cut across✓ the prepared fish, bone in middle of steak.✓ (4)
- 3.5.5 Monkfish✓ (1)
- 3.5.6 Dry cooking method e.g. braai/grill over the fire or smoke✓ (1)

- 3.6
- Remove the wish bone✓
  - Cut off the winglets✓
  - Remove the legs then cut in half, thus obtain a drumstick and a thigh✓
  - Cut off the knuckle pieces✓
  - Remove the wings by cutting parallel to the breast bone and down through the wing joints✓
  - Trim the wing joints and chop off the bottom knuckle✓
  - Remove the breast from the carcass using a large cooks knife✓
  - Cut the breast into two equal sized portions✓
- (8)

- 3.7
- 3.7.1 **Dry-heat cooking methods:**
- Grill✓
  - Bake✓
  - Roast✓
  - Fry – dry / shallow / deep✓
- (Any 3 × 1) (3)

- 3.7.2 **Moist-heat cooking methods:**
- Simmer✓
  - Poach✓
  - Stew✓
  - Pressure cook✓
  - Boil✓
  - Steam✓
  - Microwave✓
- (Any 3 × 1) (3)  
[50]

#### QUESTION 4

- 4.1
- 3 = shin ✓
  - 9 = thin flank✓
  - 10 = wing rib✓
  - 11 = sirloin✓
  - 12 = rump✓
  - 13 = fillet✓
  - 14 = topside✓
  - 15 = silverside✓
  - 16 = aitchbone✓
  - 17 = thick flank✓
- (10 × 1) (10)

- 4.2
- Butter contains natural fat, water and emulsifiers ✓
  - Butter is more flavourful than margarine. ✓
  - Butter is more expensive ✓
  - Butter deteriorates more easily than margarine ✓
  - Butter is made from animal fat ✓
  - Butter is saturated fats ✓
  - Butter is solid at room temperature ✓
  
  - Margarine is a liquid at room temperature ✓
  - Margarine is made from plant fats ✓
  - Margarine is unsaturated fats ✓
  - Margarine – the fat and water need to be pressed together and emulsifiers added ✓
  - When margarine is used in food preparation it is inferior to butter because it is not suitable for finishing sauces and dishes ✓
  - Both equally nutritious, although margarine is healthier because it contains unsaturated fats ✓
- (Any 6 × 1) (6)
- 4.3
- 4.3.1 Aubergine: wash, peeled/unpeeled and cut into slices. ✓  
 Sprinkle cut surfaces with salt and leave to draw out moisture (decourage) ✓  
 Rinse off the salt and dry ✓  
 Fry or bake ✓
- (Any 3 × 1) (3)
- 4.3.2 Eggplant, Brinjal ✓
- (Any 1 × 1) (1)
- 4.4 **Puffy omelette:**
- The eggs are separated ✓
  - The egg-white foam is beaten to soft peak stage ✓
  - The egg whites are then folded into the egg-yolk foam ✓
  - It has a larger volume ✓
  - the texture is spongy ✓
  - Puffy omelette is always folded double ✓
- Plain omelette:**
- Also known as French omelette ✓
  - Eggs are beaten to a whole egg foam ✓
  - Golden brown on the outside ✓
  - Soft and creamy on the inside ✓
  - Oval-shaped and flatter in size ✓
  - Not folded perfectly in half ✓
- (Any 9 × 1) (9)
- 4.5
- Make a small opening at the anal opening ✓
  - detach the intestines ✓
  - Hook fingers through gill opening ✓
  - Pull out the entrails ✓
  - Take the gills out as well, snipper if necessary ✓
  - Rinse well ✓
- (Any 5 × 1) (5)

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4.6	<ul style="list-style-type: none"><li>• Trout (forel) ✓</li><li>• Carp (Kurper) ✓</li><li>• Yellow fish ✓</li><li>• Mackerel ✓</li><li>• Black bass ✓</li></ul>	(Any 3 × 1)	(3)
4.7	<ul style="list-style-type: none"><li>• It must be cooled promptly ✓</li><li>• Refrigerate as soon as possible ✓</li><li>• Refrigerated for two to three days ✓</li><li>• For longer periods – it should be frozen ✓</li><li>• Remove stuffing and store separately ✓</li><li>• Store cooked poultry separately from raw poultry ✓</li></ul>	(Any 4 × 1)	(4)
4.8	4.8.1 <ul style="list-style-type: none"><li>• Stuffing is done before cooking ✓</li><li>• The cavity of the whole chicken is filled with a prepared filling (eg. breadcrumbs, parsley, bacon) and then cooked. ✓</li><li>• It extends the portions ✓</li><li>• It brings variety to the menu ✓</li><li>• It improves the flavour of the chicken. ✓</li></ul>		(5)
	4.8.2 Trussing is done before cooking ✓ A string is used to tie the legs and wings closer to the body ✓ Trussing is done after stuffing ✓ Purpose: Cooking is more even for all parts of the carcass. ✓	(Any 2 × 1)	(2)
4.9	<ul style="list-style-type: none"><li>• More tender ✓</li><li>• Flavoursome ✓</li><li>• Juicy meat ✓</li><li>• Browns better during cooking ✓</li></ul>	(Any 2 × 1)	(2)
			<b>[50]</b>
		<b>TOTAL SECTION B:</b>	<b>150</b>
		<b>GRAND TOTAL:</b>	<b>200</b>