



ZIMBABWE

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

**HIGHER EDUCATION EXAMINATIONS COUNCIL
(HEXCO)**

NATIONAL CERTIFICATE

IN

PROFESSIONAL COOKERY

SUBJECT: Food Preparation, Larder and Commodities Theory **PAPER NO: 372/13/S06A**

DURATION: 3 Hours

MARCH/APRIL 2021 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATES

Answer all questions

This paper consists of 3 printed pages.

PAPER NO: 372/13/S06A - FOOD PREPARATION, LARDER AND
COMMODITIES THEORY

QUESTION 1

- a) i) Highlight any two (2) points to be considered when preparing stocks. (2 marks)
ii) Give four (4) examples of sauces made from velouté. (4 marks)
- b) Suggest five (5) functions of the 'chef garde manger'. (5 marks)
- c) i) Differentiate scalds from burns. (2 marks)
ii) Explain the three (3) methods of extinguishing fire. (2 marks)

QUESTION 2

- a) i) Define deep fat frying (1 mark)
ii) State any three (3) reasons for coating food before deep frying. (3 marks)
iii) Explain the three (3) methods of coating fish for deep frying. (6 marks)
- b) i) Give two (2) examples of bulb vegetables (2 marks)
ii) Write down any three (3) ways of preserving vegetables (3 marks)

QUESTION 3

- a) i) List two (2) quality points to consider when buying beef. (2 marks)
ii) Name four (4) cuts obtained from the fillet of beef. (4 marks)
iii) Distinguish between lamb and mutton. (2 marks)
- b) Explain the following processes in milk production
i) Pasteurisation (3 marks)
ii) Sterilization (3 marks)
- c) i) Give four (4) considerations to be observed when purchasing fresh fruits. (4 marks)
ii) Identify any two (2) types of traditional cereals in Zimbabwe. (2 marks)

QUESTION 4

- a) i) Describe how to cut chicken for sauté. (7 marks)
ii) List any three (3) joints of pork. (3 marks)
- b) i) State any two (2) points to be considered when cooking pasta. (2 marks)
ii) Outline any five (5) uses of eggs in food preparation. (5 marks)
iii) Name any three (3) deep fried potato dishes. (3 marks)

QUESTION 5

- a) Explain the following terms in relation to cuts of fish
- i) Paupiettes (1 mark)
 - ii) Goujons (1 mark)
 - iii) Fillets (1 mark)
 - iv) Supreme (1 mark)
 - v) Darne (1 mark)
- b) i) Outline the steps in the preparation of white Sadza (7 marks)
ii) Name any three (3) traditional protein dishes. (3 marks)
- c) Define the following types of vegetarians
- i) Ovo-Vegetarian (2 marks)
 - ii) Lacto-Ovo vegetarian (2 marks)
 - iii) Vegan (1 mark)
- d) Identify any three (3) protein sources for vegans (3 marks)
- e) i) Define the term hors-d'oeuvres (2 marks)
ii) State any five (5) compound salads (5 marks)

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