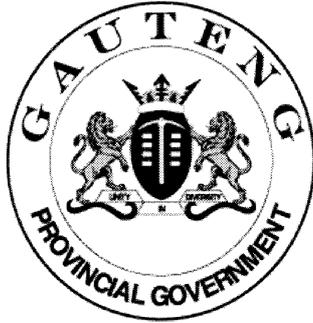


GAUTENG DEPARTMENT OF EDUCATION



RECIPES

**HOME ECONOMICS
PRACTICAL EXAMINATION**

2004

**GRADE 12
STANDARD GRADE**

HOME ECONOMICS SG

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 to 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 necessary, on the computer-generated mark sheets on receipt thereof from the Examination Directorate.
- Principals are required to keep **copies** of all mark sheets submitted.

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

SURNAME AND INITIALS:				
SCHOOL:				
EDUCATOR:				
DATE:				
ASSIGNMENT NUMBER:				
1	PREPARATION	MARKS		REMARKS
1.1	Collecting and measuring	10		
1.2	Collecting and preparing equipment	10		
	TOTAL	20		
2	NEATNESS AND HYGIENE	MARKS		REMARKS
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		
	TOTAL	30		
3	METHOD OF WORK	MARKS		REMARKS
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		
	TOTAL	70		
4	COMPLETED DISH EVALUATION	MARKS		REMARKS
4.1	DISH:			
	Appearance	10		
	Taste	10		
	Texture	10		
4.2	DISH:			
	Appearance	10		
	Taste	10		
	Texture	10		
	TOTAL	60		

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

**HOME ECONOMICS
PRACTICAL EXAMINATION**

GRADE 12

STANDARD GRADE

- Test 1 Pancakes with tuna filling
 Baked sweet yeast dish –Chelsea buns
- Test 2 Chicken á la King with rice
 Chocolate cake
- Test 3 Sweet-and-sour chicken / Pork with rice
 Apple crumble
- Test 4 Spaghetti Bolognaise
 Cream puffs with savoury filling
- Test 5 Beef Stroganoff with noodles
 Baked orange pudding
- Test 6 Herb chicken with rice
 Swiss roll
- Test 7 Hake bobotie with yellow rice
 Milk tart
- Test 8 Cheese soufflé with tossed salad
 Steamed canary pudding with jam sauce

STANDARD GRADE – TEST NO 1

PANCAKES WITH TUNA FILLING

INGREDIENTS

Pancake Batter

250 ml	flour
5 ml	baking powder
2 ml	salt
1	egg
250 ml	water
25 ml	oil
5 ml	lemon juice
12,5 ml	oil for frying of pancakes
50 ml	additional cold water

Filling

10 ml	oil
½	medium onion, chopped
50 ml	margarine
25 ml	cake flour
1 ml	salt
	pinch of pepper
200 ml	milk
50 ml	grated cheddar cheese
½ tin	tuna, drained and flaked

METHOD

Pancake Batter

1. Sieve together the flour, baking powder and salt.
2. Whisk the egg, water, 25 ml oil and the lemon juice.
3. Make a well in the flour mixture and add the water mixture.
4. Whisk until mixture is smooth. (An electrical blender may also be used.)
5. Pour into a jug, cover and allow to stand 30 minutes. Add additional cold water if needed when batter is too thick.
6. Place a plate over a saucepan of boiling water and cover the pancakes with a lid to keep warm.
7. Heat the pan with the oil and pour off the excess.
8. Pour enough batter into the pan to form a thin layer. Fry until the ends curl over. Shake and turn.
9. Stack pancakes on the plate over the saucepan of boiling water to keep warm.

Filling

1. Heat oil and sauté onion in small saucepan till soft.
2. To make a white sauce, melt the margarine in a small saucepan. Add the cake flour and seasonings and cook for 1 minute.
3. Remove from the heat and stir in the milk. Return to the heat and continue stirring until the sauce has thickened.
4. Remove the sauce from the heat and stir in the grated cheese.
5. Add the chopped onion and flaked tuna. Stir well.
6. Place a spoon full of the filling on a pancake and roll or fold up.
7. Place on a hot serving dish and garnish.

STANDARD GRADE – TEST 1

BAKED SWEET YEAST DISH CHELSEA BUNS

INGREDIENTS CHELSEA BUNS

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 soft, spreadable margarine
100 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

1. Soak the raisins in the water.
2. Sieve the flour and salt and add sugar.
3. Add the dry yeast and mix.
4. Melt the margarine in the lukewarm milk.
5. Make a well in the flour mixture and add the milk, beaten egg and enough lukewarm water to form a soft dough.
6. Knead the dough well for 10 minutes until smooth and elastic.
7. Preheat the oven to 180°C.
8. Grease a baking tray of 30 x 45 cm.
9. 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)
10. Knock the dough lightly down.
11. Roll the dough on a lightly floured surface into a rectangle of 25 x 45 cm.
12. Spread the margarine lightly over the dough.
13. Sprinkle with castor sugar, cinnamon and soaked raisins. Roll the dough up, starting with the wide side.
14. Place the roll on a pastry board and slice the roll into 8 equal slices.
15. Place the slices cut side down onto a greased baking tray. Flatten each roll .
16. Cover the buns with greased plastic and allow to rise in a lukewarm place until double in volume.
17. Bake in pre-heated oven for 25-30 minutes or till golden brown.
18. Mix the ingredients for the glacé icing and drizzle over the buns when cooled.

STANDARD GRADE – TEST 2

CHICKEN á LA KING WITH RICE

INGREDIENTS

1	skinless chicken breast (± 125g)
400 ml	water
5 ml	chicken stock powder or ½ chicken stock cube
	pinch of pepper
1	bay leaf
¼	green pepper, chopped
6	mushrooms sliced
25 ml	margarine
25 ml	flour
125 ml	milk
	pinch of nutmeg
	pinch of salt
12,5 ml	cream or evaporated milk

GARNISH

parsley
1 small tomato
paprika

METHOD

1. Place the chicken breast in cold water, add stock, pepper and a bay leaf and bring to boil. Simmer until cooked through.
2. When the chicken breast is cooked, remove from the water and leave it to cool. Reserve the liquid for making the stock. Cut the chicken into bite-sized pieces.
3. Sauté the green pepper and mushrooms in the margarine.
4. Stir in the flour.
5. Add boiling water to the reserved liquid to make 125 ml stock.
6. Remove saucepan from the heat and add milk and stock.
7. Return saucepan to heat and cook for 3 minutes, stirring constantly. Remove from the heat and put aside.
8. Add the chicken, pepper, nutmeg and cream and stir.
9. Reheat but DO NOT BOIL.
10. Serve on a bed of rice on a hot platter.
11. Garnish.

RICE

100 ml	white rice
2 ml	salt
250 ml	boiling water

METHOD

1. Place rice into the boiling, salted water and bring back to the boil.
2. Boil for about 15 minutes (with lid on) at low heat.
3. Drain the rice in a colander and rinse with cold, running water.
4. Place colander in a round saucepan, containing about 3 cm water. Cover with lid.
5. Steam until rice is soft.

STANDARD GRADE – TEST 2

CHOCOLATE CAKE

INGREDIENTS

75 ml	cocoa
150 ml	warm water
5 ml	vanilla essence
250 ml	flour
1 ml	salt
10 ml	baking powder
250 ml	sugar
125 ml	oil
3	eggs, separated

DECORATION: own choice

METHOD

1. Preheat oven to 190°C.
2. Prepare two 200 mm sandwich cake tins by greasing them, and then line the base with wax paper and grease again.
OR
Spray two 200 mm sandwich cake tins with spray and cook and cover up the base of the pans with baking paper. It is not necessary to spray baking paper.
3. Mix cocoa, warm water and vanilla essence together.
4. Sieve dry ingredients together and then add the sugar.
5. Make a well into the flour and pour in oil, egg yolks and cocoa mixture.
6. Beat for 2 minutes using an electric beater or 4 minutes using a wooden spoon.
7. Whisk the egg whites until stiff and fold in lightly.
8. Pour batter into the prepared tins and bake for 15-20 minutes.
9. 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.
10. Decorate and serve chocolate cake on a cake plate with a doily.

STANDARD GRADE – TEST 3

SWEET-AND-SOUR CHICKEN/ PORK WITH RICE

INGREDIENTS

200 g chicken breast (or pork)
100 ml seasoned flour (flour, salt and pepper)
oil for deep frying
small plastic bag

METHOD

1. Heat the oil in a saucepan or deep fryer.
2. Cut meat into 2 cm cubes.
3. Place seasoned flour into a plastic bag, add the meat and toss. Remove meat with a pair of tongs.
4. Deep fry meat in hot oil for 5-8 minutes. Test to see if it is cooked.
5. Drain on paper towel and put aside.

SAUCE

½ onion
½ green pepper
4 cm piece english cucumber
12,5 ml oil
½ tin pineapple cubes and juice (small tin 410 g)
30 ml vinegar
100 ml water / dry white wine
12,5 ml tomato puree
12,5 ml soya sauce
25 ml brown sugar
2 ml salt
pinch of pepper
15 ml cornflour + 25 ml cold water

GARNISH parsley

METHOD

1. Slice onion, green pepper and cucumber into julienne strips of medium thickness.
2. Sauté onions, green pepper and cucumber until soft.
3. Add the remaining ingredients except cornflour paste and simmer 10 minutes.
4. Add cornflour paste and stir while sauce thickens.
Adjust sauce with water until a medium smooth consistency is obtained.
5. Add the fried meat and heat through.
6. Serve on a bed of rice.
7. Garnish

RICE

100 ml white rice
2 ml salt
250 ml boiling water

METHOD

1. Place rice in boiling, salted water and bring back to the boil.
2. Boil for about 15 minutes (with lid on) at low heat.
3. Drain the rice in a colander and rinse with cold, running water. Cover with lid.
4. Steam rice until soft.

STANDARD GRADE – TEST 3

APPLE CRUMBLE

DOUGH

65 ml	margarine
100 ml	castor sugar
½	egg
2,5 ml	vanilla essence
	rind of ½ a lemon
250 ml	flour
5 ml	baking powder

FILLING

3	cooking apples (granny smith) (not tinned)
25 ml	water
25 ml	butter/ margarine
3 ml	ground cinnamon
½ ml	ground cloves
12,5 ml	castor sugar
35 ml	raisins
7 ml	fresh lemon juice

DECORATE

icing sugar

METHOD

1. Cream the margarine and the castor sugar.
2. Beat in the egg, vanilla essence and lemon rind.
3. Add half of the flour and mix.
4. Add the rest of the flour and baking powder and mix.
5. Divide the dough in half, wrap one half in a cling wrap /plastic bag and place this half in the fridge for half an hour.
6. Preheat oven to 180°C.
7. Using the remaining half, line a pie plate by pressing the dough in.
8. Peel, core and slice the apples and place in a saucepan with water and butter.
9. Simmer until apples are tender (± 10 minutes).
10. Drain and add remaining ingredients.
11. Pour into the prepared pie plate and grate the chilled dough over the filling so as to cover.
12. Bake for about 25 minutes or until golden brown.
13. Dust with icing sugar when the pie has cooled completely.

STANDARD GRADE – TEST 4

SPAGHETTI BOLOGNAISE

INGREDIENTS

½	small onion chopped
½	clove garlic, crushed
10 ml	oil
125 g	mince
2	tomatoes blanched, chopped
15 ml	tomato paste
2 ml	sugar
2 ml	salt
	pinch of pepper
	pinch of paprika
½	bay leaf
2 ml	dried sweet basil, crushed
2 ml	dried thyme, crushed
100 ml	water /beef stock (¼ cube or 5ml beef powder)
100 g	spaghetti
5 ml	margarine

GARNISH parsley

METHOD

1. Sauté onion and garlic.
2. Add the mince and fry until meat is savory and brown. Use a fork during the frying process to avoid meat from lumping.
3. Add the chopped tomatoes, tomato paste, sugar, salt, pepper, paprika, bay leaf, herbs, and water or beef stock to the meat mixture.
4. Simmer for 20 minutes. Check the flavour and remove bay leaf.
5. Boil the spaghetti in a large saucepan with boiling salted water for about 15 minutes, al denté.
6. Drain and add margarine.
7. Place spaghetti on an appropriate serving dish and pour meat mixture over the spaghetti.
8. Garnish.

STANDARD GRADE – TEST 4

CREAMPUFFS WITH SAVOURY FILLING

BASIC CHOUX PASTE

INGREDIENTS

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

METHOD

1. Preheat oven to 220°C.
2. Grease a baking tray or line it with baking paper / wax paper.
3. Sieve the flour and salt together.
4. Bring water and butter to boil in a small saucepan. (Water and margarine mixture to boil).
5. Add flour all at once to the water mixture, stir 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 beating continuously until smooth and sticky.
8. Place mixture in a piping bag OR use teaspoons to form the creampufts on the baking tray(s).
9. Bake for 10 -15 minutes and reduce temperature to 170°C for a further 10 –15 minutes.
Switch oven off.
10. Prick in natural cracks, return to oven for 5 minutes to dry out.
11. Turn out onto a cooling rack.

SAVOURY FILLING

INGREDIENTS

50 ml	margarine	50 ml	grated cheese
50 ml	cake flour	20 ml	grated onion
2 ml	salt	5 ml	chopped parsley
	pinch of red pepper		
	pinch of mustard powder		
200 ml	hot milk		
50 g	cubed bacon, fried (optional)		

METHOD

1. Melt the margarine in small saucepan.
2. Add cake flour, salt, pepper and mustard powder and stir to form a roux.
3. Remove from plate and stir in slowly the heated milk.
4. Put back on the plate and bring to boil and stir vigorously over low heat while boiling for at least 3 min. till cooked
5. Stir in the grated cheese, grated onion, fried bacon and chopped parsley. Cool.
6. Fill the creampufts with the savoury filling and sprinkle with paprika to garnish.

STANDARD GRADE – TEST 5

BEEF STROGANOFF WITH NOODLES

INGREDIENTS

30 ml	margarine
½	onion, finely chopped
125 g	mushrooms
200 g	stewing steak cut into strips
½	glove garlic, crushed
½	beef stock cube
125 ml	boiling water for stock
65 ml	red wine (optional)
20 ml	corn flour
30 ml	water to make corn flour paste
50 ml	cream or evaporated milk
10 ml	vinegar, to sour cream
80 g	ribbon noodles
2 ml	salt
	pinch of pepper

GARNISH parsley

METHOD

1. Heat margarine in heavy-base saucepan. Sauté onions, add mushrooms and cook in the margarine until tender.
2. Remove onions and mushrooms mixture and set aside.
3. Fry strips of meat until brown.
4. Return onions and mushrooms to saucepan, together with garlic, wine and stock.
5. Simmer until meat is tender ± 30 minutes or pressure cook for 15 minutes.
6. Boil the noodles in rapidly boiling, salted water until al denté. Drain.
7. Thicken sauce with corn flour paste and add seasoning. Remove from heat.
8. Add soured cream and re-heat but do not boil.
9. Place noodles on a hot serving plate, spoon the meat mixture onto the noodles.
10. Garnish.

STANDARD GRADE – TEST 5

BAKED ORANGE PUDDING

INGREDIENTS

SYRUP

125 ml	water
60 ml	orange juice
60 ml	sugar
2 ml	grated rind of orange
5 ml	margarine

BATTER

½	egg
30 ml	sugar
90 ml	flour
	pinch of salt
	pinch of ginger
60 ml	milk
2 ml	bicarbonate of soda
2 ml	grated rind of orange
7 ml	smooth apricot jam
40 ml	margarine, melted
30 ml	sultanas or raisins

DECORATE own choice

METHOD

A zester or a grater can be used for the orange rind.

1. Mix all the ingredients for the syrup in a saucepan and bring to boil. Keep warm.
2. Grease an ovenproof dish. (volume ± 600 ml) Pour syrup in ovenproof dish.
3. Preheat oven to 180°C.
4. Beat egg and sugar until thick and creamy.
5. Sieve together the flour, ginger and salt. Add the bicarbonate of soda to the milk and stir till dissolved. Add flour mixture and milk mixture alternately to egg mixture.
6. Add grated orange rind, apricot jam, sultanas and melted margarine. Mix well.
7. Place mixture in warm syrup in the greased ovenproof dish.
Bake 45 minutes until golden brown.
8. Leave to cool slightly before serving.
9. Decorate.

STANDARD GRADE – TEST 6

HERB CHICKEN WITH RICE

INGREDIENTS

50 ml	oil
200 g	chicken breasts (2)
2 ml	mustard sauce (medium strength)
2 ml	dried thyme
2 ml	salt
	pinch of pepper
15 ml	lemon juice
250 ml	chicken stock (½ cube)
5 ml	corn flour
12,5 ml	water
10 ml	chives, chopped

METHOD

1. Heat the oil in a heavy-base saucepan.
2. Spread the mustard sauce onto the chicken breasts and sprinkle thyme, salt and pepper.
3. Fry the breasts until brown.
4. Add lemon juice and chicken stock.
5. Simmer with a lid until tender for ± 20 minutes or until breasts are soft.
6. Add boiling water if the moisture cooks away before the breasts are done.
7. Prepare a paste using corn flour and water.
8. Add the corn flour paste together with the chives to the chicken breasts to thicken the sauce.
9. Stir until the sauce thickens and is cooked.
10. Serve on a hot serving dish with rice.
11. Garnish.

RICE

INGREDIENTS

125 ml	rice
2,5 ml	salt
300 ml	water

METHOD

1. Boil rice in salt water until swollen for 12 minutes with a lid on.
2. Drain in colander and return to the saucepan.
3. Sprinkle with 20 ml water and steam at low heat until cooked.

STANDARD GRADE – TEST 6

SWISS ROLL

INGREDIENTS

3	eggs, separated
1 ml	vanilla essence
12,5 ml	lemon juice
125 ml	castor sugar
125 ml	flour
2 ml	baking powder
1 ml	salt
25 ml	milk
	apricot jam
	icing sugar

METHOD

1. Preheat oven to 220°C.
2. Prepare a baking sheet (30 x 20 cm) by lining it with baking /wax paper. Grease wax paper again.
3. Beat the egg yolks, vanilla essence and lemon juice well.
4. Add the castor sugar gradually to the egg yolk mixture and beat until thick, creamy and light yellow.
5. Sieve the dry ingredients flour, baking powder and salt thrice.
6. Fold the dry ingredients lightly in the yolk egg mixture (use a metal spoon or suitable apparatus).
7. Fold the milk into the mixture.
8. Beat the egg whites until stiff in a large sized mixing bowl.
9. Fold the beaten egg whites lightly into the batter.
10. Pour the batter into the prepared baking tray.
11. Bake 10 - 12 minutes.
12. Dampen a clean tea towel or dampen wax paper and place on a clean work surface.
13. Turn the Swiss roll out onto the tea towel or paper and remove the wax paper / baking paper.
14. Cut off the crusts with a sharp knife and roll lightly (make sure the join is exactly at the bottom).
Leave to cool.
15. Unroll with care and spread the apricot jam on the Swiss roll.
Roll again.
16. Place on a serving plate and sieve icing sugar over the Swiss roll.
17. Serve.

STANDARD GRADE – TEST 7

HAKE BOBOTIE WITH YELLOW RICE

INGREDIENTS

150 ml	milk
½	slice of white bread (2 cm thick – crusts removed)
25 ml	butter / margarine
1	medium onion, coarsely chopped
	juice of ½ lemon
5 ml	curry powder
15 ml	seedless raisins
15 ml	blanched almonds, chopped
2 ml	salt
	pinch of pepper
250 g	hake, poached, de-boned and flaked
1	egg
1	bay leaf / lemon leaf

METHOD

1. Grease an ovenproof dish. (± 12 cm x 12 cm or any other appropriate size).
2. Preheat the oven to 190°C.
3. Pour the milk in a mixing bowl and soak the bread in the milk. Set aside.
4. Melt the butter and sauté the onion until transparent, about 5 minutes.
5. Add the lemon juice, curry powder, raisins and almonds. Season with salt and pepper.
6. Add the hake.
7. Squeeze the milk from the bread and reserve the remaining milk.
8. Add the bread to the fish mixture and mix well.
9. Beat the egg and add the reserved milk, mix well.
10. Spoon the fish mixture into the prepared ovenproof dish. Pour the egg mixture over the fish. Arrange lemon / bay leaf on top.
11. Bake for 35 minutes until set.
12. Serve with yellow rice.

YELLOW RICE

INGREDIENTS

300 ml	boiling water	100 ml	rice
10 ml	brown sugar	1	stick cinnamon
10 ml	butter / margarine	6 ml	turmeric
2 ml	salt	75 ml	seedless raisins

METHOD

1. Add all the ingredients except the raisins to the boiling water. Cook with lid on.
2. Add the raisins when the rice has absorbed most of the water.
3. Stir lightly.
4. Steam the rice until it is dry and the raisins swollen out.
5. Serve with Hake Bobotie.

STANDARD GRADE – TEST 7

MILK TART

PASTRY INGREDIENTS

200 ml	cake flour	80 ml	sunflower oil
1 ml	salt	10 ml	cold milk
10 ml	sugar		

FILLING INGREDIENTS

500 ml	milk	75 ml	sugar
	pinch of salt	75 ml	cake flour
10 ml	butter/margarine	2	eggs, separated
stick	cinnamon		

METHOD

1. Sieve the dry ingredients of the pastry together.
2. Beat the milk and the oil together and mix with the dry ingredients.
3. Press with the finger tips the pastry in a pie plate (20 cm diameter)
4. Preheat oven to 180 °C.
5. FILLING: Add cinnamon stick to milk and scald the milk. Remove cinnamon stick.
6. Mix the sugar, salt and cakeflour and add 100 ml of the hot milk to this mixture and stir till it is smooth without any lumps.
7. Add to the rest of the milk and boil till thick. Stir continuously.
8. Remove from the heat and add the butter/margarine.
9. Beat the egg yolk and add 100 ml of the hot mixture to it. Mix. Add to the rest of the hot mixture. Bring to boil.
10. Beat the egg whites till the soft peak stage.
11. Fold the beaten egg whites lightly in the hot mixture with a metal spoon.
12. Pour in the prepared pie plate.
13. Sprinkle cinnamon sugar over mixture and bake in pre-heated oven for 25 min.
14. Serve.

STANDARD GRADE – TEST 8

CHEESE SOUFFLÉ WITH TOSSED SALAD

INGREDIENTS

Margarine to grease the soufflé dish
30 ml margarine
60 ml flour
180 ml milk
pinch of nutmeg
pinch of ground mustard
2 ml salt
pinch of pepper
250 ml grated cheddar cheese
3 eggs separated
paper doily

METHOD

Prepare bain-marie by filling the oven pan with 3 cm warm water and put in the oven.

1. Preheat oven to 180°C.
2. Grease the base and not the sides of a 15cm diameter soufflé dish.
3. Melt the margarine, stir in the flour and cook.
4. Remove from the heat and add the milk. Return to the stove and stir until the mixture begins to thicken.
5. Remove from the heat and season with nutmeg, mustard, salt and pepper.
6. Stir in the grated cheese and allow the white sauce to cool. Stir in the egg yolks.
7. Beat egg whites until stiff, but not dry.
8. Stir about 25 ml of the egg white into the white sauce to lighten it slightly. Gently fold in the remaining egg whites with a spatula or metal spoon.
9. Pour the mixture into the prepared soufflé dish. Smooth the top slightly.
10. Place the dish in the bain-marie in the oven and bake for 40 minutes.
11. Serve immediately in the soufflé dish on a plate with a paper doily.

STANDARD GRADE – TEST 8

TOSSED SALAD (optional)

INGREDIENTS

- 3 crisp lettuce leaves (washed and dried)
- ½ tomato (diced)
- ¼ English cucumber (5 cm) – 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.
6. Serve salad dressing in a container with the salad.
7. Garnish.

STANDARD GRADE – TEST 8

STEAMED CANARY PUDDING WITH JAM SAUCE

INGREDIENTS

	margarine for the foil, string
30 g	margarine
40 ml	sugar
½	egg
125 ml	flour
2,5 ml	baking powder
	pinch of salt
50 ml	milk
2 ml	vanilla essence

METHOD

1. Grease a pudding steamer with a lid /a greased heatproof bowl with greased foil.
2. Prepare a large saucepan by placing a false bottom in the saucepan and fill with about 4 cm water. Bring to boil.
3. Cream margarine and sugar together.
4. Beat egg with a fork and add to the creamed mixture one teaspoon at a time, mixing well after each addition.
5. Sieve dry ingredients and fold into creamed mixture with enough of the milk to form a soft dropping consistency.
6. Add vanilla essence and mix well.
7. Pour into the prepared container, seal the steamer with the lid or cover heatproof bowl with greased foil that is secured with string.
8. Steam pudding about 45 minutes.
9. Turn steamed pudding out onto a hot serving plate.

JAM SAUCE

25 ml	smooth apricot jam
25 ml	sugar
5 ml	lemon juice
	strip of lemon rind (optional)
	pinch of salt
100 ml	water
6 ml	cornflour + 25 ml water

METHOD

1. Place jam, sugar, lemon juice, lemon rind, salt and 100 ml water in a saucepan.
2. Bring to boil and stir frequently.
3. Mix cornflour to a paste with the 25 ml water.
4. Remove the lemon rind.
5. Add some of the remaining water to the ingredients in the saucepan and add to the cornflour paste while stirring continuously.
6. Return the mixture to the saucepan and bring to the boil, stirring continuously. Boil for about 2 minutes.
7. Pour the jam sauce immediately over the steamed pudding.
8. Serve hot in suitable jug.