



Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

GRADE 11

TERM 2 WEEK 3

POULTRY WORKSHEET MARKING GUIDELINES

This document consists of 4 pages.

1.1

a) (3)

Technique	Description
Trussing	Tying the wings and legs to the body with string to make it compact.

1.2 Makes the body compact ✓ For even cooking ✓ Improves the appearance ✓ (2)

1.3 Goose ✓ Duck ✓ (2)

1.4 Check for: ANY FIVE (5)

- Packaging : neat, clean, unbroken with no fluid inside ✓
- Check sell by date ✓
- Fresh smell ✓
- Firm flesh ✓
- Flexible breast bone in young birds ✓
- White skin, unbroken with bluish tinge ✓
- No bruises or dark patches ✓
- No feathers ✓

1.5 ANY THREE (3)

- Correct temperature (1-4°C) ✓
- Keep away from cooked foods ✓
- Store below other foods ✓
- Store for upto 4 days ✓

1.6 Any suitable THREE moist cooking methods (3)

- Stewing ✓
- Simmering ✓
- Braising ✓
- Casserole ✓
- Potjie ✓

2.

2.1 Sauce Supreme: cream ✓ is added to chicken stock ✓ from which a velouté is made. (2)

2.2 Barding: poultry is covered with fat or bacon to add moisture and flavour ✓ (1)

2.3 Squab: baby pigeon bred for eating ✓ (1)

2.4 Organic Chicken: chicken free from chemical growth enhancers and steroids ✓ (1)

2.5 Stuffing: filling the cavity ✓ of the bird or under the skin. Or stuffing fillets (1)

3.

3.1 Chicken Schnitzel ✓ (1)

3.2 (6)

	Technique	Description
1	Filleting ✓	Removing the bone and skin from the breast ✓
2	Flattening ✓	Pounding the breast with a meat mallet until flat ✓
3	Crumbing/ Pané ✓	Passing the breasts through seasoned flour, then beaten egg and finally into breadcrumbs ✓

3.3 150g gram (one chicken fillet) ✓ (1)

3.4 Frying ✓ / deep-frying ✓ (1)

3.5 Lemon wedges ✓ vegetables/salad ✓ chips ✓ ANY RELEVANT ANSWER (3)

4. Pâté ✓ de foie gras ✓ (2)

5. Medium ✓ rare ✓ (2)

6. Giblets ✓ (1)

7. (3)

- White flesh ✓
- Slight gamey taste ✓
- Tender ✓
- Cooks quickly ✓

8. ANY THREE RELEVANT (3)

- Viennas ✓
- Sausages ✓
- Patties ✓
- Ready-made meals ✓
- Marinated ✓
- Meat loaf ✓
- Nuggets ✓
- Crumbed or battered ✓

9.

9.1

ANY THREE (3)

- Season the bird on the skin and in the cavity ✓
- Either place stuffing inside the cavity or a mirepoix and bouquet garni ✓
- Oil or butter the skin to prevent drying out and to give it a golden appearance when cooked ✓
- Baste often ✓
- Roast larger birds at a lower temperature if they are not stuffed ✓
- If the bird is stuffed, increase the temperature so that the stuffing can cook through. ✓
- Roast smaller birds at a higher temperature. ✓

9.2

ANY THREE (3)

- Stuffing ✓
- Gravy ✓
- Roast vegetables ✓
- Roast potatoes ✓

9.3 To render down the fat ✓ and prevent the skin from burning ✓ (1)

9.4 Contains enough of its own fat to stay moist ✓ (1)

9.5 Acidic fruit-based sauce ✓ (1)

TOTAL: 50 MARKS