

- Dressing

B) Cold preparation is popular for the following reasons

- **Visual appear:** 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**

- A la carte**
- Banqueting**
- Collective**
- Fixed**
- Cycle**
- Dietetic**
- 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 slicing 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 (4) food 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

- Golden brown color
- Flaky to semi flaky
- Rough and blistery surface
- Crust clings evenly to edge
- Good smell

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 sauteuse
- 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