



ZIMBABWE

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

**HIGHER EDUCATION EXAMINATIONS COUNCIL
(HEXCO)**

NATIONAL CERTIFICATE

IN

PROFESSIONAL COOKERY

MODULE: Food Preparation Theory

PAPER NO: 372/22/M03A

DURATION: 2 Hours

MAY/JUNE 2024 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

- 1) Answer ALL questions.
- 2) Start each question on a fresh page.

This paper consists of 3 printed pages.

PAPER NO: 372/22/M03A-FOOD PREPARATION THEORY

QUESTION 1

- a) Outline any six (6) responsibilities of the “chef de cuisine”. (6 marks)
- b) Identify any four (4) items that are part of the chefs uniform. (4 marks)

QUESTION 2

- a) Classify sauces and give two (2) examples from each class. (9 marks)
- b) State any four (4) qualities of a good sauce. (4 marks)
- c) Define the following culinary terms:
- i) Bouquet garni (1 mark)
 - ii) Skimming (1 mark)
 - iii) Mirepoix (1 mark)
- d) Complete the table below

Vegetable	Class
Broccoli	
Peas	
Asparagus	
Rape	
Green pepper	
carrots	

(6 marks)

- e) State eight (8) factors which contribute to cloudiness in a clear soup. (8 marks)

QUESTION 3

- a) Briefly explain how beef carbonade is prepared. (6 marks)
- b) Identify any five (5) cuts that are obtained from the fore quarter of beef. (5 marks)
- c) Draw and label the fillet of beef. (6 marks)
- d) Identify any three (3) beef offals. (3 marks)

QUESTION 4

Suggest the most suitable method of cooking for the following beef joints

- | | |
|------------------|----------|
| a) Top side | (1 mark) |
| b) Shin | (1 mark) |
| c) Fillet | (1 mark) |
| d) Rump steak | (1 mark) |
| e) Sirloin steak | (1 mark) |
| f) Silver side | (1 mark) |

QUESTION 5

- a) Mention five (5) sambals which accompany chicken curry dishes. (5 marks)
- b) Name any six (6) egg dishes that can be prepared in the kitchen. (6 marks)
- c) Identify any three (3) points to be considered when buying bacon. (3 marks)
- d) Identify any five (5) preservation methods for various commodities and give ten (10) examples. (10 marks)

QUESTION 6

- a) Describe the following cuts of fish:
- | | |
|--------------|----------|
| i) Darne | (1 mark) |
| ii) Goujon | (1 mark) |
| iii) Supreme | (1 mark) |
- b) Suggest any four (4) quality purchasing points of fish. (4 marks)
- c) Mention three (3) sauces which accompany fish dishes. (3 marks)

.... /fk