

**NATIONAL BUSINESS AND TECHNICAL EXAMINATIONS BOARD NATIONAL  
TECHNICAL CERTIFICATE EXAMINATION  
BASIC CATERING AND FOOD SERVICE**

ESSAY

1. (a) ENUMERATE THE THREE CATEGORIES INTO WHICH KITCHEN EQUIPMENT MAY BE CLASSIFIED AND GIVE TWO EXAMPLES OF EQUIPMENT IN EACH CATEGORY.

Kitchen equipment may be classified into

- (i) **Large kitchen equipment** e.g. ranges, steamers, boiling pans, fish-fryers, sinks, tables.
- (ii) **Mechanical equipment** e.g. peelers, mixers, refrigerators, deep freezers, dish-washers.
- (iii) **Utensils and small equipment** e.g. pots, pans, whisks, bowls, spoons, mandolin, sieves, chopping boards, rolling pins, cutting bowl

- (b) STATE EIGHT POINTS TO BE CONSIDERED IN SELECTING AND PURCHASING KITCHEN

EQUIPMENT. Points to be considered in the selection and purchasing kitchen equipment are:

- (1) Overall dimensions-In relation to available space
- (2) Weight - can the floor support the weight?
- (3) Fuel supply -is the existing fuel sufficient to take the increase.
- (4) Drainage - where necessary, are there adequate facilities?.
- (5) Water - where necessary, is it too hard?
- (6) Use - does the food to be produced justify good use?
- (7) Capacity - can it cook the quantities of food required efficiently?
- (8) Time - can it cook the given quantities of food in the time available?
- (9) Ease - is it easy for staff to handle, control and use properly?
- (10) Maintenance - is it for staff to clean and maintain?
- (11) Attachments - is it necessary to use additional equipment or attachment?
- (12) Extraction - does it require extraction facilities for fumes or steam?
- (13) Noise - does it have acceptable noise level?

- (14) Construction - is it well made and are all handles, knobs and switches sturdy and heat resistance?
- (15) Spare parts – are they and replacements parts easily obtained?
- (a) WRITE BRIEFLY ON THE CLEANING OF COPPER EQUIPMENT

### CLEANING OF COPPER EQUIPMENT

To keep large quantities of copper equipment, clean the following points should be observed:

- (i) Two large sinks, into which the pots may be completely immersed, should be available. The water in one sink should be capable of being raised to boiling point.
- (ii) All dirty pans should be well soaked for a few minutes in boiling water to which soda have been added.
- (iii) They should be well scoured, using either a brush or wire wool or similar agent with scouring power.
- (iv) The pans are then rinsed in clean hot water, and placed upside down to dry.
- (v) The copper surfaces if tarnished may be cleared with a paste made from equal quantities of silver sand, salt, and flour mixed with vinegar, the pans are then thoroughly rinsed and dried. Alternatively, a commercial cleaner may be used.

### 2. EXPLAIN EACH OF THE FOLLOWING METHODS OF COOKING.

- i. Boiling.
- ii. Frying
- iii. Stewing
- iv. Braising
- v. Roasting
- vi. Baking
- vii. Simmering
- viii. Poaching

- i. **BOILING:** Boiling is the cooking of prepared foods at boiling point. This could be in water, court-bouillon, milk or stock. The purpose of boiling is to cook the food so that it is: (a) safe to eat. (b) easy to digest. (c) Pleasant to eat with agreeable flavor. (d) suitable texture, tender or slightly firm according to the food. There are two (2)ways of boiling: (a) place food into boiling liquid, reboil, then reduce the heat for gentle boiling to take place, this is known as simmering. (b) cover food with cold liquid, bring to the boil, then reduce heat to all food to simmer.

- (i) **FRYING:** Frying can be done in 2 ways: shallow frying and deep frying.  
**SHALLOW FRYING:** is the cooking of food in small quantity of pre-heated fat or oil in a shallow pan or on a flat surface (griddle plate). (a) The purpose of shallow frying is to give a variety to diet and the menu, by making food palatable, digestible and safe to eat. (b) To brown food giving it a different colour and interesting attractive flavor.

**METHODS:**

There are four methods of using a shallow fat or oil: shallow fry, sauté, griddle and stir fry.

1. **Shallow fry:** The cooking of food in a small amount of fat or oil in frying pan or sauté pan. The presentation side of the food should be fried first, as this side will have a better appearance because the fat is clean, then turn so that both sides are cooked and colored. Foods that can be cooked by this method or cuts of fish and poultry, meat and small whole fish. Eggs and pancakes and certain vegetables are cooked by this method.
2. **Sauté:** This term is used: (a) when cooking tender cuts of meat and poultry in a sauté or frying pan. After the food is cooked on both sides, it is removed from the pan, the fat is removed and the pan deglazed with stock or wine. This then forms an important part of the finished sauce. In this type of cooking the meat or fish is completely cooked, the sauce also cooked, the two only come together for service. (b) Sauté is also used when cooking for example potatoes, onions, kidney, when they are cut into slices or pieces and tossed (sauté means to jump or toss) in hot shallow fat or oil in a frying pan till golden brown and cooked.
3. **Griddle-** foods cooked on a griddle (solid metal plate) e.g. hamburgers, sausages, sliced onions are placed on a slightly oil or greased griddle turned frequently during cooking. Pancakes may be cooked this way-but are turned only once.
4. **Stir Fry-** Fast frying in a cook or frying pan in a little fat or oil eg vegetables, strips of beef, chicken. Examples of food which are shallow fried:
  - (i) Eggs-omelettes, fried.
  - (ii) Fish-meuniere: sole, plaice, trout, cod, herring
  - (iii) Meat-noisettes, kidneys, beef, stroganow
  - (iv) Poultry- chicken sauté chasseur, chicken panned
  - (v) Vegetables- cauliflower, onions, chicory
  - (vi) Sweets and pastries- jam omelettes, pancakes.
  - (vii) Savouries- croquet monsieur

**ADVANTAGE:**

It is a quick method of cooking prime cuts of meat and poultry.

**DEEP FRYING:** This is cooking the food in pre-heated deep oil or clarified fat. The purpose of deep frying is

- (a) To cook appetizing foods of various kinds thus giving variety to the diet and menu.
- (b) To produce food with an appetizing golden brown, colour, crisp, palatable and safe to eat. These are conventional methods of deep frying foods with the exception of potatoes. These foods are coated with milk and flour, egg and bread creams better or pastry to (a) protect the surface of the food from intense heat. (b) prevent the escape of moisture and nutrients (c) modify the rapid penetration of heat. The food is usually placed into deep pre-heated oil or fat, fried until cooked, well drains and served.
- (c) Partial-deep frying is known as blanching and may be applied to chipped potatoes. Examples of deep fried foods:
  - Eggs – scotch eggs, French fried eggs, Nigerian fried eggs.
  - Fish- scampi, fish cakes, Nigerian fried fish
  - Chicken- cutlets, Nigerian fried chicken
  - Savoury- cheese fritters, chin-chin, puff-puff, buns, kokoro, kulikuli, akara
  - Potatoes- croquette, chips, almond potatoes, sweet potatoes
  - Yams, plantain
  - Vegetables, onions
  - Pastry and sweets- doughnuts, puff-puff.

**STEWING:** This is the slow cooking of food cut into pieces and cooked in the minimum amount of liquid (water-stock or sauce); the food and liquid are served together.

**PURPOSE:** Because stewing is both economical and nutritional, cheaper cuts of meat and poultry, which would be unsuitable for roasting and grilling, can be made tender and palatable.

Stewing produces acceptable flavor, texture and eating quality.

## FOODS COOKED BY STEWING

Fish- bouillabaisse

Meat- goulash

Poultry- banga

Vegetables- marrow provencale, yam potage

## ADVANTAGES:

- (a) Nutrients are conserved
- (b) Tenderizes tough foods
- (c) Economical in labour because foods can be cooked in bulk.
- (d) Correct slow cooking results in very little evaporation.
- (e) The meat juices which escape from the meat during cooking are retained in the liquid which is part of the stew.

**BRASINIG:** Braising is the method of cooking food in the oven unlike roasting or baking the food is cooked in liquid in a covered pan, casserole or cocotte. It is a combination of stewing and pat roasting.

The purpose of braising is :

- (a) To give variety to the diet and menu
- (b) To make food tender, digestible, palatable and safe to eat.
- (c) To produce and enhance flavor, texture and

eating quality. There are two methods of braising:

- (a) Brown-braising, used for joints and portions-sized cuts of meat .
- (b) White braising, used for vegetables and sweet

bread Examples of foods which are braised:

Farinaceous – rice

Meat – lamb, heart,

chops Beef – olives,

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joints, liver Veal –

shoulder

Poultry – duck

Vegetables – celery, onions.

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The advantages of braising are:

1. Tougher, less expensive meats and poultry can be used.
2. Maximum flavor and nutritional value are retained.
3. Variety of presentation and flavor is given to the menu.

**ROASTING:** Roasting is cooking in dry heat with the aid of fat or oil in an oven or a spit.

Radiant heat is the means of cooking when using a spit; oven roasting is a combination of convection or radiation. The purpose of roasting is to cook food so that it is tender, easy to digest, safe to eat and palatable. It is also to give the menu variety.

Examples of foods suitable for roasting

meat: Lamb – best – end.

Beef – sirloin.

Pork – leg

Veal - stuffed breast

Poultry and game – chicken, duck, pheasant.

Vegetables – potatoes , parsnips.

- (vi) **BAKING:** This is cooking of food by dry heat in an oven in which the action of the dry convection heat is modified by steam.

The purpose of baking is:

- (a) To make the food digestible, palatable and safe to eat.
- (b) To create an eye-appeal through colour and feature and produce an enjoyable eating quality.
- (c) Baked food lends variety to the menu and are popular

in the diet. Examples of foods that are cooked by baking:

- (a) Eggs – in cocottes
- (b) Meat – steak and kidney pie, toad in the - hole, Cornish pastries, shepherds pie, chicken vole – au – vent, baked potatoes, baked apples, fruit flan baked egg custard, fruits buns, cakes.

**Advantages of baking:**

1. A wide variety of sweets and savoury foods can be produced.
  2. Bulk cooking can be achieved with uniformity of colour and degree of cooking.
  3. There is straight forward access for loading and removing of items.
- (vii) **SIMMERING:** This is another method of boiling. In simmering the food is placed into boiling liquid, reboiled and the heat is reduced for gentle boiling to take place.

Examples of foods cooked by

simmering: Meats: silverside, leg of

mutton

Chicken

Vegetable – cabbage

Potatoes

Fish – turbot, cod, salmon

**POACHING:** This is the cooking of foods in the required amount of liquid of just below boiling point. The purpose of poaching food is to cook food so that it is: (a) easy to digest (b) safe to eat (c) a suitable tender texture.

There are two methods poaching (i) shallow poaching (ii) deep

poaching. Examples of poached food are:

Eggs – poached

Farinaceous - gnocchi

poisienne Fish – shallow

poaching

Poultry



Fruits – fresh and dried

2. (b) WHAT ARE THE DIFFERENCES AND SIMILARITIES BETWEEN ENGLISH AND CONTINENTAL BREAK FAST?

**ANSWER:**

DIFFERENCES BETWEEN ENGLISH AND CONTINENTAL BREAK FAST ARE

ENGLISH BREAK FAST	CONTINENTAL BREAKFAST
1. Consists of a number of courses usually 3 or 4 with a choice within a	1. Consists of hot snacks like croissant/brioche or hot toast coffee or
2. The cover laid is a table d'hôte without a soup	2. The cover here consists of side plate, side knife, napkin and sugar basin
3. It includes cooked dishes	3. It does not include cooked dishes.
4. It is not inclusive in the room charge.	4. It is inclusive in the room charge.

**SIMILARITIES:**

1. Both English and Continental breakfast are served in the morning.
2. Tea and coffee are both types of breakfast.
3. Bread and preserves are served in both types of breakfast.

3. (a) LIST EIGHT TYPES OF SWEETS, (FOUR COLD AND FOUR HOT)

**ANSWER:**

S/NO	HOT SWEETS	COLD SWEETS
1.	Swiss roll	Fruit salad
2.	Pancake	Assorted ice – cream
3.	Baked egg custard	Diplomat pudding
4.	Banana flan	Bavarois
5.	Fruit banquettes	Soufflé
6.	Baked apple dumplings	Charlotte ruse
7.	Tarts	Orange ice
8.	Baked jam rolls	Waters ices
9.	Pudding	Sorbets
10.	Savarin	Glazed fruits
11.	Rum baba	Trifle
12.	Sponge cakes and cakes	Cream caramel
13.	Pine apple Creole	
14.	Cabinet pudding	

15.	Fruit melba	
16.	Queen of puddings	

3. (b) STATE RECIPE FOR A NAMED HOT SWEET

**ANSWER:** RECIPE FOR SWISS ROLL

- i. 4eggs
- ii. 100g castor sugar
- iii. 100g  
flour(soft)  
OR

- iv. 250ml eggs
- v. 175g castor sugar
- vi. 125G FLOUR(SOFT)

1. Whisk the eggs and sugar with a balloon, whisk in a bowl or a pan of hot sugar.
2. Continue until the mixture is light, creamy and double in bulk.
3. Remove from heat and whisk cold and thick (ribbon stage).
4. Fold in the flour very gently.
5. Grease a Swiss roll tin and line with greased grease proof paper.
6. Pour in Genoese mixture and bake (220<sup>0</sup>c, Reg 7) approximate 6 min.
7. Turn out on to a sheet of paper sprinkled with castor sugar.
8. Remove the paper from the swiss roll, spread with warm jam.
9. Roll into a fairly tight roll, leaving the paper on the outside for a few minutes.
10. Remove the paper and allow to cool on a rack.

**BANANA FLAN RECIPE**

100g sugar paste

125ml pastry cream 2

bananas

2 table spoons, apricot glaze

1. Cook flan blind, allow to cool.

2. Make pastry cream or custard sauce and pour while hot into the flan case.
3. Allow to set. Peel and slice the bananas neatly.
4. Arrange over lapping layers, on the pastry cream, Coat with glaze.

### RECIPE FOR JAM TARTLETS

100g sugar paste 50g

jam

1. Prepare for the tartlets as for fruit tartlets. Prick the bottom with a fork
2. Add a little jam in each.

### 3c. (i) PREPARATION OF CUSTARD SAUCE

1. Dilute the custard powder with a little of the milk.
2. Boil the remainder of the milk
3. Pour a little of boiled milk as to the diluted custard powder.
4. Return to the saucepan.
5. Stir the boil and mix in the sugar

#### (i) PREPARATION OF ALMOND SAUCE

1. Dilute the corn flour with a little of the milk.
2. Boil remainder of the milk, whisk on to the corn flour.
3. Return to the pan, stir to the boil, and simmer 3 – 4 min.
4. Mix in the sugar and essence. Pass through a strainer.

### 4 . TRANSLATE THE FOLLOWING FRENCH CULINARY TERMS INTO ENGLISH

S/NO	FRENCH	ENGLISH
1	La broche	A roasting spit
2	Le pain	Bread
3	Le buffet	A side board of food or self service table
4	un casserole	A fire proof dish
5	Le Boucher	Butcher
6	Le Boulanger	Baker
7	Le potager	Soup party
8	Le poissonier	Fish party
9	Le viande	Meat
10	La brochette	A skewer
11	Le garde-manger	Larder party
12	Le patisseur	Pastry party

**PART II**

**5 (a) MENTION SIX TYPES OF FOOD NUTRIENTS AND STATE ONE SOURCE OF EACH TYPE**

S/NO	FOOD NUTRIENTS	SOURCES
1.	Protein	Fish, meat, game, poultry, eggs, milk, cheese, beans, peas, nuts, grains of cereals such as
2.	Carbohydrate	Blood of animals, fruit and honey, can sugar, beer, milk, rice, burley, tapioca, flour, corn flour, ground rice, garri, potatoes, yam, cassava, peas, beans,
3.	Fats	Milk, cheese, cream, eggs, meat, fish oil, nuts, cakes biscuits, poultry, sausage, pork, bacon and
4.	Vitamins	Fish liver oil, kidney, liver, butter, margarine, cheese, eggs, apricots, spinach, watercress, carrots, tomatoes, yeast, whole meal bread, dairy products,
5.	Minerals	Bones of tinned fish, milk and milk products, whole meal bread, white bread, liver, kidney, cheese, bones, vegetables (green), drinking
6.	Drinking water	Drinks of all kinds, foods such as fruits and vegetables, meat, fish, combustion or oxidation

**(b) WHAT ARE THE FUNCTIONS OF THE NUTRIENTS MENTIONED IN (a)**

S/NO	NUTRIENTS	FUNCTIONS
1.	Protein	Protein is an essential part of all living matter; it is therefore required for the growth of the body for
2.	Carbohydrate	It provides the body with most of the energy.
3.	Fat	Provides the body with heat and energy and certain fats provide vitamins
4.	Vitamin	Assists children's growth. Helps body to resist Infection. Enables people to see well. Necessary for healthy bones and teeth. Keeps body system in good condition. Encourages growth of body.
5.	Minerals	Required for building bones and teeth, clotting of blood, working of muscles, require for the building of the haemoglobin and therefore necessary for
6.	Water	Required for all body fluids, absorption, digestion, metabolism, excreting, secretion, playing a part in regulation of body temperature of respiration

5C. write a three course menu for an 80-year-old guest who has made reservation in Top

Restaurant taking into Consideration the nutritional Requirement for his age.

1. Pineapple juice

Cream or tomatoes soup

2. Spaghetti bolognaise  
Or vegetable soup with fresh fish, agidi
3. Baked egg custard.

6A. Explain the importance of personal Hygiene to a waitress and give FOUR reasons for hygienic handling of food during storage and preparation.

How a waitress looks and first impression of the guest go a long way to how the guest assesses

the hygiene standard of the establishment. It is of importance that the waiter looks clean to make for repeat business.

Personal cleanliness is important in order that the waitress does not transfer bacteria from her person onto food.

Personal cleanliness will earn the waitress self-respect also respect from the customer.

Personal hygiene and cleanliness will help boost the confidence, the waitress has in herself and improve her productivity.

#### **REASONS FOR HYGIENE HANDLING OF FOOD DURING STORAGE AND PREPARATION.**

1. One of the most important ways to prevent contamination of food is the correct storage of food.
2. If large quantities of food e.g. minced beef are left in one container the outside cools but the centre is still warm. When reheated the time taken to bring such large quantity to the boil is sufficient to kill all bacteria to continue to multiply. If the food is not boiled enough, food poisoning can occur.

**6B. STATE THREE CAUSES OF FOOD POISONING AND NAME THREE TYPES OF FOOD POISONING.**

#### **CAUSES OF FOOD POISONING:**

Food poisoning results when harmful bacteria are in food and is eaten. They may be harmful because:

- (A) Chemicals have entered food accidentally during growth, preparation or cooking of the food.
- (B) Germs (harmful bacteria) have entered food from humans, animals or other sources and the bacteria themselves, or the toxins (poisons) produced in food by certain bacteria, have caused the food to be harmful. The greatest number of food poisons is caused by bacteria.

#### **TYPES OF FOOD POISONING:**

1. The salmonella group (cause of food poisoning because of large number of bacteria in the food).
2. Staphylococcus aureus.
3. Clostridium perfringers.

#### **6c. OUTLINE SIX WAYS OF PREVENTING FOOD POISONING**

1. Food handlers must prevent bacteria from multiplying by covering cooked food.
2. Food premises must be kept clean.
3. Food handlers should avoid coughing or sneezing over food
4. Food handlers should wash their hands after using the toilet.
5. Food handlers should obey all hygiene laws.
6. All kitchen equipment and utensils should be kept scrupulously clean at all times.
7. Dust bins and swill bin must be kept covered at all times.
8. Bins must be kept clean and sprayed with insecticide.
9. Food should be stored at the correct temperature.
10. Food handlers should wear clean uniform to prevent the incidence of transferring bacteria to food.
11. Food handlers should also be clean in their person, which means they must bath at least once a day, and have clean short nails.

#### **7. Prawn**

cocktail,

Chicken a la

king,

Braised rice, Buttered Spinach  
Cream caramel,

Non-alcoholic

wine, Coffee

Using the above menu, explain what happens, the moment two guests (a male and a female) walk into the restaurant for a meal, until they depart after the meal consumption.

The procedure for serving above meal is as follows:

1. As soon as the two guests enter the restaurant, they are welcome by the reception head waiter who checks to know whether they have a booking. If not, a table is allocated to them.
2. The reception head waiter asks if the guests would like an aperitif in the lounge or reception area or prefer to have one at the table.
3. The two guests are then taken to their table where the lady is seated first and then the gentleman. The reception head waiter indicates who the host is to the station head waiter.
4. The station waiter unfolds the serviette of the lady and places over her laps and then does same for the gentleman.
5. The sommelier comes to the table to offer the wine list with which he takes the order the non-alcoholic wine.
6. The water glass is turned up and water is served.
7. Menu is presented to the host and his or her guest.
8. The station head waiter took the order for the main dish i.e. prawn cocktail, chicken a la king and the vegetables.
9. The sommelier comes to table to see if any wine is required with the meal, taking order from the host.
10. The waiter changes the covers by removing the soup spoon since there is no soup on the menu. After removing the soup spoon, he adjusts the cover.
11. The prawn cocktail is then served in glasses. A teaspoon and a small fork are laid for eating it. Accompaniments are lemon segment, peppermill, sometimes cayenne pepper and traditionally brown bread and butter; although this is less common now.
12. First course is cleared through the right.
13. Joint plates are laid for the main course i. e. for chicken ala king, braised rice and

vegetables.

14. The serving is for the lady first. The chicken a la king is served at the 6'oclock end of the plate,  
followed by the rice and vegetables. The gentleman is served next.
15. The sommelier should top the wine and water glasses from time to time.
16. The main dish is cleared to include the side plates and side knives, cruet, butter dishes.
17. Crumb down.
18. Offer the menu for guests to choose a sweet dish. Take order for sweet.
19. Lay sweet covers and
20. The sommelier clears wine glasses and the wine bottle.
21. Serve the sweet course,- the lady first and then the gentleman.



22. Clear the sweet course.
23. Take coffee order.
24. The coffee service is placed on the table. Serve the coffee. Lady first and then the gentleman. Offer more coffee at appropriate time.
25. Bill is then presented to host.
26. The guests are seen off the restaurant.
27. Clear down the table. Re-lay if cover if necessary

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