

CATERING THEORY AND PRACTICAL N4

Fats and Emulsions – Workbook Extra Questions

- 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 (1.2– 1.5) in the ANSWER BOOK.
- 1.2 The process where oil (liquid) changes to fat (solid):
- A Emulsification
 - B Oxidation
 - C Saturation
 - D Hydrogenation
- (1)
- 1.3 Another name for fat obtained from roasting meat.
- A Dripping
 - B Suet
 - C Lard
 - D Butter
- (1)
- 1.4 A thin membrane, veined with fat that enclosed an animals' stomach. Used in making 'skilpadjies':
- A suet
 - B caul
 - C lard
 - D dripping
- (1)
- 1.5 The off flavor and taste when fat is exposed to air:
- A hydrogenation
 - B maturation
 - C barding
 - D rancidity
- (1)
- 2 Choose the correct word(s) from those given in brackets.
- 2.2 Lard is a type of vegetable fat. (1)
- 2.3 Spreads are emulsions of water and margarine. (1)
- 2.4 Spread shortening can be used in the preparation of dough mixtures. (1)
- 2.5 The correct ratio of oil to food when frying should be: 1 part of food to 6 parts of oil. (1)

- 3 Butter is one of the popular fats in cooking.
- 3.2 What type of emulsion is butter? (water-in-oil/oil-in-water) (1)
- 3.3 Why is salt added to butter? (1)
- 3.5 Give TWO reasons why butter is considered the best shortening to use in baking. (2)
- 4 Describe the following types of fats:
- 4.3 Spread (2)
- 5 State ONE use for each of the following fats in cooking:
- 5.1 Butter (1)
- 5.2 Lard (1)
- 5.3 Suet (1)
- 5.4 Margarine (1)
- 10 Why should you keep the following rules when deep frying?
- 10.1 Do not overheat the oil. (2)
- 10.2 Do not put watery/frozen food in hot oil. (2)
- 10.3 Strain oil regularly. (2)
- 10.4 Never leave oil on heat with no one watching. (2)
- 10.5 Do not season food prior to frying. (2)
- 10.6 Always fry at the correct temperature. (2)