

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 The hump is part of the forequarter of the beef carcass and is found just behind the ...
A shin
B neck
C brisket
D fillet (1)
- 1.2 The T-bone is a large cut through the whole...
A leg
B fillet
C aitch bone
D sirloin (1)
- 1.3 A minced meat dish topped with a layer of mashed potato:
A cottage pie
B lasagne
C moussaka
D cornish pie (1)
- 1.4 The traditional accompaniment served with roasted leg of lamb:
A apple jelly
B mint jelly
C quince jelly
D orange jelly (1)
- 1.5 The degree of doneness in red meat when the outside layer is a thick, grey layer with the interior still pink:
A rare
B medium rare
C medium
D well done (1)
- 1.6 Which of the following cuts of beef is found on the hindquarter?
A bolo
B hump
C chuck
D aitchbone (1)
- 1.7 Another name for fat obtained from roasting meat:
A dripping
B suet
C lard
D butter (1)

2. Choose the correct word(s) from those given in brackets.
 - 2.1 Type of offal (**heart**/rib)
 - 2.2 The solid fat deposits from around the kidneys of various animals (**suet**/lard)
 - 2.3 To brown meat on the surface and to seal it by the use of high heat (**sear**/score)
 - 2.4 Fat cells evenly distributed through the muscle fibres in meat (larding/**marbling**)
 - 2.5 A thin slice of meat, often fried in breadcrumbs (entrecote/**escalope**)
 - 2.6 Beef fillet, spread with pâté and baked in puff pastry (**beef Wellington**/Wiener schnitzel)
 - 2.7 Refers to the ripening of meat after the slaughtering process (marinating/**maturation**)
 - 2.8 A thin slice of veal, crumbed and flash fried in oil (fillet mignon/**Wiener schnitzel**)
 - 2.9 Grilled fillet slices, topped with pâté made from calf's liver (**tournedos Rossini**/steak Diane)
 - 2.10 Thin beef slices, cut from the bolo, filled with mincemeat (**"blindevinke"**/"skilpadjies")
 - 2.11 A strong-flavoured beef, normally brisket, covered in a special spice mixture (**pastrami**/corned beef)
 - 2.12 A large fillet steak, cut from the head of a fillet (**chateaubriand**/contre-fillet)
 - 2.13 Old animals and least tender meat are marked with (purple/**red**) vegetable ink.
 - 2.14 A minced meat dish, containing curry, spices and raisins and baked with an egg custard to bind it (lasagne/**bobotie**)
 - 2.15 The edible parts taken from the inside of the animal's carcass (**offal**/intestines)
- (15 × 1) (15)

3. Give ONE word/term for each of the following descriptions:
 - 3.1 A thin slice of veal which is crumbed and then quickly fried in shallow oil.
Wiener schnitzel
 - 3.2 Whole fillet, seared and wrapped in puff pastry, roasted in the oven.
Beef Wellington
 - 3.3 The most tender cut of meat from a beef carcass.
Fillet
 - 3.4 Yellow inedible connective tissue.
Elastin
 - 3.5 When fat or bacon is inserted into meat.
Larding
 - 3.6 When fat is deposited in the muscle between the fibres.
Marbling
 - 3.7 The type of connective tissue which is broken down to gelatine during slow moist heat cooking methods.
Collagen
 - 3.8 The name given to sheep meat when it is younger than 6 months.
Lamb
 - 3.9 The stiffening of a carcass once slaughtered.
Rigor mortis
 - 3.10 The enzyme in raw pineapple, used to tenderise meat.
Bromelin
- (10 × 1) (10)

4. Select the most appropriate dish from Column B that matches the description best in Column A. Write only the letter A–O in the space provided. (15)

	COLUMN A	ANSWER		COLUMN B
4.1	Italian stew dish, prepared from veal shanks	F	A	Beef stroganoff
4.2	A thin batter, baked in lot of fat and pan juices – obtained from oven-roasted beef	C	B	Beef provençal
4.3	French dish. Beef with a sauce of tomatoes, onions and garlic as flavouring	B	C	Yorkshire pudding
4.4	Thin slices of crumbed veal, which are deep fried	H	D	Pastrami
4.5	Fillet, rump or sirloin, sautéed in butter and shallots. Served with a jus containing Worcesterhire sauce and brandy	K	E	Beef Wellington
4.6	Russian stir-fry dish, with rich sauce containing mushrooms, onions, garlic, sour cream and sherry	A	F	Osso bucco
4.7	Strongly flavoured beef	D	G	Goulash

	COLUMN A	ANSWER		COLUMN B
4.8	Hungarian dish of cubed meat, simmered in paprika-scented stock and thickened with sour cream	G	H	Wiener Schnitzel
4.9	Grilled fillet steaks with veal liver pâté	L	I	Steak tartare
4.10	Fillet wrapped in puff pastry	E	J	Fillet Mignon
4.11	Raw fillet, finely diced and served with accompaniments including raw egg	I	K	Steak Diane
4.12	This cut is from the 'tail end' of the fillet	J	L	Tournedos Rossini
4.13	A large fillet steak (beef) cut from the head part of the fillet	N	M	Tournedo
4.14	Raw, thinly sliced and flattened fillet slices	O	N	Chateaubriand
4.15	A neat, round steak, cut from the middle part of the fillet	M	O	Carpaccio

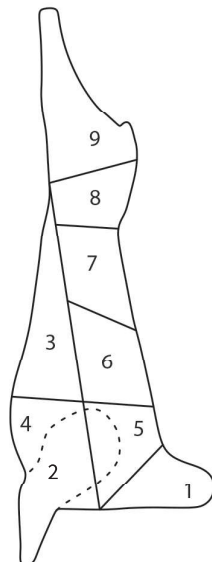
(15 × 1) (15)

5. Select the cooking method in Column B which will be most suited for the cut in Column A. Write down only the letter (A–F) next to the question number in the provided space.

	COLUMN A	ANSWER		COLUMN B
5.1	Leg of lamb (whole)	B	A	Stewing, Casserole
5.2	T-bone	C	B	Oven roast
5.3	Rolled flat rib	D	C	Grill, pan fry
5.4	Corned beef	F	D	Pot roast
5.5	Lamb neck cut into cubes	A	E	Simmer for soup
			F	Boil

(5 × 1) (5)

6. Study the following lamb/mutton carcass and provide the correct cuts numbered in the illustration: (1–9).



1. Neck
2. Shoulder
3. Flank
4. Breast
5. Thick rib
6. Rib
7. Loin
8. Chump
9. Leg

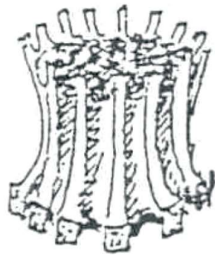
7. Differentiate between mutton and lamb by answering the following questions:

- 7.1 How old should the sheep carcass be to be called mutton and not lamb? (1)
Older than one year
- 7.2 Mutton is less tender than lamb. Why? (2)
Mutton is an older animal than lamb. The older the animal, the more connective tissue will have developed, which makes the meat less tender.
- 7.3 Which ONE of the two is more flavoursome after the cooking process? (1)
Mutton

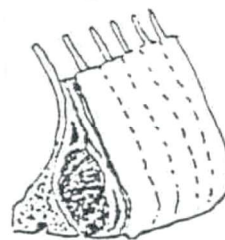
8. Which cooking method is used for the following meat cuts?

- 8.1 Leg of lamb (1)
Oven roast/potroast
- 8.2 Lamb shanks (1)
Stew, braise

9. Identify the following sketches of lamb cuts. (2)



Crown roast



Rack of lamb

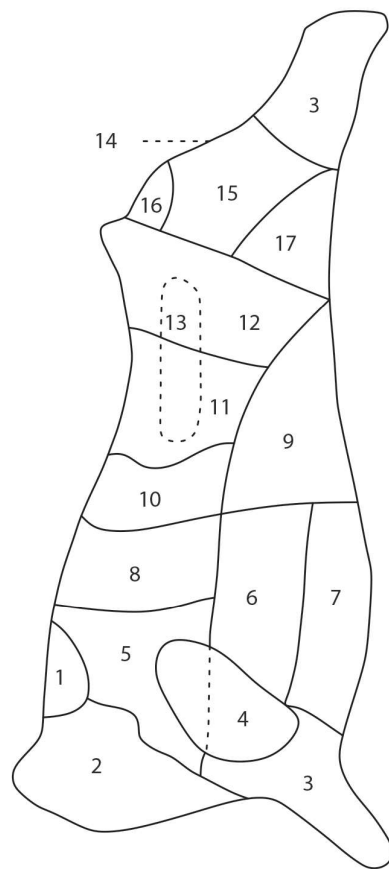
10. Which traditional sauce will you serve with a leg of lamb? (1)
Gravy or white onion sauce, or redcurrant sauce/mint jelly.

11. Explain the following terms:

- 11.1 Marbling
Fat deposited in the muscles between the fibres that cannot be cut off.
- 11.2 Barding
Wrapping fat or lard around lean meat.
- 11.3 Larding
Strips of fat are inserted into the meat using a larding needle or a knife. Follow grain as far as possible.

(3 × 2) (6)

12. Study the following beef carcass and provide the correct cuts numbered in the illustration (1–17).



1. Hump
2. Neck
3. Shin
4. Bolo
5. Chuck
6. Flat rib
7. Brisket
8. Prime rib
9. Thin flank
10. Wing rib
11. Sirloin
12. Rump
13. Fillet
14. Top side
15. Silverside
16. Aitchbone
17. Thick flank

13. Which cooking method would you suggest for the following beef cuts?

- 13.1 Oxtail (1)
Simmer
- 13.2 Sirloin (1)
Grill/oven roast
- 13.3 Wing rib (1)
Oven roast

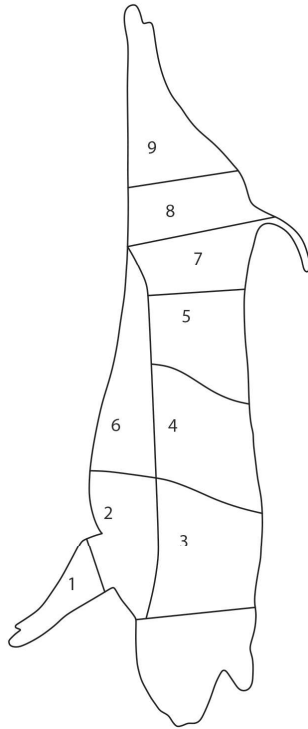
14. Distinguish between the forequarter and the hindquarter of a beef carcass according to the following:

- 14.1 Difference in price
Hindquarter is more expensive than forequarter.
- 14.2 Presence of bones
Forequarter is bony meat whereas the hindquarter is less bony.
- 14.3 Flavour
The forequarter is very tasty and full of flavour.

- 14.4 Moist or dry cooking methods
 The forequarter is suitable for moist cooking methods and not suitable for dry cooking methods.
 The hindquarter is suitable for dry cooking methods.
 (4 × 2) (8)
15. Name the THREE different sections of a beef fillet and identify the menu items best suited to each of the 3 sections. (6)
 Head – chateaubriand
 Middle – fillet steaks/tournedos
 Tail – fillet mignon/goulash/Stroganoff
16. Give SEVEN factors determining the cooking time of a large cut of meat, for example, leg of pork. (7)
 Weight of the meat.
 Oven temperature.
 Temperature of the meat before roasting.
 Amount of fat cover.
 Bones conduct heat faster than flesh.
 Size and type of oven.
 Number of times oven door is opened.
 Shape and density of cut.
17. Distinguish between collagen and elastin by giving a clear description of each. Collagen and elastin are two kinds of connective tissue. Collagen is white in colour and has to be broken down by cooking. It is then hydrolysed to gelatine and the meat softens. Elastin is yellow in colour and can only be broken down by pounding or mincing. (2 × 2) (4)
18. Give the correct description of each of the following beef/veal menu items: (4)
- 18.1 Steak tartare (4)
 Steak tartare: it is raw, finely diced fillet served with various accompaniments.
- 18.2 Beef Wellington (4)
 When a whole fillet is briefly seared for flavour and then wrapped in puff pastry and roasted in the oven.
- 18.3 Beef carpaccio (2)
 It is a dish of raw beef, traditionally thinly sliced or pounded thin and served as an appetiser.
- 18.4 Wiener schnitzel (4)
 Classic veal dish. Thin slice of veal, crumbed and then quickly fried.

18.5 Beef stroganoff (4)
 Russian dish. Strips of sirloin, fillet or rump are stir-fried and covered with a rich sauce containing mushrooms, onions, garlic, sour cream and sherry.

19. Identify the different cuts from a pork carcass.



1. Shank
2. Breast
3. Thick rib
4. Rib
5. Loin
6. Flank, belly
7. Chump
8. Leg, fillet end
9. Leg, shank end

20. Name the traditional sauce served with a roasted leg of pork. (1)
 Apple sauce or mustard sauce.

21. What do you understand by the following terms?

21.1 Gammon (2)
 Cut from the hind legs of pigs. Normally sold raw. May be cured. When gammon is cooked, it becomes ham.

21.2 Eisbein (2)
 German culinary dish of pickled ham hock/pork knuckle or shank, usually cured and slightly boiled. Can be sold already smoked or not.

22. State from which animal carcass and meat cut each of the following menu items originate traditionally:

22.1 Wiener schnitzel
veal fillet

22.2 Crown roast
lamb 2 racks of lamb chops

22.3 Chateaubriand
beef fillet

22.4 Beef stroganoff
beef Sirloin, rump or fillet

(4 × 2) (8)