



ZIMBABWE

**MINISTRY OF HIGHER AND TERTIARY EDUCATION,
SCIENCE AND TECHNOLOGY DEVELOPMENT**

**HIGHER EDUCATION EXAMINATIONS COUNCIL
(HEXCO)**

NATIONAL CERTIFICATE

IN

PROFESSIONAL COOKERY

**SUBJECT: Food Preparation Larder
and Commodities (Theory)**

PAPER NO: 372/S03

DURATION:

OCTOBER/NOVEMBER 2014 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

1. Answer ALL questions

This paper consists of 3 printed pages.

SECTION A - Food Preparation

QUESTION 1

- a) Define the term hygiene. (2 marks)
- b) State five ways of preventing food poisoning. (5 marks)
- c) Explain the cleaning procedure for large and small equipment. (4 marks)

QUESTION 2

- a) Explain five points to consider when preparing stock. (5 marks)
- b) What is the difference between brown and white stocks. (2 marks)
- c) Distinguish between blond and brown roux. 2 marks)
- d) State any two sauces made from a basic bechamel sauce. (2 marks)
- e) Define the term “sauce supreme”. (2 marks)

QUESTION 3

- a) Give any two dry and two moist methods of cooking food. (4 marks)
- b) Explain radiation and conduction as principles of cooking food. (4 marks)
- c) What is the effect of heat on food when preparing food containing carbohydrates. (3 marks)

QUESTION 4

- a) What causes a consommé to become cloudy. (4 marks)
- b) State any two reasons why fish stock should simmer for only 30 minutes. (2 marks)

SECTION B

QUESTION 5

- a) State the three categories of hor-d'oeuvre. (3 marks)
- b) Give four cold sauces which are prepared in the cold kitchen. (4 marks)
- c) State and explain three techniques associated with cold preparation. (6 marks)
- d) Which of the following cold causes could accompany these meat dishes.
- i) Horseradish sauce. (1 mark)
 - ii) Mint sauce. (1 mark)
 - iii) Tartare sauce. (1 mark)
 - iv) Remoulade sauce. (1 mark)
- c) List any three compound salads which are prepared in the cold kitchen. (3 marks)

QUESTION 6

- a) Briefly explain the following cuts of fish.
- i) Steaks. (2 marks)
 - ii) Fillets. (2 marks)
 - iii) Goujons. (2 marks)
 - iv) Suprêmes. (2 marks)
- b) List any three ways of preserving fish. (3 marks)

QUESTION 7

- a) State and explain three degrees of cooking meat. (6 marks)
- b) Draw and clearly label the cuts obtained from a fillet of beef. (4 marks)
- c) State any four joints obtained from a hindquarter of beef and on each suggest suitable methods of cooking. (8 marks)

QUESTION 8

- a) Give three points to consider when preparing pasta. (3 marks)
- b) Name one pasta dish. (1 mark)

QUESTION 9

- a) State any three vegetable cuts. (3 marks)
- b) State and explain two purchasing points of root vegetables. (3 marks)

.....lv