



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

**FOOD PREPARATION
NQF LEVEL 3**

(11011013)

**10 December 2020 (Y-paper)
13:00–16:00**

This question paper consists of 12 pages.

499Q1N2010

TIME: 3 HOURS MARKS: 180

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. Start each question on a new page.
 5. Write neatly and legibly.
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SECTION A**QUESTION 1**

1.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Utensils used to cook fish can be sanitised in a ... with a final rinse cycle of 10-12 seconds.

- A oven
- B microwave
- C dishwasher
- D steamer



1.1.2 Fresh fish should be stored in a fish box containing ...

- A clingwrap.
- B ice.
- C water.
- D drip trays.

1.1.3 The main ingredients of a velouté:

- A White stock and blond roux
- B Brown stock and blond roux
- C Milk and blond roux
- D Tomato sauce and blond roux



1.1.4 A well-flavoured liquid that forms the base of soups, sauces and stews:

- A Consommé
- B Gazpacho
- C Stock
- D Bouillon

1.1.5 ... may be used as a filling, a topping or as a main ingredient when baking cakes.

- A Flour
- B Fruit
- C Custard
- D Cream



1.1.6 ... are cut, allowed to prove and deep fried at 180 °C.

- A Pita bread
- B Bread rolls
- C Pizza bases
- D Doughnuts



1.1.7 A cleaning schedule lists ...

- A how to prevent contamination.
- B how to discard of waste.
- C the items to be cleaned.
- D the procedure to follow if you are ill.

1.1.8 ... are added to choux pastry to give it a glossy smooth texture.



- A Shortening
- B Eggs
- C Sugar
- D Ice water

1.1.9 The process that works all ingredients into a blended mixture and to develop gluten:

- A Folding
- B Mixing
- C Kneading
- D Resting

1.1.10 Fruit turns brown very quickly and must be coated with ... before using it as a topping on a canape.

- A sugar
- B oil
- C water
- D lemon juice



(10 × 1) (10)

1.2 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

- 1.2.1 Collect all equipment and ingredients needed before the cooking process starts. 
- 1.2.2 Lemon wedges are traditionally used to garnish fish.
- 1.2.3 Always cool a stock before storing it in the fridge.
- 1.2.4 Use a brown cutting board when preparing a mirepoix.
- 1.2.5 A swiss roll is baked in a springform tin.
- 1.2.6 When cooling, biscuits must not be stacked on top of one another until completely cool.
- 1.2.7 The larger the loaf of bread, the longer it stays fresh.
- 1.2.8 Bacteria increase rapidly at temperatures below -18 °C.
- 1.2.9 Dressing means to coat a salad with vinaigrette. 
- 1.2.10 All utensils must be washed between tasks to reduce the risk of cross contamination.

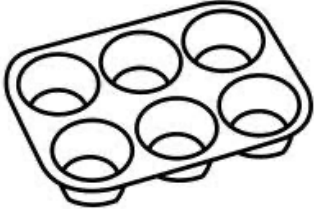
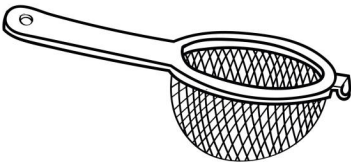
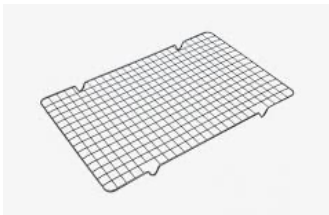
(10 × 1) (10)

1.3 Choose an item from COLUMN B that matches a description in COLUMN A. Write only the letter (A–G) next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B
1.3.1	A mixture of equal parts raw butter and flour	A Chinois
1.3.2	A mixture of egg and cream used to thicken soups	B Liaison
1.3.3	A thick cream soup made from shellfish	C Roux
1.3.4	Removing food particles from the bottom of a pan 	D Bisque
1.3.5	A strainer shaped like a cone	E Beurre Manie
		F Deglaze
		G Chowder

(5 × 1) (5)

1.4 Choose a preparation method from COLUMN B that matches the picture in COLUMN A. Write only the letter (A–G) next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.

COLUMN A	COLUMN B
1.4.1 	A sieve B funnel C spring form pan D baking sheet E cooling rack 
1.4.2 	F whisk G muffin pan
1.4.3 	
1.4.4 	
1.4.5 	

(5 × 1) (5)

1.5 Give ONE term for each of the following descriptions. Write the correct term next to the question number (1.5.1–1.5.5) in the ANSWER BOOK.

1.5.1 This is done to fish before deep frying.

1.5.2 Spoonful of raw biscuit mixture is placed on a baking tray.

1.5.3 Brushing the top of a scone with egg-wash before baking it, gives it a shiny finish.



1.5.4 Beaten egg whites carefully mixed into batter with spatula.

1.5.5 Freshly baked dough products are placed on racks and allowed plenty of air to circulate around each item.

(5 × 1) (5)

1.6 Choose the correct term from those in brackets. Write only the answer next to the question number (1.6.1–1.6.5) in the ANSWER BOOK.

1.6.1 (Portioning/Rationing) is cutting a pie into even sized pieces.

1.6.2 A garnish must (compliment/overpower) the dish.

1.6.3 (Cold meats/Patés) may be folded or rolled in different ways before arranging it on a platter.



1.6.4 Raw foods and cooked foods must be stored (separately/together).

1.6.5 Platters that are packed and ready to serve must be stored in the (fridge/freezer) until needed.

(5 × 1) (5)
[40]

TOTAL SECTION A: 40

SECTION B**QUESTION 2**

- 2.1 Copy the table with the given headings in the ANSWER BOOK and classify the items below by completing the table.

blini; smoked salmon; goats' cheese; vol au vent; dill; Parma ham; thyme; crostini; orange zest

BASES	TOPPINGS	GARNISH

(9)

- 2.2 State EIGHT practices to ensure that work is done in an organised manner. (8)
- 2.3 Give FOUR reasons why it is important to keep storage areas clean.  (4)
- 2.4 Study the picture below and answer the questions.

[Source: www.indiamart.com]

- 2.4.1 Name the dough product in the picture above. (1)
- 2.4.2 What type of dough is the product in 2.4.1 made from?  (1)
- 2.4.3 List FIVE preparation methods used when preparing this product. (5)
- 2.4.4 What will happen if you were to bake this product at 100 °C for 20 minutes? (1)
- 2.5 Dough products are normally baked in an oven.
Name THREE dough products that are deep-fried. (3)
- 2.6 Recommend THREE suitable ways to store a batch of croissants. (3)
- 2.7 Give FIVE different glazes used when preparing dough products.  (5)

[40]

QUESTION 3

3. Study the picture below and answer the questions.



[Source: www.thespruceeats.com]

- 3.1 Name the pastry used to prepare the tartlet in the picture above. (1)
- 3.2 Develop a set of rules to follow when preparing the pastry in QUESTION 3.1. (7)
- 3.3 List SEVEN characteristics to look for when evaluating the pastry above. (7)
- 3.4 Suggest THREE ways the pastry could be stored until the next day. (3)
- 3.5 Explain the effect of burnt pastry case on costs? 🚚 (2)
- 3.6 Create a step-by-step method how to blind bake pastry. (3)
- 3.7 Identify TWO types of pastry that can be used as a canape base. (2)

[25]

QUESTION 4

4. Study the picture below and answer the questions.



[Source: www.thespruceeats.com]

- 4.1 Name the preparation method shown in the picture above. (1)
- 4.2 Describe the preparation method in Question 4.1 in SIX steps in the correct order.  (6)
- 4.3 Name the type of fish that is also known as stock fish. (1)
- 4.4 State SIX quality points that must be checked when buying fresh fish. (6)
- 4.5 The fryer used to cook the fish unexpectedly brakes down.
Give FOUR actions that should be taken to remedy the situation. (4)
- 4.6 Name THREE ways of knowing that fish is cooked properly.  (3)
- 4.7 List FIVE ingredients used to make a homemade mayonnaise to serve with fish. (5)
- 4.8 Give FOUR possible reasons why the mixture would curdle when making mayonnaise. (4)
- 4.9 Explain how curdled mayonnaise can be fixed. (2)
- 4.10 Name one other sauce, made with mayonnaise that is often served with fish. (1)
- 4.11 The hand mixer does not work because of load-shedding.
Explain how this problem should be handled.  (2)

[35]

QUESTION 5

- 5.1 Differentiate between a white stock and a brown stock by copying and completing the table below.

CRITERIA	WHITE STOCK	BROWN STOCK
Ingredients	(3)	(3)
Cooking time on stove	(1)	(1)

(8)

- 5.2 Explain how to clarify a stock.



(6)

- 5.3 Study the picture below and answer the questions.



[Source: www.istockphoto.com]

- 5.3.1 Identify the product in the picture above.

(1)

- 5.3.2 Name the utensils needed to prepare the product identified in QUESTION 5.3.1.

(7)

- 5.4 Explain the rubbing-in method.



(4)

- 5.5 Name FIVE ways to deal with a cake that does not rise.

(5)

- 5.6 It is important that cake fillings are prepared according to the recipe. Compare the following fillings by copying and completing the table below.

FILLINGS	INGREDIENTS
Water icing	5.6.1 ... 5.6.2 ... 5.6.3 ...
Butter cream	5.6.4 ... 5.6.5 ...
Chocolate ganache	5.6.6 ... 5.6.7 ...
5.6.8 ...	Seasonal fruit Sugar Lemon juice



(8)

- 5.7 Why must chopping boards be scrubbed at the end of each shift?

(1)

[40]

TOTAL SECTION B: 140
GRAND TOTAL: 180