

Unit 309: Produce and present advanced desserts and dough products using standardised recipes

Activity 1: Hot and cold dessert ingredients

Think about the favourite hot and cold dessert dish that you discussed in the starter session. Using the internet, research the ingredients used in this dish and classify them into different groups.

Suggest what alternative ingredients could be used if the ingredient wasn't available. An example has been given below.

Hot dessert

Dish name: Spiced apple pie

Ingredient	Classification	Alternative ingredient
<i>Butter</i>	<i>Dairy - fat</i>	<i>Margarine</i>
<i>White plain flour</i>	<i>Dry goods - flour</i>	<i>50% wholemeal / 50% white flour</i>
<i>Brown caster sugar</i>	<i>Dry goods - sugar</i>	<i>White caster sugar</i>
<i>Salt</i>	<i>Dry goods - seasoning</i>	<i>No alternative</i>
<i>Bramley apples</i>	<i>fruit</i>	<i>Different type of apple</i>
<i>Dark brown sugar</i>	<i>Dry goods -sugar</i>	<i>White caster sugar</i>
<i>Cinnamon</i>	<i>Dry goods - spice</i>	<i>Mixed spice</i>
<i>Fresh egg</i>	<i>Dairy</i>	<i>Liquid or dried egg</i>

Hot dessert

Dish name:

[illegible]

Cold dessert**Dish name:**

Ingredient	Classification	Alternative ingredient