Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

GRADE 10

TERM 2 WEEK 5

CEREALS WORKSHEET MARKING GUIDELINE

This document consists of 2 pages.

1.

1.1. **Gelatinisation -** Occurs when moist heat is applied to starch√ the starch granules swell, soften and increase in viscosity.√ (2)

1.2. **Dextrinisation -** Browning of starch when dry heat is applied. √When dry heat is applied to starch, the starch changes to dextrin which has reduced thickening ability and more soluble.√ (2)

1.3. **Carbonisation -** When too much dry heat is applied to starch,√ the starch changes colour into carbon which is black and inedible.√ (2)

1.4. **Syneresis -** When cooked starch is left to stand for a long period, √the starch network shrinks and forces out free water trapped in the network.√(2)

2.

2.1. Sugar, √yoghurt,√ Honey, √Syrup.√ Any TWO (2)

2.2. Moist heat cooking method/ Boiling√ (1)

2.3. Dry heat cooking method/ Toasting√ (1)

2.4. Muesli.√ (1)

3. **Use the following methods:**

- Paste method√ - The starch is mixed with a little cold water to form a paste.√
- Roux method √- Starch is mixed with melted butter, margarine or oil to form a roux.√
- Screening method√ - The starch is mixed with sugar and cold water to form a paste.√

(6)

4.

CLASSIFICATION	DESCRIPTION	ONE EXAMPLES
Whole grain√	Cereals used whole with all their parts intact. Nothing is removed.√	Maize,√ wheat, √rice, barley, oats, rye, √sorghum.√
Crushed grain√	The whole grain is broken into smaller pieces.√	Samp, √maize rice, √crushed wheat.√
Rolled seeds√	The bran of the grain is removed and the grain is flattened by rollers.√	Oats,√ cornflakes.√
Coarsely granulated seeds√	The bran and germ are removed before the grain is coarsely granulated.√	Maize meal, √sorghum, √semolina.√
Finely granulated seeds√	The bran and the germ are removed before the grain is finely granulated.√	Flour,√ corn flour (maizena).√

(15)

5.

- **Temperature:** √the process of gelatinisation is usually completed at the temperature of between 88ºC and 90ºC.√
- **Agitation (Stirring):**√ If the mixture is stirred too much or too fast after gelatinisation, the swollen granules rupture and the absorbed seeps out. This causes the mixture to become thin again.√
- **Sugar:**√ The sugar and starch compete for the available water, if there is not enough water, the mixture will be runny.√
- **Acid:**√ addition of acids such as vinegar, lemon juice, tartaric acid will reduce the thickening ability of starch and the mixture will be runny.√
- **Type of starch:**√ Maize have double the thickening ability of wheat products. This is why we need less corn flour that cake flour to thicken sauces.√

Any Three (6)

GRAND TOTAL: 40