

**GAUTENG DEPARTMENT OF EDUCATION**



**RECIPES**

**HOME ECONOMICS  
PRACTICAL  
EXAMINATION**

**2004**

**GRADE 12  
HIGHER GRADE**

## HOME ECONOMICS HG

**PRACTICAL MARK:** 100  
**TIME:** 3 hours

**AIM:** To test the techniques and skills prescribed by the syllabus

### 1. PRACTICAL EVALUATION

- Continuous evaluation of practical work is to be conducted throughout the year.
- Every candidate must do a practical examination.
- The date/s of the practical examination of each school must be sent to the facilitator at least one week before the July holidays and the facilitator will attend one session for moderating the overall marks.
- These exams are to be conducted during the THIRD TERM as indicated by the circulars.

### 2. GENERAL GUIDELINES OF EXAMINATION

- HG candidates draw up and hand in a **4-course** menu and SG candidates draw up a **3-course** menu. **This is to occur during the practical examination.**
- The numbers of candidates to be moderated depends on the number of stoves available (Maximum of 8 candidates per session).
- The packet containing the recipes may be opened **five days** before the practical examination starts.
- Candidates receive the recipes **one day** before their scheduled practical examination day, and do the practical preparation according the attached form.
- Each dish should be evaluated with regard to texture, taste and appearance.

### 3. EVALUATION OF THE PRACTICAL EXAMINATION

- The attached memorandum is used for the evaluation of the practical examination.

### 4. HANDLING OF MARKSHEETS

- The working marksheets provided must be used to fill in the marks. Marks to be written in black ink only.
- A computer-generated marksheet will be forwarded to each school during the first week after the July holidays.
- The completed marksheets must be forwarded to the District Exam Co-ordinator by the end of August each year (or according to circulars).
- The moderated mark is **confidential**. The moderator will make adjustments if any, on the computer-generated marksheets on receipt thereof from the Examination Directorate.
- Principals are required to keep **copies** of all marksheets submitted.

**GAUTENG DEPARTMENT OF EDUCATION  
MEMORANDUM FOR PRACTICAL EXAMINATION:  
HOME ECONOMICS HG AND SG**

<b>SURNAME AND INITIALS:</b>				
<b>SCHOOL:</b>				
<b>EDUCATOR:</b>				
<b>DATE:</b>				
<b>ASSIGNMENT NUMBER:</b>				
<b>1</b>	<b>PREPARATION</b>	<b>MARKS</b>		<b>REMARKS</b>
1.1	Collecting and measuring	10		
1.2	Collecting and preparing equipment	10		
	<b>TOTAL</b>	<b>20</b>		
<b>2</b>	<b>NEATNESS AND HYGIENE</b>	<b>MARKS</b>		<b>REMARKS</b>
2.1	Personal neatness	5		
2.2	Neatness of work surface	10		
2.3	Cleanliness of stove	5		
2.4	Washing utensils during the practical session	10		
	<b>TOTAL</b>	<b>30</b>		
<b>3</b>	<b>METHOD OF WORK</b>	<b>MARKS</b>		<b>REMARKS</b>
3.1	Orderly and systematic method of work	10		
3.2	Correct use and handling of equipment	10		
3.3	Correct mixing and preparation methods	15		
3.4	Correct application of cooking methods and techniques	15		
3.5	Economical use of resources	10		
3.6	Application of safety precautions	10		
	<b>TOTAL</b>	<b>70</b>		
<b>4</b>	<b>COMPLETED DISH EVALUATION</b>	<b>MARKS</b>		<b>REMARKS</b>
4.1	DISH:			
	Appearance	10		
	Taste	10		
	Texture	10		
4.2	DISH:			
	Appearance	10		
	Taste	10		
	Texture	10		
	<b>TOTAL</b>	<b>60</b>		

<b>5</b>	<b>PRESENTATION</b>	<b>MARKS</b>		<b>REMARKS</b>
5.1	Correct presentation	5		
5.2	Preparation sheet	5		
	<b>TOTAL</b>	<b>10</b>		
<b>6</b>	<b>MENU: CORRECT LAYOUT</b>	<b>MARKS</b>		<b>REMARKS</b>
6.1	The word <b>menu</b>	1		
6.2	The type of meal	1		
6.3	Date: <ul style="list-style-type: none"> <li>▪ Appropriate for dishes chosen</li> <li>▪ Position</li> </ul>	1 1		
6.4	Correct order of Menu: <ul style="list-style-type: none"> <li>▪ Hors d'oeuvre</li> <li>▪ Soup</li> <li>▪ Fish</li> <li>▪ Main course (protein/vegetarian, starch, vegetables, salad)</li> <li>▪ Dessert</li> <li>▪ Coffee – not a course, must always appear on the menu.</li> </ul>	5		<b>HG</b> – four course menu <b>SG</b> – three course menu
6.5	Layout <ul style="list-style-type: none"> <li>▪ Centering</li> <li>▪ Balancing</li> <li>▪ Separation</li> <li>▪ Capital Letters</li> </ul>	1 1 1 1		
6.6	Choice of dishes <ul style="list-style-type: none"> <li>▪ Colour</li> <li>▪ Flavour</li> <li>▪ Texture</li> <li>▪ Cooking methods</li> <li>▪ Nutritional balance</li> </ul>	1 1 1 2 2		
	<b>TOTAL</b>	<b>20 ÷ 2</b>		
<b>7</b>	<b>CALCULATION OF MARKS</b>	<b>MARKS</b>		<b>REMARKS</b>
7.1	Preparation	20		<b>10%</b>
7.2	Neatness and Hygiene	30		<b>15%</b>
7.3	Method of work	70		<b>35%</b>
7.4	Completed Dish Evaluation	60		<b>30%</b>
7.5	Presentation	10		<b>5%</b>
7.6	Menu	10		<b>5%</b>
	<b>TOTAL</b>	<b>200</b>		
	<b>PERCENTAGE</b>	<b>200 ÷ 2</b>	<b>100%</b>	



**HOME ECONOMICS**  
**PRACTICAL EXAMINATION 2004**  
**GRADE 12**  
**HIGHER GRADE**

**TESTS**

1. Lemon chicken with herbed rice  
Baked sweet yeast dish - Swedish tea ring
  
2. Chicken curry with rice  
Chocolate Swiss roll
  
3. Curry mince / Soya mince with scone crust  
Spanish cream with chocolate sauce
  
4. Mince-Spinach Pie with tossed salad  
Vanilla soufflé with lemon sauce
  
5. Sweet-and-sour meat balls with rice  
Eclairs with custard filling
  
6. Vegetable quiche with Greek salad  
Steamed fruit pudding with caramel sauce
  
7. Moussaka / Vegetarian Moussaka  
Devonshire cake
  
8. Haddock Roulade and tossed salad  
Carrot Cake with cream cheese icing

## HIGHER GRADE – TEST 1

### LEMON CHICKEN WITH HERBED RICE

#### INGREDIENTS

200 g chicken breasts (2)

#### BATTER

125 ml	flour
2 ml	salt
	pinch pepper
5 ml	baking powder
½	egg
100 ml	milk
12,5 ml	oil
± 250 ml	oil for deep frying in small saucepan

#### LEMON SAUCE

½	small chopped onion
5 ml	oil
12,5 ml	cornflour + 25 ml water
65 ml	lemon juice
1	chicken stock cube
15 ml	brown sugar
12,5 ml	honey
1 ml	ground ginger
175 ml	Water

#### GARNISH

2 spring onions

#### METHOD

1. Sauté onion.
2. Make a paste with the cornflour and water.
3. Add the rest of the sauce ingredients to the sauté onion and heat the mixture until it thickens.
4. Skin and debone chicken breasts.
5. Pound the chicken slightly with a meat mallet then cut into 2,5 cm squares.
6. To make the batter: Sift flour, salt, pepper and baking powder. Make a well in the dry ingredients and stir in the egg, milk and oil. Whilst until smooth. (The batter should have a dropping consistency) If necessary, add 12,5 ml milk to thinner the batter.
7. Heat oil for deep frying in a saucepan.
8. Dip chicken pieces into the batter.
9. Fry a few chicken pieces at a time in deep hot oil until golden brown and cooked through.
10. Drain on absorbent paper and keep warm.
11. Arrange on a serving plate and spoon over the hot lemon sauce.
12. Garnish.
13. Serve with herbed rice.



## HIGHER GRADE – TEST 1

### HERBED RICE

#### INGREDIENTS

125 ml	rice
2 ml	salt
325 ml	chicken stock (½ cube / 5 ml chicken stock powder)
1	slice of lemon
15 ml	spring onions, finely sliced
20 ml	parsley, chopped
2 ml	dried marjoram

#### METHOD

1. Place rice, salt and chicken stock in a small saucepan and bring to fast boil for 5 minutes.
2. Add lemon slice, onion and herbs.
3. Cover, reduce heat and simmer until cooked and liquid reduce. (± 15 minutes)
4. Remove lemon slice, fluff up rice with a fork.
5. Serve with lemon chicken.

## HIGHER GRADE – TEST 1

### BAKED SWEET YEAST DISH

#### SWEDISH TEA RING

##### INGREDIENTS

625 ml cake flour  
2 ml salt  
50 ml sugar  
10 g instant dry yeast  
50 g margarine  
50 ml lukewarm milk  
1 egg, beaten  
±100 ml lukewarm water

##### FILLING

60 g margarine, soft and spreadable  
125 ml castor sugar  
5 ml cinnamon  
125 ml seedless raisins + boiling water

##### GLACÉ ICING

40 ml milk or water  
250 ml icing sugar (sifted)

##### METHOD

- Soak the raisins in the water.
1. Sieve the flour and salt and add sugar.
  2. Add the dry yeast and mix.
  3. Melt the margarine in the lukewarm milk.
  4. Add the milk mixture into the well in the flour mixture, together with the beaten egg and enough lukewarm water to form a soft dough.
  5. Knead the dough well for 10 minutes until smooth and elastic.
  6. Preheat the oven to 180°C.
  7. Grease a baking tray of 30 x 45 cm.
  8. Place the dough in a lightly greased mixing bowl, cover with greased plastic and leave to rise in a lukewarm place until double in volume (size) (± 15-20 minutes).
  9. Knock the dough lightly down.
  10. Roll the dough on a lightly floured surface into a rectangle of 25 x 45 cm.
  11. Spread the margarine lightly over the dough.
  12. Sprinkle with castor sugar, cinnamon and soaked raisins. Roll the dough up, starting with the wide side.
  13. Place the roll on the greased baking tray.
  14. Shape and roll into a ring and pinch the ends well together.
  15. Form a neat ring.
  16. Use kitchen scissors and cut 3 cm (2 fingers width) from the outside halfway to the inside of the dough, keeping it joined at the centre. Press fingers under each slice and turn each slice out with the cut side up so that the raisins are visible.
  17. Cover the tea ring with greased plastic. Allow ring to rise in a lukewarm place until double in volume.
  18. Bake in the preheated oven for 25-30 minutes or until golden brown.
  19. Mix the ingredients for the glaze icing until smooth and drizzle over the ring when cooled.

## HIGHER GRADE – TEST 2

### CHICKEN CURRY WITH RICE

#### INGREDIENTS

200 g	chicken breast (skinless and cubed)
1	medium onion thinly sliced
20 ml	oil
2,5 ml	crushed garlic and ginger (ready prepared/bought)
2,5 ml	crushed/fine jeero (cumin seeds) (optional)
2,5 ml	crushed/fine dhania (coriander)
2,5 ml	red chili powder (or cayenne pepper)
2,5 ml	turmeric powder
10 ml	curry powder (mild)
2 ml	salt
250 ml	chicken stock (½ cube / 10 ml chicken stock powder)
1	stick cinnamon
1	stick clove
10 ml	tomato paste
1	large tomato blanched and chopped
1	medium potato – peeled and divided into quarters

#### GARNISH

Fresh green chopped coriander leaves (or any appropriate garnishing)

#### METHOD

1. Use a heavy-based saucepan and heat the oil (not too big).
2. Sauté onion.
3. Add crushed garlic and ginger, jeero, dhania, red chili, turmeric, curry powder and salt and fry 4 minutes, stir occasionally. Ensure that onions do not burn
4. Reduce heat to low and add stock, chicken, cinnamon, clove and tomato paste. Simmer 10 minutes.
5. Increase to medium heat.
6. Add chopped tomatoes and stew for 7 minutes.
7. Add potato quarters and stew until potatoes are tender.
8. Remove cinnamon stick.
9. Garnish.
10. Serve with rice.

## HIGHER GRADE – TEST 2

### RICE

#### INGREDIENTS

125 ml	rice
300 ml	water
2 ml	salt
12,5 ml	chopped onion
20 ml	melted butter / margarine
2,5 ml	cumin seeds

#### METHOD

1. Boil rice in salt water for  $\pm$  12 minutes (Lid on).
2. Drain in colander and return to saucepan.
3. Sprinkle with 20 ml water and steam on low heat until soft.
4. Fry chopped onion and cumin seeds in butter and sprinkle over the rice.
5. Serve immediately.

## HIGHER GRADE – TEST 2

### CHOCOLATE SWISS ROLL

#### INGREDIENTS

2	eggs, separated
5 ml	vanilla essence
125 ml	castor sugar
125 ml	cake flour
2 ml	baking powder
	pinch of salt
25 ml	cocoa
50 ml	milk

#### FILLING

200 ml	cream
20 ml	sugar
1 ml	vanilla essence
	icing sugar

#### METHOD

1. Preheat oven to 200°C.
2. Prepare baking tray of 30 x 20 cm with baking paper / wax paper.
3. Beat egg yolks and vanilla essence in a large mixing bowl until light and foamy.
4. Gradually add castor sugar spoonful by spoonful, beat continuously. The mixture must be large in volume, thick and light yellow.
5. Sift dry ingredients thrice.
6. Fold the dry ingredients lightly in the egg yolk mixture, use a metal spoon or suitable apparatus. Fold in the milk.
7. Beat egg whites stiff in a large mixing bowl.
8. Fold the beaten egg whites lightly in the batter.
9. Pour mixture into the lined baking tray.
10. Bake for 10-12 minutes until cooked.
11. Turn out on a piece of slightly damp grease paper, or use a clean, damp tea towel cloth.
12. Pull baking paper completely off the Swiss roll.
13. Carefully cut off crusts with a sharp knife and roll without filling. Place seam-side down.
14. Cool completely.
15. Prepare the filling. Add the sugar and vanilla essence to the cream and beat till stiff.
16. Carefully unroll and cover the first 2/3 of Swiss roll with whipped cream and roll. Cream will spread to end.
17. Place on a serving platter.
18. Sift a layer icing sugar over the top of the Swiss roll.
19. Serve.

**HIGHER GRADE – TEST 3**  
**CURRY MINCE / SOYA MINCE WITH SCONE CRUST**

**MINCE MIXTURE**

**INGREDIENTS**

12,5 ml	oil
1	onion chopped
7 ml	curry powder
250 g	mince meat/hydrated soya mince
2 ml	salt
	pinch of pepper
½	green apple, grated
5 ml	apricot jam
150 ml	beef stock (¼ cube)

**SCONE DOUGH**

**INGREDIENTS**

225 ml	cake flour
3,5 ml	baking powder
1 ml	salt
3,5 ml	curry powder
35 ml	margarine
100 ml	milk (70 ml + 30 ml)

**FILLING**

**INGREDIENTS**

25 ml	margarine
25 ml	chutney
25 ml	sultanas/ raisins (soaked in boiling water)
12,5 ml	coconut

**GARNISH**

parsley

**METHOD**

1. Preheat oven to 180°C.
2. Grease a 20 x 16 x 4,5 cm ovenproof or any other suitable dish.
3. Heat the oil in a saucepan and sauté the onion until soft.
4. Add the curry powder and sauté for a further minute.
5. Add the mince and fry until brown (use a fork).
6. Add salt and pepper.
7. Core and grate the apple with the skin on.
8. Add the grated apple, apricot jam and water / stock to the mince mixture. Stew until it has a good gravy ± 10 minutes.
9. Transfer the cooked mince mixture to the prepared ovenproof dish.
10. To make the scone dough, sieve the dry ingredients together.
11. Cut or rub in the margarine until it resembles breadcrumbs.
12. Add the 70 ml milk, to form dough.
13. Roll out the dough on a lightly floured surface until it is 7 mm thick. Keep it rectangular in shape the size of a paper.
14. Drain the soaked sultanas. Place the filling ingredients in a food processor and pulp. (a fork can also be used).
15. Mix all the filling ingredients together and spread the filling over the dough.
16. Roll the dough up lengthwise and cut into 1cm slices.
17. Arrange the slices of rolled up scone dough on top of the mince mixture. Brush with remaining milk.
18. Bake for about 20-25 minutes or until the dough is cooked through and golden brown.
19. Garnish with parsley.

## HIGHER GRADE – TEST 3

### SPANISH CREAM WITH CHOCOLATE SAUCE

#### INGREDIENTS

250 ml	milk
40 ml	sugar
1	egg, separated
10 ml	gelatin
25 ml	cold water
5 ml	vanilla essence

#### METHOD

- A mould (or individuals) with a volume of  $\pm$  450 ml.
1. Scald (under boiling point) the milk in a double boiler and add the sugar.
  2. Beat the egg yolk with a fork and continue beating while adding a little of the milk mixture. Then add the rest of the milk.
  3. Return the mixture to the double boiler and heat until a thin layer coats the back of a metal spoon. Remove egg custard from the heat.
  4. Hydrate the gelatin in cold water.
  5. Disperse the hydrated gelatin in the warm egg custard mixture.
  6. Add the vanilla essence and mix.
  7. Allow to set partially until it reaches the viscosity of raw egg-white.
  8. Beat the egg-white stiff and fold into the custard mixture.
  9. Pour the custard mixture into a wet mould (450 ml capacity) or individual moulds which are then placed in a larger bowl that contains ice cubes and iced water. Allow to set.
  10. Un-mould on a wet plate.
  11. Decorate.
  12. Serve chocolate sauce in a small jug with the Spanish cream.

#### CHOCOLATE SAUCE

125 ml	sugar
20 ml	cocoa
62,5 ml	water
	pinch of salt
	pinch of cream of tartar
2 ml	vanilla essence
10 ml	margarine

#### METHOD

1. Mix sugar and cocoa in a small saucepan.
2. Add water, salt and cream of tartar and mix well.
3. Boil for 10 minutes. Stir occasionally to prevent mixture from boiling over.
4. Remove from heat and add vanilla essence and margarine.
5. Serve chocolate sauce in a small jug with the Spanish cream.

**HIGHER GRADE – TEST 4**  
**MINCE - SPINACH PIE WITH TOSSED SALAD**

**INGREDIENTS**

**PASTRY**

200 ml cake flour  
1 ml salt  
pinch mustard

80 ml oil  
10 ml cold milk  
pinch red pepper

**FILLING**

10 ml oil  
250 g mince meat  
2,5 ml salt  
2 ml crushed dried red chillies  
2 ml ground coriander  
4 spinach leaves, chopped  
1 medium brinjal, grated /chopped finely  
1 medium onion, chop finely  
125 ml grated cheddar cheese

**TOPPING**

1 egg, well-beaten  
125 ml milk

**METHOD**

1. Preheat oven to 200°C.
2. Heat oil in a heavy base saucepan.
3. Sear the mince to brown and savory. Add salt, chillies and coriander.
4. Add spinach, brinjal and onion and stew for 10 minutes.
5. Set aside to cool.
6. Sieve the dry ingredients of the pastry together. Beat the oil and cold milk together and mix with dry ingredients to form a dough. Press with finger tips in a pie dish (ovenproof casserole) 20 x 15 cm.
7. Fill with mince mixture and cover with grated cheese.
8. Beat egg and milk mixture and pour over filling.
9. Bake for 20-30 minutes or until topping sets.
10. Serve hot pie with a tossed salad.



## HIGHER GRADE – TEST 4 TOSSED SALAD

### INGREDIENTS

- 3 crisp lettuce leaves (washed and dried)
- ½ tomato (diced)
- ¼ English cucumber (sliced)
- ¼ green pepper (washed and pips removed)
- ¼ avocado (only if available) or green apple
- pinch of salt
- pinch of pepper
- 50 ml French salad dressing (ready prepared/bought)

### METHOD

1. Break lettuce leaves into pieces.
2. Dice tomato, slice cucumber and cut green pepper into strips.
3. Cube avocado / green apple.
4. Combine all ingredients lightly.
5. Season with salt and pepper.
6. Serve salad dressing in a container with the salad.
7. Garnish.

## HIGHER GRADE – TEST 4

### VANILLA SOUFFLÉ WITH LEMON SAUCE

#### VANILLA SOUFFLÉ INGREDIENTS

37,5 ml	butter or margarine
45 ml	cake flour
	pinch of salt
250 ml	hot milk
4	egg yolks, well beaten
40 ml	sugar
5 ml	vanilla essence
4	egg whites, beaten stiff

#### METHOD

1. Preheat oven to 160°C.
2. Grease the soufflé dish (18 cm diameter or volume of 1,25 litre or any other appropriate sized dish).
3. Prepare bain-marie by filling an oven pan with 2 –3 cm hot (not boiling) water and put in oven.
4. Melt the butter in a saucepan. Add the flour and salt and stir well while heating.
5. Remove mixture from heat and gradually add milk. Stir to prevent lumps.
6. Return to heat until the mixture thickens and is cooked. Stir continuously to prevent burning.
7. Remove from heat. Beat the egg yolks and sugar. Mix. Add vanilla essence and mix.
8. Stir in a quarter of the stiffly beaten egg whites to make it lighter.
9. Fold the rest of the egg white into the mixture.
10. Spoon the mixture into prepared soufflé dish and place in the bain-marie.
11. Bake soufflé for 25-30 minutes.
12. Serve immediately with a lemon sauce in a jug.

#### LEMON SAUCE (± 200 ml) INGREDIENTS

20 ml	butter/margarine
100 ml	sugar
½	egg (beaten lightly)
37,5 ml	lemon juice
25 ml	orange juice

#### METHOD

1. Melt butter in double boiler.
2. Add the sugar, dissolve.
3. Add beaten egg. Stir the mixture well.
4. Add lemon and orange juice gradually.
5. Stir continuously till the mixture thickens.
6. Serve in a jug with the vanilla soufflé.

## HIGHER GRADE – TEST 5

### SWEET & SOUR MEAT BALLS WITH RICE

#### INGREDIENTS

200 g	mince meat
12,5 ml	onion chopped
2 ml	salt
5 ml	vinegar
2 ml	fine coriander
pinch	nutmeg
5 ml	soya sauce
50 ml	soft fresh breadcrumbs
25 ml	flour
	oil for shallow frying

#### METHOD

1. Place mince meat in a mixing bowl.
2. Add chopped onion, salt, vinegar, coriander, nutmeg, breadcrumbs and soya sauce.
3. Mix well.
4. Shape the mince mixture into 6 mince meat balls.
5. Roll the meatballs in flour and press firmly so that they do not break during the stewing process.
6. Shallow fry the meat balls till brown.
7. Drain.

#### SWEET & SOUR SAUCE

½ tin	pineapple chunks (small tin 410g)
½	red pepper
1	baby marrow
½	carrot
1	medium onion
12,5 ml	oil
3	gherkins, chopped (optional)
12,5 ml	brown sugar
12,5 ml	soya sauce
12,5 ml	vinegar
100 ml	beef stock (+ ½ cube beef stock)
12,5 ml	cornflour + 25 ml cold water

#### METHOD

1. Drain pineapple chunks, reserve juice.
2. Slice red pepper, baby marrow, carrot and onion into thin strips (julienne).
3. Stir-fry vegetables in oil.
4. Add pineapple juice, gherkins, brown sugar, soya sauce, vinegar and beef stock.
5. Cook for 3 minutes on medium heat.
6. Add meatballs and stew for 5 minutes.
7. If necessary thicken the sauce with 12,5 ml corn flour mixed with 25 ml cold water.
8. Serve with rice.

## HIGHER GRADE – TEST 5

### RICE

#### INGREDIENTS

100 ml	rice
2,5 ml	salt
300 ml	boiling water

#### METHOD

1. Boil rice in boiling salted water for 12 minutes (lid on).
2. Drain in colander and return to saucepan.
3. Sprinkle 20 ml of water over top of rice and steam on low heat until soft and cooked.

## HIGHER GRADE – TEST 5 CHOCOLATE ECLAIRS WITH CUSTARD FILLING

### BASIC CHOUX PASTE INGREDIENTS

125 ml	cake flour
	pinch of salt
125 ml	water
60 g	butter/ margarine
2	eggs

### METHOD

1. Preheat oven to 220°C.
2. Grease or line a baking tray with baking /wax paper.
3. Sieve the flour and salt together.
4. Bring water and butter to boil.
5. Add flour all at once, stir quickly with a wooden spoon until mixture forms a ball of dough and comes away from the sides of the saucepan.
6. Remove saucepan from heat and leave to cool.
7. Add eggs one by one beat continuously until smooth and sticky.
8. Place mixture in a large piping bag and pipe 8 cm long “fingers” onto baking tray(s) (there is no need for a nozzle as opening of piping bag is just right for piping).
9. Bake at 220°C for 10-15 minutes and reduce to 170°C and bake a further 10 -15 minutes.
10. Switch off oven and prick in natural cracks, return to oven for 5 minutes to dry out.
11. Remove and place on a cooling rack.

### CUSTARD FILLING INGREDIENTS

30 ml	corn flour		
30 ml	cake flour		pinch of salt
30 ml	sugar	250 ml	milk
1 ml	vanilla essence	1	egg, separated

### METHOD

1. Mix dry ingredients and mix with 50 ml cold milk till paste.
2. Heat rest of the milk and add 100 ml of the hot milk to the first mixture. Add to the rest of the milk and bring to boil. Stir continuously.  
Cook at a low temperature till the mixture thickens. Stir to avoid mixture from burning.
3. Beat egg yolk and add some of the hot mixture to it and then to the rest. Bring to boil. Cool mixture.
4. Beat egg white and fold in custard mixture with a metal spoon.
5. Stir in vanilla essence mix.
6. Cut open éclairs lengthwise and fill.
7. Only 6 – 8 éclairs need to be filled for serving.

## HIGHER GRADE – TEST 5

### CHOCOLATE GLAZE

#### INGREDIENTS

45 ml	butter / margarine
45 ml	golden syrup
30 ml	cocoa powder
45 ml	sugar
5 ml	instant coffee powder (optional)
	pinch of salt

#### METHOD

1. Place ingredients, in the above order, in a small saucepan.
2. Stir vigorously over very low heat until hot, well blended, thick and smooth (do not allow to boil).
3. Set saucepan to one side, away from heat, and sprinkle 15 ml cold water over the mixture.
4. Just before needed, stir water into glaze to make it glossy.
5. Reheat gently if glaze gets too thick.
6. Spoon over filled éclairs and serve (this glaze remains tacky, but has a lovely gloss).

## HIGHER GRADE – TEST 6

### VEGETABLE QUICHE WITH GREEK SALAD

#### BASE

##### INGREDIENTS

200 ml cake flour  
1 ml salt  
pinch mustard

80 ml sunflower oil  
10 ml cold milk  
pinch red pepper

#### METHOD

Sieve the dry ingredients of the pastry together. Beat the oil and milk together and mix with dry ingredients. Press with finger tips in a pie dish (20 cm diameter).

#### FILLING

##### INGREDIENTS

25 ml oil  
½ medium onion (chopped finely)  
125 ml mushrooms (sliced)  
½ pepper sliced (green/red/yellow)  
1 tomato (blanched chopped)  
2 ml salt  
pinch of pepper

#### METHOD

1. Heat oil in frying pan.
2. Sauté onion.
3. Add rest of vegetables and stir-fry a few minutes.
4. Allow vegetables to cool.
5. Spoon vegetables into pie plate / quiche pan.

#### TOPPING

##### INGREDIENTS

2 eggs, beaten  
1 ml salt  
pinch of pepper  
pinch of cayenne pepper  
1 ml mustard powder  
250 ml double thick cream or evaporated milk  
150 ml grated cheddar cheese

#### METHOD

1. Preheat oven to 180°C.
2. Beat eggs.
3. Add salt, pepper, cayenne pepper and mustard powder to beaten eggs and mix.
4. Stir in cream.
5. Pour topping over vegetable filling.
6. Sprinkle grated cheese over mixture.
7. Bake until set and a golden brown (± 20-30 minutes).
8. Serve with a Greek salad.

## HIGHER GRADE – TEST 6

### GREEK SALAD

#### INGREDIENTS

¼	English cucumber (5 cm diced)
1	tomato diced
3	lettuce leaves (washed, dried)
½	small onion, sliced
50g	feta cheese, cubes (optional)
5	black olives (optional)
1 ml	salt
	pinch of pepper
25 ml	Greek salad dressing (ready prepared / bought)

#### METHOD

1. Dice cucumber and tomato.
2. Break lettuce into pieces.
3. Separate onion slices into rings.
4. Add cheese and olives.
5. Season with salt and pepper.
6. Toss ingredients lightly.
7. Just before serving drizzle with salad dressing.
8. Garnish.



## HIGHER GRADE – TEST 6

### STEAMED FRUIT PUDDING WITH CARAMEL SAUCE

#### INGREDIENTS

##### SYRUP

125 ml	sugar
125 ml	hot water
60 ml	vinegar
4	red glazed cherries, halved (Optional)
20 ml	sultanas
20 ml	raisins

##### batter

40 ml	margarine
½	egg
200 ml	flour
12,5 ml	smooth apricot jam
2 ml	salt
4 ml	baking powder
3 ml	bicarbonate of soda
100 ml	milk

#### METHOD

1. Grease a steam mould or another suitable container.
2. Prepare a large saucepan by placing a false bottom into the saucepan and filling with about 4 cm of water. Bring water to boil.
3. Mix the syrup ingredients in the steam mould.
4. Cream margarine and egg together. Add the apricot jam and mix.
5. Dissolve bicarbonate of soda in the milk.
6. Sieve dry ingredients and fold into creamed mixture alternating with the milk.
7. Pour into the prepared container on the syrup, seal the steamer with the lid or cover with heatproof bowl with greaseproof paper that is secured with string.
8. Steam pudding in the prepared saucepan for about 1 ½ hour.
9. Turn steamed chocolate pudding out onto a serving plate.

#### CARAMEL SAUCE

125 ml	sugar
7 ml	margarine
180 ml	milk
	pinch of salt
2,5 ml	vanilla essence
7 ml	custard powder

#### METHOD

1. Caramelise the sugar and margarine till it is light brown in colour.
2. Lower the temperature and add the milk to the sugar mixture until caramel dissolved.
3. Mix the custard powder with 30 ml cold milk to form a paste. Add to the above mixture and bring to boil to thicken the mixture.
4. Beat in the vanilla essence and salt.
5. Serve in a jug with the hot steamed fruit pudding.

**HIGHER GRADE – TEST 7**  
**MOUSSAKA / VEGETARIAN MOUSSAKA**

**INGREDIENTS**

1	brinjal (egg plant) (sizes differ, use own discretion)
15 ml	margarine / butter
½	medium onion, chopped
200 g	minced meat / pre-cooked brown lentils
1	small tomato blanched and chopped
12 ml	tomato paste
30 ml	chicken stock or white wine
2 ml	salt
	pinch of pepper
	pinch of nutmeg
7 ml	chopped parsley
30 ml	dried breadcrumbs (for base of dish)
125 ml	seasoned flour (flour, salt & pepper) plastic bag
	oil for shallow fry of brinjal

**METHOD**

1. Grease an ovenproof dish ± 25 x 15 x 4 cm / any other appropriate size.
2. Cut brinjal lengthwise in slices. Sprinkle with salt and leave for 30 minutes (to remove the bitterness).
3. Preheat oven to 180°C.
4. Sauté the onion in a heavy-base saucepan. Add the meat and brown / add lentils stirfry until brown.
5. Add the tomato, tomato paste, wine/chicken stock, salt, pepper, nutmeg and parsley.
6. Simmer uncovered for 20 minutes.
7. Remove from the heat.
8. Rinse the brinjal slices and pat dry with absorbent paper /paper toweling.
9. Place seasoned flour in a plastic bag. Shake the bag to coat the brinjal slices with flour mixture.
10. Shallow fry brinjal slices.
11. Drain.

**BECHAMEL SAUCE**

**INGREDIENTS**

25 ml	margarine
25 ml	flour
1 ml	salt
	pinch of pepper
	pinch of nutmeg
200 ml	milk

**TOPPING**

150 ml	grated cheddar cheese
20 ml	fresh breadcrumbs

**METHOD**

1. Melt margarine.
2. Add the dry ingredients. Stir till mixture is smooth.
3. Remove from heat.
4. Add milk gradually and stir continuously.
5. Cook at a low temperature till the mixture thickens.
6. Grease an ovenproof dish (± 25 x 15 x 4 cm or any other appropriate size).
7. Sprinkle the 30 ml dried breadcrumbs over the base of the ovenproof dish.
8. Layer the brinjals and meat mixture, alternatively ending with the meat mixture.
9. Pour white sauce over the top layer and sprinkle with cheese and fresh bread crumbs.
10. Bake at 180°C for 15 minutes till brown.
11. Garnish.

## HIGHER GRADE – TEST 7

### DEVONSHIRE CAKE

#### BATTER INGREDIENTS

275 ml	flour
250 ml	castor sugar
10 ml	baking powder (+ 5 ml baking powder)
125 ml	boiling water
125 ml	oil
4	eggs, separated

#### FILLING INGREDIENTS

125 ml	cream
	sugar to taste

#### CHOCOLATE ICING INGREDIENTS

60 g	plain chocolate
20 ml	water
5 ml	instant coffee
50 ml	icing sugar, sifted

#### METHOD

1. Preheat oven to 190°C.
2. Prepare two 200 mm sandwich cake tins by greasing them, and then line the bases with wax paper and grease again.

#### OR

Spray two 200 mm sandwich cake tins with spray and cover up the base of the pans with baking paper. It is not necessary to spray baking paper.

3. Sieve the dry ingredients except the 5 ml baking powder.
4. Add boiling water and stir with a wooden spoon.
5. Add oil and beat with an electric beater until smooth.
6. Beat the egg yolks.
7. Add the egg yolks to the flour mixture and beat well.
8. Beat the egg whites until the stiff peak stage. Fold the extra 5 ml baking powder lightly into the beaten egg whites with a metal spoon.
9. Fold the egg whites lightly into the flour mixture.
10. Pour the cake mixture into the prepared cake tins and bake for 15-20 minutes.
11. Leave cakes to cool in the tins for a while. Remove cakes from the tins and peel paper from the base. Leave to cool completely.
12. Melt the chocolate in a mixing bowl placed over a saucepan of hot water.
13. Remove the mixing bowl from the heat and beat the water, coffee powder and then gradually the sifted icing sugar.
14. Whip the cream until thick and flavour with sugar.
15. Place cream between the two cakes and pour chocolate icing over the top. Do this step on a cooling rack so that the icing does not drip onto the serving plate.
16. Serve the cake on a cake plate with a doily.

## HIGHER GRADE – TEST 8

### HADDOCK ROULADE WITH TOSSED SALAD

#### INGREDIENTS

25 ml	butter/margarine
25 ml	flour
1 ml	salt
	pinch cayenne pepper
1 ml	mustard powder
50 ml	milk
100 g	haddock, poached
3	x-large eggs, separated
10 ml	grated onion
100 ml	grated cheese

**GARNISHING:** Slice of lemon and a sprig of parsley

#### METHOD:

1. Preheat oven to 180°C.
2. Prepare baking tray of 25 X 20 cm with baking paper / wax paper
3. Poach haddock in milk until soft and done.
4. Remove haddock from the milk; strain the milk and reserve for the bechamel sauce. Top milk up to 50 ml.
5. Remove the skin and debone the fish and flake.
6. Prepare the bechamel sauce:  
Melt the butter/margarine in a small saucepan.
7. Add flour and other dry ingredients and stir continuously.
8. Remove from the heat and stir in the strained and topped-up milk.
9. Return saucepan to the heat
10. Stir until thickened.
11. Season with salt, pepper, mustard powder. Leave to cool slightly.
12. Separate the eggs, then beat the egg yolks with a fork.
13. Combine the bechamel sauce with the beaten egg yolks and mix well.
14. Add the flaked fish and grated onion. Mix well.
15. Beat the egg whites until stiff but not dry.
16. Fold the egg whites into the sauce using a metal spoon.
17. Pour the mixture into the baking tray.
18. Bake till golden brown (10-12 minutes)
19. Turn out on a piece of slightly damp baking paper/greaseproof paper, or use a clean, damp tea towel.
20. Pull baking paper completely off the roulade.
21. Carefully cut off crusts with a sharp knife and sprinkle grated cheese on roulade. Roll.
22. Place on a serving platter.
23. Garnish with lemon and parsley. Serve.

## HIGHER GRADE – TEST 8

### TOSSED SALAD

#### INGREDIENTS

- 3 crisp lettuce leaves (washed and dried)
- ½ tomato (diced)
- ¼ English cucumber (sliced)
- ¼ green pepper (washed and pips removed)
- ¼ avocado (only if available) or green apple
- pinch of salt
- pinch of pepper
- 50 ml French salad dressing (ready prepared/bought)

#### METHOD

1. Break lettuce leaves into pieces.
2. Dice tomato, slice cucumber and cut green pepper into strips.
3. Cube avocado /green apple.
4. Combine all salad ingredients lightly.
5. Season with salt and pepper.
6. Serve salad dressing in a container with the salad.
7. Garnish.

## HIGHER GRADE – TEST 8

### CARROT CAKE WITH CREAM CHEESE ICING

#### INGREDIENTS

125 ml	oil
25 ml	cold water
190 ml	castor sugar
2	x-large eggs
2 ml	bicarbonate of soda
250 ml	flour
2 ml	salt
5 ml	baking powder
5 ml	cinnamon
2 ml	mixed spice
250 ml	finely grated carrots
30 ml	chopped pecan nuts (optional)

#### DECORATION

##### **Cream cheese Icing**

250 ml	icing sugar
25 ml	soft margarine
25 ml	cream cheese

#### METHOD

1. Preheat oven to 180°C.
2. Prepare a 200 mm sandwich cake tin by greasing it, and then line the base with wax paper and grease again.

OR

Spray a 200 mm sandwich cake tin with spray and cover up the base of the pan with baking paper. It is not necessary to spray baking paper.

3. Beat the oil, water and the castor sugar till the sugar is dissolved. Add the eggs one by one to the mixture and beat well after each.
4. Add the bicarbonate of soda to egg mixture and beat.
5. Sieve dry ingredients together.
6. Add the grated carrots and chopped nuts to the egg mixture. Mix.
7. Add dry ingredients to the egg mixture and mix well with a wooden spoon.
8. Pour batter into the prepared tin and bake for 30 minutes till golden brown.
9. Leave cake to cool in the tin for a while. Remove cake from the tin and peel paper from the base. Leave to cool completely.
10. Beat cream cheese and margarine together and add icing sugar. Beat till smooth. Decorate cake with cream cheese icing and chopped nuts and serve cake on a cake plate with a doily.