Cold preparation is popular for the following reasons:
- Visual appeal: when the food is attractively carefully arranged and garnished the customers can have their appetite stimulated.
- Efficiency: cold food can be prepared in advance facilitate to serve in a short space of time.
- Adaptability: easy to serve or to arrange on the buffet.

CULINARY TECHNOLOGY 2013
SECTION I

1. Why do food manufacturers add emulsifiers in the preparation of many food products?
   - To preserve the food
   - To avoid deterioration
   - To keep food in good condition
   - For good appearance
   - To improve texture
   - Keep vegetable oil suspended in water
   - Taste
   - Flavor
   - Value

2. What possible causes of failure are in dries Butter Cakes?
   - Very high temperature
   - No respect of ingredients quantities
   - Low temperature of the oven
   - Wrong ingredients/ inappropriate ingredients
   - No respect of preparation procedure
   - Too much beating
   - Egg white too stiff

3. Explain why we cook vegetables from the cabbage family, uncovered the first few minutes of cooking time?
   - Remove toxic substances
   - To dry the preparation
   - To remove bad smell
   - To allow evaporation
   - To avoid dark color

4. Name the chief function of garnishing:
   To increase food value
   To give good appearance
   To increase food value
   To increase the flavor
   To add nutrients

5. Outline the different types of menu:
   Table d’hote menu
6. Define “Roasting”
Roasting is a dry cooking method in the oven generally used for meats

7. List the 3 types of measuring equipment in food preparation
   Dry measuring cup
   Liquid cup
   Measuring spoon
   Scales

8. List down 4 kinds of sling and cutting tools in food preparation
   Peeler
   Knife
   Slicer
   Chef’s knife
   Slicing knife
   Bread knife
   Cutting board
   Grater
   Carving knife

9. Name 3 mixing tools in food preparation
   Mixing bowls
   Rubber scraper
   Blender
   Wooden
   Wire whisk
   Rotary beater
   Flour sifter
   Wooden spoon

10. What is the difference between a saucepan and a pot?
   Sauce pan: is a container with a long handle used in food preparation
   Pot: a container with two handles normally with a lid used in food preparation

11. What is a recipe?
   A recipe is a document showing the ingredients, name and procedures of preparing a given food

12. Outline four (4food) preparation hints of pasta and rice
   Cook the pasta not mushy and not hard
   Add a small amount of oil to the boiling water used to cook spaghetti or macaroni to keep it from sticking together
   To make the rice whiter, easier to separate and more flavorful, add 1 teaspoon of lemon juice for each cup of water to the cooking water
For flavorful rice, add 2 tsp of grated orange rind for each quart of water used for cooking the rice.

13. Define the preparation terms below:
   Bake: to cook at dry heat in oven
   Boil: to cook in a liquid at the boiling temperature
   Broil: is to cook under heat source
   Cook by direct heat
   Caramelize: is to dissolve sugar under heat effect until it become brown
   Creamed: substance with creamy consistency or
   Food cooked in or served with a white sauce

14. List down all information a good recipe should contain
   Name
   Materials
   Portions
   Cooking method
   Ingredients
   Cooking time
   Quantities
   Techniques
   Temperature
   Nutrients

SECTION II

15. a) Describe the procedures of preparing rice salad
   b) What are the five (5) descriptions of good quality in pastry?

   a) PROCEDURE OF RICE SALAD
   Cook rice in salted boiled water
   Cook vegetables (peas, carrots, French beans) separately in boiled salted water
   Cool rice and vegetable
   Cut fresh tomatoes into dices
   Mix all ingredients together
   Dress with vinaigrette sauce
   Dress lettuce on the plate
   Put the preparation on the lettuce
   Collect the seasoning
   Garnish
   Serve

   b) GOOD QUALITY IN PASTRY
      - Softness
      - Good texture
      - Good appearance
      - Taste good
      - Not very heavy
16. a) Indicate ten (10) methods which lead to achieving good quality in cooked vegetables

b) Define the preparation terms below:
   a) Garnishing
   b) Melt
   c) Knead
   d) Stock
   e) Scallop

a) TEN METHODS WHICH LEAD TO ACHIEVE GOOD QUALITY IN COOKED VEGETABLES
- Cook in minimum amount of liquid
- Use a quick cooking method
- Use moderate heat
- Wash before peeling
- Cut after washing
- Boil in salted water to retain color
- Cut vegetable in same shape
- Don't cut into very small pieces
- Cook in boiling water
- Cook for short time
- Do not over cook
- Avoid soaking vegetables
- If possible steam rather than boil
- Do not add water to canned vegetables
- Follow recipe instruction
- Cook vegetables uncovered at the beginning

b) DEFINITION
   a) Garnishing: to add an edible item to the in order to make it attractive
      To decorate a food to make it more attractive
   a) Melt: to dissolve a fat by putting it on the fire
   b) Knead: to mix with hands a liquid and other substances in order to obtain a dough
   c) Stock: is a liquid containing some of the soluble nutrients and flavours of food extracted by prolonged simmering
   d) Scallop: is type of shellfish, mollusk, seafood
      To bake food in a sauce or other liquid

17. a) Indicate the procedures of recipe of baked fish au gratin

b) Enumerate at list ten (10) different types of cooking
a) PROCEDURE OF PREPARING BAKED FISH AU GRATIN
   - Make the preliminary preparation of fish
   - Season and coat the fish
   - Place the fish on the greased baking tray
   - Put in the preheated oven
   - Cook for few min
   - Remove from the oven
   - Sprinkle the grated cheese on the fish
   - Return it in the oven to melt the cheese
   - Remove from the oven
   - Serve with lemon quarters

b) TEN TYPES OF COOKING
   1. Baking
   2. Boiling
   3. Grilling
   4. Braising
   5. Steaming
   6. Stewing
   7. Roasting
   8. Broiling
   9. Frying
   10. Simmering
   11. Poaching
   12. Blanching
   13. Microwave
   14. Bag paper

18. Describe the procedures of preparing spaghetti with meat sauce
   - Melt butter in a sautéuse
   - Add minced meat
   - Add chopped onion and garlic
   - Add tomato purée
   - Add tomato paste
   - Add stock and herbs
   - Season
   - Simmer until tender
   - Correct the seasoning
   - Cook spaghetti in boiling salted water+oil
   - Cook for about 12-15min
   - Drain well
   - Serve with the sauce
   - Serve grated cheese separately

19. a) Describe the procedure for preparing cheese sauce?
b) What is the importance of using standard measuring equipment and following measuring techniques during food preparation?

a) PROCEDURE FOR PREPARING CHEESE SAUCE
- Start preparing white roux by cooking together equal quantities of flour and butter without colour
- Add cold milk continuously
- Mix to get béchamel sauce
- Add grated cheese to get cheese sauce

b) IMPORTANCE OF USING STANDARD MEASURING EQUIPMENTS DURING FOOD PREPARATION:
- To get standard portions
- To get standard qualities
- To ensure standard palatability
- Avoid wastage
- To facilitate control
- Balancing ingredients
- Facilitate qualities management