



ICM

DECEMBER 2016

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. Tourism has generated a desire for broader culinary experiences when we eat out. Critically examine the cultural influences that EACH of the following cookery styles has had on our eating experiences:
- a) Indian
 - b) Mexican
 - c) South East Asian
 - d) Chinese
- [20]
2. Protein is a necessary constituent of the diet and forms part of every cell in the human body.
- 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.
- [20]
3. Deciding on the menu is one of the most important duties a caterer has to complete.
- a) Discuss aspects that should be considered to ensure a balanced menu is achieved. [10]
 - b) Describe the main characteristics of EACH of the following menus:
 - i À la carte
 - ii Ethnic
 - iii Function
 - iv Hospital
 - v Table d'hôte
- [10]
4. The standard yield of a product is the usable part of that product and is maintained through adhering to a standard policy.
- a) Explain how you would introduce portion control into an establishment. [10]
 - b) Standard recipes enable a dish to be produced to a specified quality and quantity. Discuss the advantages of using a standard recipe in a catering establishment. [10]
5. Vending involves a machine providing the customer with a product in exchange for some form of payment.
- 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 comprise a significant proportion of overhead expenses, and careful monitoring will help to maintain 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. HACCP is a formal system that has international recognition as a cost-effective way to control food-borne illnesses.
- a) Explain what the HACCP process entails. [5]
 - b) Examine how the cook-chill process differs from the cook-freeze process. [10]
 - c) Describe the **sous-vide process**. [5]
8. Food handlers must observe the highest possible standards of personal hygiene. Compile a checklist suitable for members of staff who handle food, to assist them in maintaining standards of personal appearance, cleanliness and hygiene. [20]