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

# Worksheet 2: Ingredients

1. Explain the purpose of eggs when preparing advanced desserts and dough dishes.

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2. Match the types of diary product to the descriptions by drawing a line

|  |  |
| --- | --- |
| **Type** | **Description** |
| Milk | minimum fat content of 35%​ |
| Double cream | minimum fat content of ~20%​ |
| Single cream | double cream ‘soured’ with the addition of yoghurt​ |
| Whipping cream | made from vegetable fats. It requires no refrigeration |
| Crème fraîche | different fat content ­– 3% fat milk, 2% milk, 1% milk, skim milk​ |
| Light cream | contains 15% fat content and lactic acid​ |
| Sour cream | addition of gelatine makes for easier whipping​ |
| Imitation cream | minimum fat content of 48%​ |

3. Describe the following fats and oils used in the production of advanced desserts and dough dishes.

**Shortening**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Coconut oil**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Lard**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. Describe the following raising agents used in the production of advanced desserts and dough dishes.

**Cream of tartar**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Yeast**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Bicarbonate of soda**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. List **five** different types of setting agents used in the production of advanced desserts and dough dishes.

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