

SUGGESTIONS/TIPS/EXTRA INFORMATION

The learners have studied menu planning in Grade 10 and 11. Use the menu on the CD, copy it and hand it out to every learner. This menu has been compiled for pescio-vegetarian that suffers from high cholesterol. Have a class discussion on all the mistakes that were made with the planning and writing out the menu. Correct all the mistakes and write the new menu out on the black / white board.

EVALUATION OF THE MENU THAT IS GIVEN AS INTRODUCTION TO MENU PLANNING

1. PRINCIPLES TO CONSIDER WHEN PLANNING THE CONTENT OF A MENU

1.1 Food

- Vary ingredients:
 - Never repeat basic ingredients, e.g. avocado soup and guacamole.
 - Don't serve too many heavy, starchy items such as bruschetta, oven baked potatoes and chocolate ravioli.
 - Don't serve too many rich foods, e.g. avocado cream soup, blue cheese bruschetta.
 - Don't serve vegetables from the same family in different dishes, e.g. courgette fritters and patti-pans.
- Textures are varied.
- Vary temperatures: Warm and cold foods often complement each other. Rather serve one green vegetable and add a salad to the meal.
- Vary flavours: Try not to repeat flavours, e.g. don't use strong flavours like thyme in more than one course – rosemary and thyme potatoes and the thyme-and-blue cheese bruschetta.
- Vary colours: Try to get a colour contrast, e.g. broccoli, the courgette fritters and the guacamole are all green.
- Vary shapes: Try to serve different shapes, e.g. avoid serving only round shapes like courgette fritters, potatoes and broccoli.
- Vary cooking methods: e.g. oven-baked chicken and oven-baked potatoes. Do not name methods like 'cooked' on the menu.
- Sensible nutritional balance: A selection of food with varying nutritional contents must be offered. Try to include food from each of the six different food groups.

1.2 Type of customers

- Special nutritional needs: This menu is not suited for someone who has high cholesterol. Many rich foods are included, e.g. avocado cream soup, blue cheese bruschetta, guacamole and the béchamel sauce.
- Religion or ethical issues: Pescio vegetarian diet does not include chicken.

1.3 Management

- Type of meal: Determine whether it is breakfast, lunch, dinner, a cocktail function or a banquet.
- Time of the year: Temperature of dishes will vary according to the season – do not serve a cold soup during winter.

SUGGESTIONS/TIPS/EXTRA INFORMATION

Ask learners to bring their calculators to school in order to do calculations in class.

Classroom activity 1 (p. 58)

1.

Calculation of prices for ingredients

Conversion where applicable:

$$\frac{? \text{ m}\ell \text{ (used in recipe)}}{250 \text{ m}\ell \text{ (conversion table)}} \times \frac{\text{g (supplied in conversion table)}}{1}$$

1.1

$$\frac{250 \text{ m}\ell \text{ (used in recipe)}}{250 \text{ m}\ell \text{ (conversion table)}} \times \frac{120 \text{ g}}{1}$$

= 120 g

$$\begin{aligned} \text{Price of ingredient} &= \text{purchase price} \times \frac{\text{number of units required by recipe}}{\text{purchase unit}} \\ &= \text{R18} \times \frac{120 \text{ g}}{2500 \text{ g}} \\ &= \text{R0.86} \end{aligned}$$

(3)

1.2

$$\frac{375 \text{ m}\ell \text{ (used in recipe)}}{250 \text{ m}\ell \text{ (conversion table)}} \times \frac{80 \text{ g}}{1}$$

= 120 g

$$\begin{aligned} \text{Price of ingredient} &= \text{purchase price} \times \frac{\text{number of units required by recipe}}{\text{purchase unit}} \\ &= \text{R9} \times \frac{120 \text{ g}}{500 \text{ g}} \\ &= \text{R2.16} \end{aligned}$$

(3)

1.3

$$\begin{aligned} \text{Price of ingredient} &= \text{purchase price} \times \frac{\text{number of units required by recipe}}{\text{purchase unit}} \\ &= \text{R12} \times \frac{75 \text{ m}\ell}{1000 \text{ m}\ell} \\ &= \text{R0.90} \end{aligned}$$

(2)

HOSPITALITY STUDIES

Grade 12: Meat - CAPS

Time: 60 minutes

Total 70

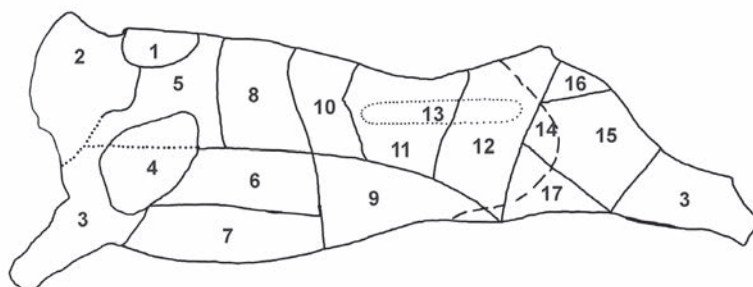
QUESTION 1

- 1.1 Match the correct accompaniment in column B with the meat dish in Column A. Write only the correct symbol in column B(A-E) next to the number on your answer sheet

COLUMN A - MEAT DISH	COLUMN B - ACCOMPANIMENT
1.1.1 Roast beef	A Apple sauce
1.1.2 Roast pork	B Caper sauce
1.1.3 Saddle of lamb	C Yorkshire-pudding
1.1.4 Beef steaks	D Mint sauce
	E Maitre d' hotel butter

(4)

- 1.2 Write the correct word / term for the description on the answer sheet
- 1.2.1 The presence of fat inside the connective tissue of the muscle.
 - 1.2.2 The thymus glands of veal or lamb.
 - 1.2.3 This meat juice is particularly valuable because of its nutritional value
 - 1.2.4 A post-mortem phenomenon set in due to the biochemical changes taking place within the muscle fibres.
 - 1.2.5 Boneless meat cut in the fore quarter.
 - 1.2.6 The meat cut obtained from the tail part (thinnest) of the fillet.
 - 1.2.7 A German dish consisting of raw mincemeat, a raw egg and salt.
 - 1.2.8 Portion size for a boneless meat cut.
 - 1.2.9 The process of covering the meat with suet or strips of bacon during the cooking period.
 - 1.2.10 Cubes of curried lamb meat on a stick.
 - 1.2.11 Give the term degree for rare meat with an internal temperature of 54°C.
 - 1.2.12 One example of local furred game.
 - 1.2.13 A delicacy of the Tswana people. This is meat cut into extremely small pieces with the bones removed. The meat is first boiled, then grounded before being put back into the pot and stirred until it becomes very fine.
- (13)
- 1.3 Match the correct number of the meat cut in column B as well as the name of the meat cut in column C to the beef cut in Column A Write only the correct symbol in column B and C next to the number on your answer sheet. A meat cut can be used more than once.



MEMORANDUM: HOSPITALITY STUDIES

Analysis of questions according to Bloom's taxonomy		Mark	LOWER ORDER Knowledge 30% [60]	MIDDLE ORDER Comprehension & Application 50% [100]	HIGHER ORDER Analysis, Evaluation & Synthesis 20% [40]
SECTION A:	QUESTION 1	40	40	-	-
SECTION B:	QUESTION 2	20	4	11	5
SECTION C:	QUESTION 3	40	3	19	18
	QUESTION 4	40	10	24	6
SECTION D:	QUESTION 5	30	-	25	5
	QUESTION 6	30	1	21	8
TOTAL		200	58	100	42

SECTION A: SHORT QUESTIONS

1.1	MULTIPLE CHOICE QUESTIONS	KNOWLEDGE
1.1.1	A	10
1.1.2	E	
1.1.3	B	
1.1.4	A	
1.1.5	D	
1.1.6	C	
1.1.7	A	
1.1.8	B	
1.1.9	D	
1.1.10	C	
1.2	MATCHING DESSERT ITEMS	KNOWLEDGE
1.2.1	E	5
1.2.2	A	
1.2.3	D	
1.2.4	C	
1.2.5	B	
1.3	CHOOSE CORRECT OPTIONS	KNOWLEDGE
1.3.1	B, C, D	3
1.3.2	B, E	2
1.4	MISSING WORD/S	KNOWLEDGE
1.4.1	barquette	10
1.4.2	crème anglaise	
1.4.3	left	
1.4.4	fortified	
1.4.5	lungs	
1.4.6	labour	



GENERAL QUESTIONS

1. What should be removed from the liver before cutting it in slices?
2. Which knife should be used to debone meat?
3. What is used to tie the meat into a roll ?
4. In which order are the ingredients used when you crumb meat?
5. Give the French word for the process of crumbing the meat.
6. Which type of meat is used for sosaties?
7. Which ingredient is used to bind or moisture the filling?

ANSWERS

1. The membrane on the liver.
2. Boning knife
3. Cotton string
4. First the flavoured flour, then the beaten egg , then the breadcrumbs and leave it to rest for 15 minutes.
5. Pané
6. Lamb or mutton.
7. Egg

BEEF AND SUN DRIED TOMATO PARCELS

(serves 4)

INGREDIENTS: FILLING

30mℓ olive oil
 1 onion, peeled and chopped
 2 garlic cloves, crushed
 60mℓ fresh breadcrumbs
 20g sun dried tomatoes
 125mℓ Feta, crumbled
 5mℓ sugar
 15mℓ fresh basil, chopped
 salt and black pepper, to taste
 8 beef schnitzels, about 500g
 45mℓ olive oil
 250mℓ beef stock
 15mℓ cake flour, to thicken

METHOD

1. For the filling, heat the olive oil in a heavy-based saucepan.
2. Add the onion and garlic and saute until soft.
3. Remove from the heat.
4. Add the remaining ingredients and mix well.