



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 and Theory**

PAPER NO: 372/18/S06A

DURATION: 3 Hours

MARCH/APRIL 2023 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

Answer all questions.

This paper consists of 4 printed pages.

PAPER NO: 372/18/S06A – FOOD PREPARATION LARDER AND COMMODITIES
THEORY

QUESTION 1

- a) State any five (5) duties of the head chef. (5 marks)
- b) Define the following culinary terms:
- i) Blanching (1 mark)
 - ii) Sauté (1 mark)
 - iii) à la dente (1 mark)
- c) State the importance of the following components of the chefs uniform.
- i) Neck tie (1 mark)
 - ii) Double breasted jacket (1 mark)
 - iii) Safety shoes (1 mark)
 - iv) Chef's hat (1 mark)
- d) Briefly explain the following terms:
- i) Food poisoning (2 marks)
 - ii) Cross contamination (2 marks)

QUESTION 2

- a) Explain the following methods of heat transfer.
- i) Radiation (2 marks)
 - ii) Convention (2 marks)
- b) List two (2) purposes of poaching food. (2 marks)
- c) State two (2) advantages of baking. (2 marks)
- d) Identify two (2) techniques associated with deep frying food. (2 marks)

QUESTION 3

- a) i) State three (3) thickening agents for sauces. (3 marks)
- ii) List three (3) sauces derived from a basic béchamel sauce. (3 marks)
- b) State any three (3) variations of fish meunière. (6 marks)
- c) Suggest suitable sauces for the following dishes.
- i) A glazed fish dish (1 mark)
- ii) Roast chicken (1 mark)
- iii) Cornish vegetable pie (1 mark)
- d) Justify any five (5) considerations prior to menu planning. (5 marks)
- e) i) Plan a four (4) course menu for a couple on a valentine's day. (4 marks)
- ii) Explain three (3) considerations which determine portion size when dishing food for customers. (3 marks)

QUESTION 4

- a) Outline the stages followed in the preparation of rapoko sadza. (5 marks)
- b) Identify two (2) processing methods of convenience foods and name three examples. (5 marks)
- c) Identify three (3) major ingredients required for the preparation of fresh pasta. (3 marks)

QUESTION 5

- a) i) State four (4) cuts that can be obtained from a beef fillet. (4 marks)
- ii) Identify seven (7) good quality purchasing points of pork meat. (7 marks)
- iii) Mention three (3) potato dishes which can be made from duchess mixture. (3 marks)
- iv) Briefly describe the following vegetable cuts
- i) julienne
 - ii) jardinière
 - iii) brunoise
 - iv) paysanne
- (5 marks)
- b) Suggest five (5) reasons why people choose to become vegetarians. (5 marks)

QUESTION 6

- a) i) Explain the procedure in the preparation of mayonnaise sauce. (4 marks)
- ii) Differentiate a simple salad from a composite salad, giving one example of each. (4 marks)
- b) Define the following terms as they are used in the cold kitchen:
- i) Seasoning (1 mark)
 - ii) Dressing (1 mark)

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