

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

Worksheet 4: Prepare, cook and finish hot and cold desserts (Tutor)

Accept any suitable response

1. Describe the following preparation methods used in the production of hot and cold desserts.

Creaming

- Is the technique used when mixing the sugar and butter together before adding the flour, and other ingredients. The method is best done using a mixing machine but can also be achieved by hand.

Depositing

- The main goal of depositing batters and fillings is always accuracy. You can use small depositing tools to accurately place filling, sauces etc into your desserts, for example created a layered dessert.

Pulling sugar

- Sugar can be formed into just about any shape you can imagine. When liquefied and heated, it becomes pliable enough for a few moments to be sculpted into objects, ribbons and decorations. The process of moulding sugar is known as pulling, as you pull the molten sugar in order to form smooth lines that then harden into a brittle sugar garnishes.

Tempering

- Tempering chocolate involves putting it through a cycle of temperatures (heat, cooling, reheating) to align cocoa butter crystals within the chocolate. Once aligned the chocolate will have the familiar snap and shine this process is called 'tempering'.

2. Describe the following cooking methods for hot and cold desserts dishes and a dish that can be cooked using the method cookery.

Poaching

- Poaching is a process of cooking foods, such fruit or meringue in a liquid that has been heated to just below the boiling point, so the liquid is barely moving while the

food is being cooked. Poaching fruit such as pear, plum, peaches and rhubarb slowing in stocks and syrups such as red wine, fruit (orange, etc.), spiced (cinnamon, cloves) adds both colour, flavour and texture to the dish. The liquid, in which the fruit is poached, can also be used for hot or cold syrups and sauces.

Stewing

- Stewing is a moist heat cooking process much like braising except that the ingredient are totally immersed in liquid for example a stock syrup rather than being only partially immersed as it is with braising. Stewing is often used in the production of hot and cold desserts with stewed fruits, where fruits such as plum, peaches and rhubarb are stewed over a long period of time in a syrup or flavoured sweet stock and can include wine, to break down the natural fibres in the fruit. Rhubarb is commonly stewed, because rhubarb varies in sweetness, it is hard to determine how much sugar is needed. The rhubarb will also sweeten as it cooks. Start out with a small amount of sugar. Once the rhubarb has cooked, more sugar can be added if necessary.

Steaming

- The steaming process is the simple; as the water boils, the steam rises and surrounds the food with heat and moisture, cooking the dessert often used just for hot desserts. Pastry items and pudding maybe steamed for such dishes as sweet Asian steamed buns, steamed puddings (jam, fruit, chocolate, syrup), Christmas puddings.

3. Describe the following finishing methods for hot and cold desserts dishes and a dish that can be finished using the technique.

Coating / glazing:

- To enhance a cold dessert, preparations used include:
- **Mirror glaze:** Traditionally mirror glaze involves pouring the glaze over a perfectly smooth, mousse-covered dessert. For example, chocolate glaze, where it is made with glucose syrup, sucrose and water, to which you add condensed milk, gelatine and chocolate.
- **Chocolate ganache:** A richly flavoured chocolate coating made from chocolate and cream blended together over low heat.

- **Meringue:** Desserts can be coated in meringue and then heat applied for colour and texture

Feathering

- is the technique of decorating a dessert with either icing or chocolate and feathering through the layer with a contrasting colour. Examples of this include: Bakewell tart and chocolate gateau.

Spraying

- Sometimes referred to when finishing desserts as flocking. Flocking is a technique used to create a fine velvety textured coating on desserts. A spray is used to disperse small drops of flavoured, coloured cocoa butter. It is particularly popular with French pâtissiers who create layered mousse cakes known as 'entremets'. The cocoa butter spray not only creates a sophisticated show-stopper dessert but helps the dessert to retain its moisture.