

ANSWERS

CLASSROOM ACTIVITY 1 (p. 18)

Have a class discussion about the given topic.

CLASSROOM ACTIVITY 2 (p. 25)

- The cold food preparation and warm food preparation.
- The vegetable preparation area and the meat and fish preparation area.

EXTRA ACTIVITIES (p. 27)

1. Receiving goods area
Storage area
Preparation area
Final preparation area
Plating area
Pass / service area: Washing up
Trash and garbage area
Office of the Chef d’Cuisine (9)
2. 2.1 Below 0°C (1)
2.2 Between 5 - 63°C (2)
3. The learners can do the layout in any logical order to ensure good workflow. Note the following:
The toilet must move out of the kitchen – hygienic reasons (2)
Hand wash facilities must be near to the entrance – wash hands before working with food (2)

Possible layout:



SUGGESTIONS / TIPS / EXTRA INFORMATION

Learners enjoy making a successful cake in class. Be sure to demonstrate or having resources that explain various techniques such as working with chocolate, etc. beforehand. Allow learners enough time to plan before attempting this practical class. You may consider using the practical as an entrepreneurial activity, where learners may sell the cake or slices thereof for a profit. Explain the opportunity to make money of baking treats for generating an income. It may be a useful application to do a proper costing on the cake and calculate the profit.

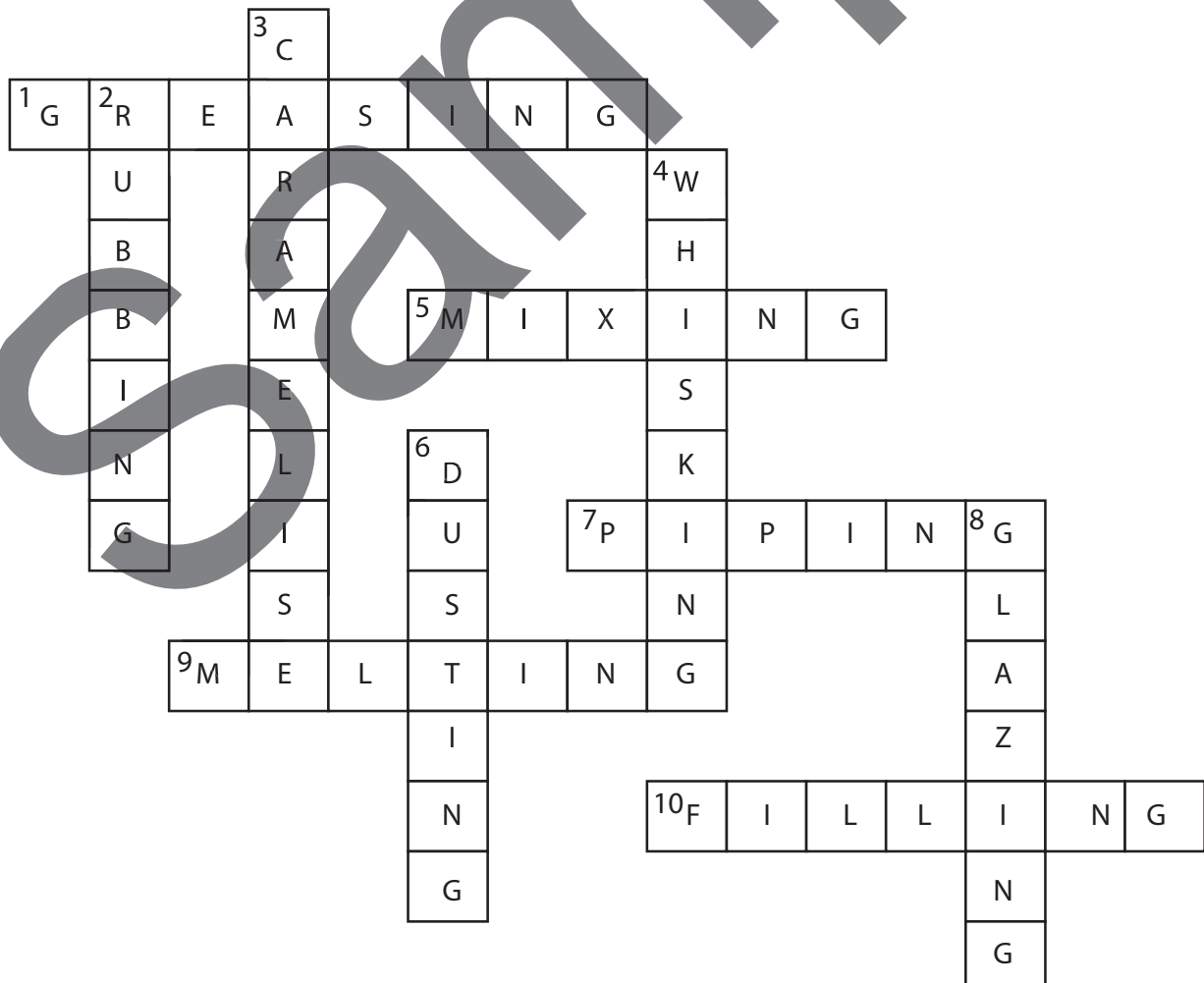
ANSWERS

CLASSROOM ACTIVITY 1 (p. 79)

1. Most learners will love this activity. Channel the excitement in a structured way to maximise learning so that it does not end up in an eating session without any learning taking place.

EXTRA ACTIVITIES (p. 87)

1. (10)



RECIPES

CHICKEN SCHNITZEL WITH LEMON

(4 Portions)

Ingredients

4 thin slices of veal or chicken
30 mℓ flour
3 eggs
25 g matzo meal
oil for frying
salt and ground black pepper
2 lemons, cut into wedges, to serve

Method

1. Pound the meat with a tenderising mallet until the slices are very thin. Toss the meat slices in the flour, seasoned with salt and pepper.
2. Beat the eggs in a shallow dish and put the matzo meal on a large plate. Dip the floured veal or chicken first into the beaten eggs then into the matzo meal, until well coated.
3. Heat about 1 cm of oil in a large frying pan and when it is very hot (test with a cube of bread) lower in some of the schnitzels in a single layer. Cook for about 5 minutes and then turn the slices over. Cook the other side for 5 minutes or until golden. Drain on a kitchen towel.
4. Arrange the cooked schnitzel on a serving plate. Serve with a lemon wedge while the meat schnitzel is hot.

TABBOULEH

(Serves 2-3)

Ingredients

125 mℓ bulgur wheat
7,5 cm piece of cucumber
1 tomato
2 spring onions
30 mℓ mint, freshly chopped
45 mℓ parsley, finely chopped
30 mℓ olive oil
15 mℓ lemon juice
salt and ground black pepper

Method

1. Cover the bulgur wheat with water and leave to soak in a bowl for about 30 minutes. Drain it through a fine sieve.
2. Peel and dice the cucumber. Skin the tomatoes by soaking for a minute in boiling water. Chop the flesh into small pieces, discarding the seeds. Slice the spring onions.
3. Mix the drained wheat with the vegetables and herbs. Whisk the oil with the lemon juice and seasoning and stir into the wheat. Chill until required, but serve at room temperature.



Possible Questions

1. Give the classification of the sauces in the two recipes.
2. What is the name of the margarine and flour mixture in the recipe below?
3. Suggest a dish that the Mornay sauce could be served with.

BECHAMEL SAUCE

*Béchamel sauce	Butter	Cake flour	Milk	Salt	Pepper
Thin:	6 mℓ	6 mℓ	100 mℓ	1 mℓ	Pinch
Medium:	12,5 mℓ	12,5 mℓ	100 mℓ	1 mℓ	Pinch
Thick:	20 mℓ	20 mℓ	100 mℓ	1 mℓ	Pinch

Method

1. Melt margarine over low heat and stir in the cake flour and the salt.
2. Remove it from the stove and add milk while stirring.
3. Place back on stove and stir continuously until the sauce thickens.
4. Boil for 3–5 minutes.

Variation:

Mornay sauce: Remove from the stove, add 25 mℓ grated cheese and stir.

CRÈME ANGLAISE (vanilla custard sauce)

Ingredients

1 egg yolk
 20 mℓ sugar
 Pinch of salt
 100 mℓ milk
 2 mℓ vanilla

Method

1. Heat milk in top part of double boiler.
2. Beat egg yolk, sugar and salt until pale yellow and thick.
3. Gradually pour scalded milk into egg yolk mixture while beating with a whisk.
4. Pour mixture back into the double boiler. Heat it slowly while stirring constantly, until it thickens enough to coat the back of a spoon.
5. Remove the top part of the double boiler from the heat and stir in the vanilla.
6. Strain through a fine strainer into a clean jug and cover.

Variations:

Coffee: Add 5 mℓ of coffee liqueur/coffee extract to the warm custard.

Almond: Omit vanilla and add ½ mℓ almond essence to the warm custard.

* This sauce can be served with a variety of desserts such as the one below.