



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: 372/13/S06A

DURATION: 3 Hours

OCTOBER/NOVEMBER 2019 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

Answer all questions.

This paper consists of 3 printed pages.

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COMMODITIES THEORY

QUESTION 1

- a) Match the following dishes to the members of the kitchen brigade.
- | | | | |
|------|---------------|---------------------|----------|
| i) | Croissants | L'entremettier | (1 mark) |
| ii) | Ratatouille | Le petit de je neur | (1 mark) |
| iii) | Chicken broth | Le boulangerie | (1 mark) |
| iv) | Fish meunière | Le poissonier | (1 mark) |
| v) | Grilled bacon | Le potager | (1 mark) |
- b) i) Define poaching. (2 marks)
- ii) Suggest any five (5) food items that are suitable for poaching. (5 marks)
- iii) Give two (2) advantages and two (2) disadvantages of poaching. (4 marks)

QUESTION 2

- a) Define First Aid. (2 marks)
- b) Complete the following table.

	Type of fire risk	Suitable extinguisher	
i)	Fire involving wood, paper and other ordinary combustible material	—	(2)
ii)	Fire involving flammable liquids e.g. oil, fats, spirits	—	(2)
iii)	Fire involving live electrical appliances	—	(2)

- c) Describe the preparation of White roux and blond roux. (6 marks)

QUESTION 3

- a) Briefly explain the cooking and presentation of, "fish meunière". (5 marks)
- b) Highlight five (5) quality purchasing points of eggs. (5 marks)
- c) Name any five (5) vegetable cuts. (5 marks)

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QUESTION 4

- a) i) Draw and label a beef fillet. (4 marks)
- ii) Identify any one (1) menu example involving beef fillet. (1 mark)
- iii) Write down the four (4) degrees of grilling meat. (4 marks)
- b) Give any two (2) potato dishes that can be made from the duchess mixture. (2 marks)
- c) Describe the following farinaceous dishes.
- i) Spaghetti napolitaine (1 mark)
- ii) Spaghetti Italienne (1 mark)

QUESTION 5

- a) Explain the term “ethnic cuisine”. (2 marks)
- b) Identify any four (4) Zimbabwean cultural traditional dishes. (8 marks)
- c) Suggest any five (5) foods to be avoided when preparing meals for a coronary heart disease patient. (5 marks)
- d) Give the appropriate dressing for the following salads.
- i) Waldorf salad (1 mark)
- ii) French salad (1 mark)
- iii) Mimosa salad (1 mark)
- e) Name any four (4) types of sandwiches that can be produced in the Larder section. (4 marks)

QUESTION 6

- a) List three (3) herbs and three (3) spices used in the food preparation kitchen. (6 marks)
- b) Identify any five (5) cuts of pork. (5 marks)
- c) Write down any four (4) points to be considered when purchasing chicken. (4 marks)
- d) i) Define game. (1 mark)
- ii) Classify game and give one example for each. (4 marks)
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