

# **JUNIOR SECONDARY CERTIFICATE**

**HOME ECONOMICS**

**1400/2**

PAPER 2 Practical Test

Marks 80

**2017**

**RECIPE AND WRITTEN PREPARATION FORMS FOR CANDIDATES**

This document consists of **6** printed pages.



**Republic of Namibia**

**MINISTRY OF EDUCATION, ARTS AND CULTURE**

**MOUSSAKA**

1 small onion, chopped  
12,5 ml margarine  
200 g mince  
12,5 ml cake flour  
12,5 ml tomato paste  
5 ml sugar  
50 ml cold water  
12,5 ml chopped fresh parsley **OR** 5 ml dried parsley  
2,5 ml salt  
2,5 ml white pepper  
1 small sized brinjal **OR** 6 courgettes **OR** 2 medium potatoes  
15 ml cooking oil

**Cheese sauce**

50 ml margarine  
50 ml cake flour  
1 ml salt  
1 ml cayenne pepper  
200 ml milk  
5 ml lemon juice  
150 ml grated cheddar cheese  
1 egg

**Method**

1. Preheat the oven to 180°C.
2. Fry the chopped onion in 12,5 ml margarine in a saucepan until yellowish and transparent  
Add the mince, use a fork to loosen the mince and fry for 5 minutes.
3. Add 12,5 ml cake flour and cook for 2 minutes.
4. Mix the tomato paste, sugar, water and parsley and add to the mince. Season with salt and pepper. Cover and simmer slowly for 15 minutes.
5. Peel the brinjal, cut into cubes or slices and fry in hot oil for 10 minutes.
6. Arrange alternating layers of mince and brinjal in a casserole dish.
7. **Cheese sauce:**
  - a) Prepare a white sauce from the margarine, cake flour, salt, pepper and milk.
  - b) Beat the egg and add to the sauce. Stir and remove from the heat.
  - c) Add the lemon juice and 100 ml grated cheese. Use remainder of the cheese to sprinkle on top of the dish.
8. Pour the cheese sauce over the mince and brinjal in the casserole dish and sprinkle the remaining cheese on top.
9. Bake at 180°C for 30 to 35 minutes until golden brown.







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**SHOPPING LIST**

Centre Number	
Candidate Name	
Candidate Number	

<b>Milk &amp; milk products</b>	<b>Cereals &amp; cereal products</b>	<b>Fresh fish, meat &amp; poultry</b>
		<b>Canned &amp; frozen foods</b>
<b>Fresh fruits &amp; Vegetables</b>	<b>Spices &amp; Herbs</b>	<b>Other ingredients</b>

Mark with a \* items brought from home

**Equipment and/or serving dishes**

<b>Measuring</b>	<b>Preparation</b>	<b>Cooking</b>	<b>Serving</b>	<b>Cleaning</b>



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**EVALUATION**

Centre Number	
Candidate Name	
Candidate Number	
