

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

Worksheet 2: Ingredients (Tutor)

Accept any suitable response

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

- Eggs are used in hot and cold desserts and dough products for a variety of reasons, these include:
- Binding properties
- Flavour
- Coating properties
- Emulsifying properties

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

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

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

Shortening

- made from vegetable oil which has been hydrogenated to make is solid. Virtually tasteless, it provides a baked desert to be flaky and light.

Coconut oil

- Used just like vegetable oil, it provides a tender crumb but no flakiness. Muffins and quick breads made with it are moist and tender, with a slight coconut flavour.

Lard

- Typically baked into pie crusts, lard gives baked goods a flakiness without that intense butter taste.

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

Cream of tartar

- is fine white powder which is extracted from the tartaric acid. It can also be added to increase stability and volume of whisked egg whites to increase their stability when making meringues or folded into cake batters.

Yeast

- It is a single cell fungus that feeds on simple sugars to produce carbon dioxide, gas, and alcohol. It is also used as a leavening agent to produce a wide range of bakery products. **Bicarbonate of soda**
- It is also known as baking soda or cooking soda, which is used in a variety of dishes such as biscuits, batters, puddings, etc.

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

- Leaf gelatine
- Powdered gelatine
- Agar-agar
- Gum arabic
- Pectin
- Carrageenan
- Alginates
- Guar gum
- Xanthan gum

- Sodium carboxymethyl cellulose
- Egg