

# SECTION I: Choose and answer any six (6) questions

(01) A cook someone who is a specialist to prepare food. Explain the size of hen's eggs on graded white prepare egg dishes?

Answer:

You have two (2) proposed correct answers.

Sizes of eggs should be:

1) Very large: 73g      size 0  
size 1      / 1.

2) Large: 63-73g      size 1  
size 2.      / 1.5

3) Medium: 53-63g      size 3  
size 4.      / 1.5

4) Small: 53g and under      size 5  
size 6  
size 7.      / 1

/ 5

or second proposed answer is following.

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write in  
this margin

Size of egg	Weight/g	old sizing
Large	70 <del>60-70</del>	0-1 1/4
Medium	60-70	2-3/2
Small	50-60	4-5/2

1/5

Q2. Enumerate at least six different cuts of vegetable can be used while prepare vegetable dishes.

Answer

Cuts of vegetables:

1. Large mirepoix 1/4

4. Sliced Courgette 1/4

2. Small mirepoix 1/4

5. Turned Vegetables 0.5

3. Paysanne 1/4

6. Julienne 0.5



7. Boumisse.

8. large block of mochi

9. finely diced onion.

10. Tomato petals.

11. Tomato Concasse.

12. Carrot block.

13. Carrot Strips.

14. Jardinière.

15. Macédoine.

5

1 mark for each correct answer (no 1 to 4), 0.5 mark for (no 5 and 6)

(3) Specify different tools used for preparing stock

Answer

tools used for preparing stock are:

1) Stock pot and large sauce pan / 10.5

2) Clear soup (Consommé) / 10.5

2. Ladle / 0.5

3. Colander / 0.5

4. Conical strainer / 0.5

5. Cream drupe Basins/bowl. / 0.5

6. ~~Basque or Chowder soup~~. Muslin cloth. 0.5

15

In addition, for a brown cooking time stock, a roasting tray or frying pan is needed. / 2.

(4) Fix the minimum cooking times for different types of basic stocks

Answer: The minimum cooking times for different types of stock are:

- vegetable stock - 30 minutes / 1

- Chicken stock - 2 minutes hours / 1

- Fish stock - 20 minutes. / 1

- Beef stock - 4 to 6 hours. / 1

- Game stock - 2 hours / 1.

15

(5) Different soups are needed as starts. provide six (6) types of soups.

Answer:

- Types of soup are =
- Unfaced soups / 1
  - Clear soup (Consommé) / 1
  - Purées / 1
  - Cream soups / 1
  - Bisque or Chowder soups / 0.5
  - Cold soups / 0.5

/ 5

(6) Answer by true or false:

Minestrone soups should be consumed by vegetarians according to their composed ingredients.

The answer is true. Minestrone soups should be consumed by vegetarians according to their composed ingredients. / 5

/ 5

(7) Provide at least six thickening agents used

# of Sauces

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Answer:

Thickening agents used when preparing

Sauces are:

1. Roux |
2. Egg yolks |
3. Sabayana |
4. Beurre manie |
5. Bread | 0.5
6. Vegetables and potatoes | 0.5
7. Fresh fruits
8. Corn flour and fléule
9. Butter
10. Sugar
11. Various nuts.

1 mark for each correct cuts (no 1 to 4), 0.5  
mark for (No 5 and 6).

/5

Q List the main types of rice available for preparing rice dishes.

Answer:

The three main types of rice available for to prepare rice dishes are:

1. Long grain rice /1.5
2. Short grain rice /1.5
3. Round grain rice /1.

/5

Q List the main ingredients used to make pasta dough.

The main ingredients used to make pasta dough are.

1. Wheat flour /1.5
2. Eggs /1.

(3) Liquid (water & oil) / 2

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15

(10) Which liquids are used when preparing sauces.

Answer:

The liquid used when preparing sauces:

1. White Stock / 2

2. Brown Stock / 2

3. Milk, cream and yoghurt / 1

4. Vegetable and fruit juices / 1

5. Water, Beer, wines (white & red), vinegar, / 1

Various oils, lemon juice / 1

6. Meat juices / 1

7. Court bouillon.

15



Five correct types are enough  
for 5 marks.

(11) Give the different ways used  
or how to blanch tomatoes to  
remove their skins

Answer: Blanch tomatoes to remove their  
skins.

1. Use a paring knife to remove the eye of  
the tomatoes. Make a cross-incision on the  
underside of the tomatoes. / 2.5

2. Use a slotted spoon to plunge the tomatoes  
into boiling water for ten seconds. / 2.5

3. Remove the tomatoes and immediately refresh  
them in a bowl of iced water. / 2.5

4. When cool, the skin should easily peel. / 2.5

away with the help of a paring knife.

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(12) what is the procedures to prepare Spaghetti bolognaise?

procedure to prepare spaghetti bolognaise:

1. Sweat onions in the oil until tender. do not colour them. ||

2. Add the ~~gar~~ garlic and the minced beef ||

3. Cook until the beef separates into individual small pieces, then add the tomato and mixed herbs! ||

4. Add the beef jus or brown sauce and bring to the boil. Season and simmer for 30 minutes ||

5. Boil the spaghetti in salted water for 10-15 minutes for dried pasta, 5 minutes for fresh pasta.  
When cooked, drain in a colander

And lightly refresh under cold water

6. Heat the butter in shallow sauce pan. Add the spaghetti season well and stir until thoroughly reheated

7. Place the spaghetti in a serving dish with the hot bolognese sauce in the center. Serve with more parmesan cheese.

Note: Respect the procedure order.  
Remarks.

(13) Specify the main functions of sauce in food preparation.

Answer

The main functions of sauces in food are:

1. To thicken soups and stews, eg:

bechamel sauce for cream of leek soup and  
veloute for white veal stew. /L

2. To enhance the flavor of dishes, eg. Tomato sauce  
Served with Fried fillet of Cold cod in batter  
/L

3. To provide the main body for savoury and  
sweet dishes, eg: ~~bechamel~~ sauce for  
welsh rarebit and mustard sauce  
/L

4. To moisten savoury and sweet dishes, eg: Bechamel sauce for  
Curry sauce with corn croquettes and apricot sauce  
with pineapple fillers. /L

5. To increase the nutritional value of dishes  
eg. Hollandaise sauce with fresh asparagus  
served hot and Normandy sauce with boiled  
cauliflower /L

146) When preparing tomato sauce what do you understand by blending or liquidizing?

a) When preparing sauces, what is the correct temperature used for:

a) Cooking of sauce?

b) Holding of sauces?

c) Service of sauces?

d) Storage of sauces?

Answer:

A. The correct temperature used when preparing sauces of:

a) Cooking of sauces is  $100^{\circ}\text{C}$  / 2.

b) Holding of sauces is  $75^{\circ}\text{C}$  / 2.

c) Service of sauces is  $65^{\circ}\text{C}$  / 2.

d) Storage of sauces is  $4^{\circ}\text{C}$  / 2

B. Blending or liquidizing / 2

Blending or liquidizing is to mix two or more ingredients together in the food processor or liquidizer.

(15) As cook enumerate the ingredients needed have braised or pilaf rice and explain if your customers on how to prepare it appropriately

Answer DB: Quantity of ingredients should be tolerated.

Braised or pilaf rice:

portions:

1. Butter or oil 50g / 0.5
2. Onion chopped 25g / 0.5
3. Rice, long grain, white or brown / 0.5
4. White stock (preferably chicken) / 0.5
5. Salt, mill pepper / 0.5
6. Butter, to finish 50g / 0.5

Preparation procedures: / 5

1. place the butter or oil into a small saucepan add onion / 1
2. Cook gently without colouring for 2-3 minutes  
add the rice. 0.5
3. Cook gently without colouring for 2-3 minutes 0.5
4. Add twice the amount of stock to rice / 0.5
5. Season, cover with buttered paper, bring to the  
boil / 0.5
6. Place in a hot oven (230-250°C) for approximately  
15 minutes, until cooked. / 0.5

7. Remove immediately into a cool saucepan / 0.5

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8. Carefully mix in the additional butter with a two-  
pronged fork / 0.5

9. Correct the seasoning and serve / 0.5

Respect of procedure order / 0.5 &

~~Procedure~~ preparation procedures: / 5

16. Explain how to cook hard-boiled eggs  
according to the appropriate portion.

Answer:

Cook hard-boiled eggs and fried eggs

according to their appropriate portion.

Cook hard-boiled eggs.

Allow 1 or 2 eggs per portion 1/1

1. Melt a little fat in frying pan, add the eggs.

2. Cook gently until lightly set. Set. serve  
on a plate or flat dish. 1/1

1/10