

1. Various options are provided as possible answers to the following questions. Choose the correct answer and mark only the letter (A–D) next to the question number.
  - 1.1 Granules processed from the starch of the cassava root and used mainly in the making of milk puddings are called ...
    - A cocoa
    - B custard
    - C tapioca**
    - D sago

(1)
  - 1.2 This cereal contains no gluten and can therefore not be used for the baking of bread:
    - A Wheat
    - B Rye
    - C Oats**
    - D Nutty wheat

(1)
  - 1.3 The cereal product mainly used in the making of pasta:
    - A Durum wheat**
    - B Maize
    - C Barley
    - D Rye

(1)
  - 1.4 The volume of water required to cook 500 g of pasta:
    - A 1 litres water
    - B 2 litres water
    - C 3 litres water**
    - D 4 litres water

(1)
  - 1.5 The cereal used for Maizena:
    - A Maize**
    - B Oats
    - C Wheat
    - D Barley

(1)
  - 1.6 To make pasta verdi, you have to add colouring obtained from ...
    - A spinach**
    - B tomato
    - C beetroot
    - D squid ink

(1)
2. Choose the correct word(s) from those given in brackets.
  - 2.1 A cereal type rolled into flakes (**oats**/barly)
  - 2.2 Large, hollow tubes stuffed with meat and covered with a cheese sauce (farfalle/**cannelloni**)
  - 2.3 A traditional Italian cereal made from yellow coarsely ground maize flour (**sago**/polenta)
  - 2.4 A thick roux-based sauce (tartar/**panada**)
  - 2.5 Pasta cooked until soft but firm (alfresco/**al dente**)

2.6 Equal amounts of butter and flour, melted together and used to thicken sauces  
(**roux**/beurre manie)

2.7 (Pilaff/**Paella**) is a traditional Spanish rice dish.

(7 × 1) (7)

3. Identify the following pasta types:

3.1		3.2	
	Ruotini		Macaroni
3.3		3.4	
	Farfalle		Conchigliate
3.5		3.6	
	Ravioli		Tortellini

(6 × 1) (6)

4. Give ONE word for each of the following descriptions by choosing a word from the list below.

**Vermicelli; farfalle; ravioli; lasagne; fusilli**

4.1 Long rectangular sheets  
Lasagne

4.2 Very fine thin strands  
Vermicelli

4.3 Small butterflies  
Farfalle

4.4 Envelopes of pasta stuffed with meat  
Ravioli

(4 × 1) (4)

5. Select from the provided list of starch products, the most appropriate starch item to use in or with the following traditional dishes.

**Arborio; basmati; jasmine; Tastic; maizena; rye**

- 5.1 Paella  
Tastic
- 5.2 Risotto  
Arborio
- 5.3 Thai green curry  
Jasmine
- 5.4 Pumpernickel  
Rye
- 5.5 Blancmange  
Maizena

(5 × 1) (5)

6. Select the term in Column B, which best suits the description in Column A. Write only the letter A–J in the provided space.

	COLUMN A	ANSWER		COLUMN B
6.1	Small balls made from semolina and potato flour	I	A	Pastitsio
6.2	A traditional Italian dish, made from stiff maize porridge, eaten with cheese	C	B	Pilaf
6.3	Small pancakes, traditionally from Russia, made with buckwheat	J	C	Polenta
6.4	Well-known Greek dish. Resembles lasagne, but made with tube-like pasta such as macaroni.	A	D	Tabbouleh
6.5	Turkish rice dish, traditionally served in a crown form with vegetables in the middle	B	E	Risotto
6.6	Spanish rice dish with chicken, tomatoes and shellfish	H	F	Basmati
6.7	Italian rice dish, often flavoured with saffron	E	G	Jasmine
6.8	Salad made from bulgar, chopped mint and parsley	D	H	Paella
6.9	A type of rice that you will serve with Thai dishes	G	I	Gnocchi
6.10	A type of rice normally served with curries	F	J	Blini

(10 × 1) (10)

7. Choose the most suitable use from Column B that matches each pasta type in Column A. Write only the letter (A–F) next to the question number in the provided space.

	COLUMN A	ANSWER		COLUMN B
7.1	Spaghetti	D	A	Used in soups
7.2	Macaroni	F	B	Little squares stuffed with meat filling
7.3	Ravioli	B	C	Layered in a dish with meat and cheese sauce and baked in the oven
7.4	Alfabetti	A	D	Served with a bologn sauce
7.5	Lasagne	C	E	Used as a thickening agent
			F	Served with cheese sauce or used in milk puddings

(5 × 1) (5)

8. Choose a/an item/word from Column B that matches a description in Column A.

	COLUMN A	ANSWER		COLUMN B
8.1	Manufactured from cooked potatoes and used as a thickening agent	D	A	barley
8.2	Made from the starch found in the Brazilian cassava root	J	B	sago
8.3	Starch derived from the pith of the sago palm tree and mainly used in milk puddings	B	C	cornflour
8.4	Is used as an instant breakfast cereal	H	D	potato flour
8.5	Used to cover nougat sweets	F	E	pasta
8.6	The flour used to make pumpernickel bread	I	F	rice paper
8.7	The cereal product with the highest nutritional value	K	G	semolina
8.8	Coarsely ground durum wheat used in the making of couscous	G	H	puffed rice
8.9	An excellent thickening agent and a product of mealies	C	I	rye
8.10	Made from wheat flour dough and cut into a wide variety of shapes	E	J	tapioca
			K	oats

(10 × 1) (10)

## LONGER QUESTIONS

9. What is the correct term for the whole process of thickening and cooking of starch during moist heat methods? (1)  
Gelatinisation
10. Pasta is a popular ingredient to cook with.  
Answer the following questions concerning pasta:
- 10.1 Which type of pasta is used for lasagne? (1)  
Lasagne sheets
- 10.2 Which type of pasta is traditionally served with a Bolognese sauce? (1)  
Spaghetti
- 10.3 Name TWO types of pasta that are served stuffed. (2)  
Ravioli/cannelloni
- 10.4 Explain the term *al dente*. (2)  
Soft but still firm
- 10.5 Explain the correct method of cooking pasta to a beginner chef. (5)  
Use a large pot  
Use 3 litres of water for 500 g of pasta  
Boil the water first. And add salt and pasta  
Cook pasta without a lid until al dente
11. Study the next picture and answer the questions that follow.



- 11.1 Identify the type of pasta used in the picture. (1)  
Spaghetti
- 11.2 Name the cereal type from which the pasta normally will be prepared. (1)  
Durum wheat
- 11.3 Why do you need a large pot when cooking pasta? (1)  
Pasta needs a lot of water to be cooked in; if the pot is too small, the water will boil over.

- 11.4 How much water is required if you need to boil 500 g of pasta? (1)  
3L
- 11.5 Why is it important to cook the pasta in rapidly boiling water? (1)  
To ensure that the pasta does not stick together
- 11.6 Never place a lid on the pot when boiling pasta. Why? (1)  
The pasta will boil over
12. Name FIVE factors which will have an influence of the cooking time of cereals. (5)  
Size of the starch particles  
The finer the grain, the shorter the cooking time  
The amount of water used  
The temperature of the water  
Percentage fibre present  
Any treatments before, like parboiling
13. Explain the difference between ravioli and cannelloni. (4)  
Ravioli: envelopes of pasta stuffed with meat and served with a tomato-based sauce.  
Pasta is first boiled.  
  
Cannelloni: large hollow tubes stuffed with meat and covered with cheese sauce on a base of tomato stew. Cannelloni is baked in oven to be cooked.

14. Name the THREE BASIC types of white sauces and name ONE use of each. (2 × 2) (6)  
Tabulate your answer, clearly indicating the TYPE and their USE. Marks will be deducted if not tabulated.

Type	Use
Thin	Cream soups
Medium	Lasagne
Thick (panada)	Soufflés, croquettes

- (3 × 2) (6)
15. A roux is the basis of a traditional white sauce. (3)
- 15.1 Define the term 'roux'. (3)  
Equal parts of flour and fat melted together as a basis for a white sauce.
- 15.2 How does the preparation of a roux blanc differ from that of a roux brun? (2)  
Roux blanc: is not browned in this case and it produces a normal white sauce.  
Roux brun: the roux is browned and is used for the making of brown sauces.
- 15.3 What are the qualities of a successful white sauce? (5)  
Smooth and lump free  
Good colour  
Glossy  
Correct consistency  
Good flavour

16. Oats are a commonly used cereal in South Africa.
- 16.1 In which forms are oats available in supermarkets? (2)  
Flakes (rolled and shredded), flour
- 16.2 Why can oats not be used to bake bread? (1)  
Oats contains no gluten
- 16.3 Name FOUR food items that can be made from oats. (4)  
Biscuits, rusks, porridge, gingerbread, muesli, muffins
- 16.4 How should uncooked cereals, like oats, be stored? (3)  
Keep them in:  
Airtight containers  
A cool dry area with good ventilation  
In bags and containers which are not stored directly on the floor  
Pest-free containers

17. Describe each of the following flour products and their use:

		Description	Use
17.1	Arrowroot	Fine white flour, made from bulb of maranta arundinacea	Used as thickening agent
17.2	Potato flour	Manufactured from cooked potatoes	As thickening agent

(2 × 2) (4)

18. Find the missing words in the following statements by circling the correct words in the maze. Words may be horizontal, vertical or diagonal ... have fun!
- 18.1 When water is added to flour and **manipulation** is applied, **gluten** develops.
- 18.2 **Risotto** is a creamy Italian rice dish made by adding stock while stirring, also known as “Little rice”.
- 18.3 **Jasmine** rice is often served with Thai dishes.
- 18.4 **Basmati** rice enhances the flavour of curry dishes.
- 18.5 A Spanish rice dish, including ingredients such as chicken, pork, lima and butter beans, shellfish, paprika and saffron is called **paella**.
- 18.6 When a starch mixture is cooled, the **gel** sets into a solid form.
- 18.7 A very thick white sauce, used in the making of croquettes, is called a **panada**.
- 18.8 The best variety of **semolina** is known as durum wheat.
- 18.9 When preparing **couscous**, you will add 1 part of liquid to 1 part of this cereal.
- 18.10 The smallest part of the seed of a cereal, which is rich in protein, minerals, vitamins and fats is called the **germ**.

- 18.11 **Ravioli** are envelopes of pasta.
- 18.12 **Oats** contain no gluten and cannot be used in the baking of bread, but are a favourite porridge.
- 18.13 A good-quality white sauce should be smooth and **lump** free.
- 18.14 Pumpernickel bread is made from **rye** flour.
- 18.15 The most common branding name for cornflour is **Maizena**.
- 18.16 Adding salt will strengthen **gluten**.
- 18.17 Tapioca and **sago** are both used in milk puddings, but tapioca consists of much bigger balls and has to be pre-soaked.
- 18.18 A **blini** is a tiny crumpet made from buckwheat, often served with caviar.
- 18.19 **Samp** is a truly African dish, made of cracked maize cereal, and often cooked with beans.
- 18.20 When adding tomato purée to pasta, it will lead to a **red**-coloured pasta.

