

## 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 dairy 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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