



ICM

SEPTEMBER 2015

CULINARY THEORY

Instructions to candidates:

- a) Time allowed: Three hours (plus an extra ten minutes' reading time at the start – do not write anything during this time)
- b) Answer any FIVE questions
- c) All questions carry equal marks. Marks for each question are shown in []
1. An increase in demand for ethnic foods has generated a wider selection of ethnic restaurants.
- a) Explain why the influence of ethnic cultures has increased. [4]
- b) Describe the characteristics with which the Chinese diet is associated. [8]
- c) Clarify how Judaism laws govern the Jewish diet. [8]
2. Proteins may be described as large biological molecules that perform a vast array of functions within living organisms.
- a) State why protein is needed by the body.
- b) Identify foods that contain animal protein.
- c) Specify the main sources of vegetable protein.
- d) Describe the composition of protein.
- e) Explain how protein may be denatured during the cooking process. [4 each]
3. The process of eating should bring pleasure to the consumer, and the extent of the pleasure a person experiences will be dependent upon their senses. Critically examine how senses measure factors that will influence our enjoyment of food. [20]
4. The use of a purchase specification will bring uniformity and consistency to the purchasing process.
- a) Construct a purchase specification for a commodity of your choosing, and identify the sub-headings under which information about that commodity will be recorded. For EACH sub-heading, give ONE example of the type of information that should be specified in that section. [15]
- b) Discuss advantages to the caterer of using standardised recipes. [5]
5. A vending machine may be used to dispense snacks, beverages, alcohol, cigarettes and other consumer goods.
- a) Examine factors that need to be agreed upon before installing a vending machine. [10]
- b) Discuss the advantages of installing a vending machine for the service of cold non-alcoholic drinks. [10]
6. Energy costs continue to rise and form a significant proportion of overhead costs, for which their control is essential to the running of a financially successful hospitality unit.
- a) Compare and contrast the advantages and disadvantages of the use of gas against the use of electricity. [10]
- b) Substantial savings can be made by the installation of energy-saving equipment and the efficient use of fuel. Examine other energy conserving measures that may be implemented in a kitchen. [10]

continued overleaf

7. Hazard Analysis and Critical Control Point (HACCP) is a procedure designed to safeguard consumer health by critically examining each stage of the food processing system.
- a) Construct a HACCP flow diagram for frozen poultry, from delivery to service, and indicate the Critical Control Points that need to be given particular attention to minimise health risks. [10]
 - b) Some foods require recipe modification when adopting them in a cook-chill process. Discuss what modifications you would introduce during the production of EACH of the following dishes intended for rapidly chilling the cooked food and reheating it for service:
 - i Battered fish
 - ii Scrambled eggs
 - iii Mashed potatoes
 - iv Flour-based sauces
 - v Braised meat [10]
8. Catering employees, especially in a kitchen, are required to be adequately trained and supervised to ensure safe practices are maintained.
- a) Identify the difference between a burn and a scald, and describe how such injuries should be treated. [5]
 - b) Specify FIVE courses of action that could be carried out by staff in a kitchen to reduce the risk of them being injured from burns and scalds. [5]
 - c) Identify THREE components necessary for a fire to start, and the principal methods of extinguishing a fire. [6]
 - d) Explain how you would deal with a fire in a deep fat fryer. [4]