



# **FOOD AND TECHNOLOGY**

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# FOOD AND TECHNOLOGY

FOOD PLAYS A MAJOR ROLE IN CONTEMPORARY SOCIETY. IN FOOD AND TECHNOLOGY, STUDENTS WRITE A DESIGN BRIEF FOR A SET OF FOOD ITEMS AND RESEARCH ASPECTS RELEVANT TO THE THEME OF THE BRIEF. THEY DEVELOP PRODUCTION TIMELINES AND OUTLINE PROCESSES, EQUIPMENT, FOOD SAFETY AND HYGIENE PRACTICES TO MAKE THEIR PRODUCT, WHICH THEY THEN EVALUATE. THE PRODUCTS STUDENTS MAKE INCORPORATE A RANGE OF PREPARATION AND PROCESSING TECHNIQUES, SUCH AS PRESERVATION, WHICH REQUIRE AN IMPRESSIVE ARRAY OF SKILLS AND THE USE OF APPROPRIATE AND SPECIALISED EQUIPMENT.

The VCE Food and Technology School-assessed Task is completed for Unit 3 Outcome 3 and Unit 4 Outcome 1. In Unit 3, students develop a design plan and in Unit 4 they implement the design plan and evaluate the outcomes.

To demonstrate these outcomes, students develop knowledge and skills related to food preparation and processing techniques. They evaluate their planning and production activities and food products using predetermined criteria.

Students develop a design brief for their set of food items (the product), develop evaluation criteria, conduct relevant research to develop ideas in response to the design brief and develop a timeline for the production of the product. Students incorporate a range of preparation and processing techniques, which requires a high degree of skill and the use of a range of appropriate equipment. Students develop an understanding of the properties of the food and apply food safety and hygiene practices. They document their choices and decisions.

Students use the previously developed criteria for evaluating their production work. The evaluation report includes comment on the effectiveness of the planning and production activities. Photographs capture food preparation and presentation skills.

THE AIMS OF VCE FOOD AND TECHNOLOGY ARE TO ENABLE STUDENTS TO:

- extend their understanding of food and develop an understanding of current trends in food and technology, and their relevance to the food consumer in contemporary society
- develop and apply an understanding of the functional properties of food and their impact on food preparation and processing
- use theoretical knowledge to develop practical skills in the preparation and processing of food
- acquire and apply knowledge of the principles of food hygiene and safety, including safe food handling and the selection and safe use of tools and equipment
- understand the role of technology in food product development and in food preparation, processing and packaging, and recent technological developments in ingredients, processing techniques, tools and equipment
- understand the food product development and production processes and related sustainability issues
- develop and use critical and creative thinking, adaptability and problem-solving skills in the application of the design process to achieve solutions related to food.

# FOOD AND TECHNOLOGY



## **MATTHEW BEECH**

Christ the King Anglican College, Cobram

### ***FOOD FOR THE SENSES***

green peas and egg served with cayenne-candied bacon; orange jelly, yllej tooriteeb (beetroot jelly); tomato, balloon of mozzarella, many garnishes; cinnamon and/or vanilla ice cream; crunchy chewing gum

I was first excited by the cooking style of molecular gastronomy. I then looked deeper and liked the way food interacted with both our senses and us as people. I wanted the menu to be eye catching so people would investigate further into what they were eating.

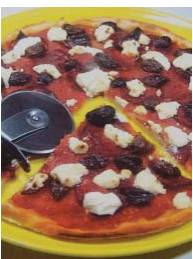
## **MICHAELA BOEMO**

Korowa Anglican Girls' School, Glen Iris

### ***THE BROKEN SHELL***

pickled beetroot and quail eggs; brioche with scrambled eggs and caviar; okonomiyaki pancake; Moroccan meatballs and duck eggs; white chocolate mousse; chocolate and espresso brûlée tart

My love for cooking, coupled with fond memories of eating eggs as a young girl, led me to create a folio with an egg theme. I created a sample menu for gourmet egg restaurant, The Broken Shell. To highlight the versatility of eggs I used three different types of eggs in a range of savoury and sweet dishes.



**LACHLAN BROWN**

St Joseph's College Geelong, Newtown

***THE BIRTH OF THE BLACK PEARL***

Birregurra special pizza; lahambajin; oven burger; coffee and pecan biscuits, homemade vanilla slice

My passion for cooking with fresh local produce is the motivation behind my work. My research led to valuable experience with some successful and talented producers. Incorporating local produce presented some challenges, particularly seasonal availability. This enabled me to utilise a wide variety of cooking and preservation techniques.

**NAOMI CUTLER**

Buckley Park College, Essendon

***CHRISTMAS IN JULY***

seafood platter with lime aioli; traditional turkey with forcemeat stuffing, balsamic-glazed baby onions, roast potatoes, green beans, beetroot relish; Christmas pudding two ways; fruit mince pies

Having grown up with homemade traditional Christmas food, my folio expresses that love with a twist – a Christmas in July banquet. An interview with a food stylist helped me to create a menu blending traditional and contemporary food ideas but using winter produce and a range of complex processes such as ice-cream and pastry making.



**KATELYN FREER**

Methodist Ladies' College, Kew

***TOFU: BLAND OR BRILLIANT?***

chocolate fudge cake with salted caramel gelato; black sesame and herbed fettuccine; assorted mushroom, leek tarragon and pepita quiche; spinach, semi-dried tomato, fennel and tofu stuffed wholemeal pizza; roasted sesame seed and lemon tofu with Chinese green vegetables; lemon cheesecake with pomegranate glaze

My intention was to showcase tofu as a versatile ingredient that can be creatively and innovatively used. By utilising a range of complex processes, including yeast baking and pasta and ice-cream making as well as a range of cooking techniques, I was able to stimulate the culinary senses and showcase tofu for the brilliant ingredient it is.

**ELYSE GARRETT**

Glenvale School, Broadmeadows

***TITANIC 100TH ANNIVERSARY***

cheese and chive soufflé oysters; salmon steaks with hollandaise sauce and asparagus and haloumi salad; lime sorbet with lime wafers; blueberry sauce; New York cheesecake

The tragedy of the *Titanic*, and its luxurious food, inspired me to design a dinner that would commemorate the 100th anniversary (1912–2012) in a unique and appetising way. The sorbet was included to imitate what was enjoyed on the *Titanic*, and the New York cheesecake honoured the destination of the ship.



**OLIVE GILBERT**

Williamstown High School, Williamstown

**COUNTRY WOMEN'S ASSOCIATION ANNIVERSARY CELEBRATION**

pumpkin scones with whipped goats cheese and onion marmalade; country-style terrine served on rosemary crisp-bread with green tomato chutney; mini rabbit pies with quince jelly; mini pavlova with an assortment of passionfruit-curd, berry-compote and syrup-apricot toppings; mini sponges with cream and blackberry jam; apple custard tarts

The year 2012 marked the 90th year of the Country Women's Association (CWA). To celebrate their significance and longevity in Australian society, I designed a selection of finger-food items inspired by the simple traditional recipes championed by the CWA. Using rustic country ingredients with a contemporary twist, I aimed to bring the CWA into the modern era.

**VICTORIA LANCASTER**

Mentone Girls' Grammar School, Mentone

**1ST SANDRINGHAM SCOUTS' OLD-FASHIONED FETE** sponge cake with lavender icing; multicoloured macaroons, lemon meringue cupcakes; Turkish delight; strawberry and apple jam; five-tomato chutney

I aimed to produce a menu that reflected how an old-fashioned fete can be run with home-baked goods and without the need for expensive stalls. I used a range of complex processes to display my cooking expertise but also chose the recipes carefully so they were suitable to sell at a fete.



**ISABELLE MEAD**

Williamstown High School, Williamstown

**WILDLIFE WELFARE CORPORATION'S  
INFORMATIVE DINNER**

gazpacho; pea and broad bean bruschetta with fresh mozzarella; rocket and parmesan salad with beetroot and orange jelly; stuffed zucchini flowers; fresh tomato and basil linguine; vanilla panna cotta with strawberry crisps and poppy-seed toffee shard; raspberry chocolate truffle bites

I intended to represent a range of delicious vegetarian food as an opportunity to showcase and hopefully encourage a more sustainable way of eating. Research included interviews with vegetarians, other chefs' food presentation and the use of edible flowers. The complex processes included yeast baking, deep frying, pasta, confectionery and toffee.

**EMILY SISSON**

Korowa Anglican Girls' School, Glen Iris

**GRANDMA'S LITTLE CHOCOLATE COTTAGE**

ruby red jam and mini chocolate banana loaves; raspberry ripple ice-cream and chocolate brownie; black and white chocolate mousse; chocolate and raspberry cream puffs; chocolate orange tart

My aim was to create a high standard of chocolate dishes that could be sold in my very own 'chocolate cottage'. Through the items I selected to cook, I used a wide variety of complex processes: aeration, pastry making, jam and ice-cream making. I wanted to ensure my dishes were presented to a high standard.





### JESSICA SMITH

Luther College, Croydon Hills

#### **BERRIES**

sherry-soaked strawberry tart; frou frou cupcakes; strawberry mousse and white chocolate mousse with dehydrated strawberries; raspberry sorbet with brandy snap baskets; steamed blueberry pudding; blackberry jam cheesecake

My love for berries led to a menu which comprised six desserts using berries as the key ingredient. The aim was to showcase a wide variety of delicious desserts for an afternoon tea. Complex processes including pastry making, biscuit making, jam making, custard making and use of gelatin assisted in producing high quality dishes.

### REBECCA UPPUTHOLLA

Heathdale Christian College, Werribee

#### **RAYS OF THE SUN, HIGHLIGHT 50TH FUN**

pumpkin ravioli with goats cheese tarts and blood orange jelly; flaming mignon with pommes dauphine, asparagus and hollandaise sauce; selection of passionfruit mousse, peanut chocolate caramel ice-cream and millionaire's éclair; orange blossom macaron with white chocolate ganache and dehydrated fruit leather

My idea was to produce a celebratory dinner to commemorate 50 years of success by the Mignonette Ray Airways. I researched and created a French-inspired three-course dinner with a gift. Complex processes included confectionery, jelly and puff-pastry making. I was able to prepare creative foods that linked in with my passion for travel.

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Golden Beetroot

Golden Beetroot are a member of the Beet family and are an heirloom variety of Beetroot. Golden Beetroot mature towards the end of spring. The golden beetroot has a more subtle flavour than the red and white beetroots. It also has a fantastic yellow-orange colour and does not bleed colour when placed in a liquid. The Beetroot are going to be used for the Orange and Beetroot jelly second course.

The Beetroot are not readily at the supermarket and need to be sourced independently online or grown from seed. If the beetroot had to be shipped then the quality would deteriorate and would make the dish less appealing. This is why growing the Beetroot from seed proved to be the only way to obtain the rare vegetable.

Beetroot Growth Information

Beetroot seed needs to be sown at a depth of 0.5 centimeters and require regular watering. The beetroot require full sun and are not very frost tolerant. The beetroot reach maturity at around 8 weeks of age.



Day 7-12: Seedlings germinated and produced their second set of leaves



Day 19-21: Seedlings were planted out into the garden

Steps involved in growing Beetroot

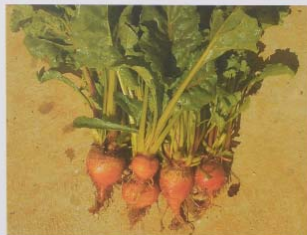
The beetroot seed was initially sown into seed raising mix and placed in a warm environment.

The seeds were grown out until the seedlings had developed their third set of leaves.

The seedlings are fertilized weekly with a seaweed solution and once they had developed their leaves they were planted out into the garden.

After about 6 weeks of growth the beets were ready to harvest and picked on the day of production.

They were washed and had their leaves and roots trimmed and were sent straight to the kitchen.



Day 50-55: Beetroots were harvested. Beets weighed up to 100gm



Beetroots ready for use in the kitchen.

# Entrée 1

## Justification

The first entrée was chosen following an examination of three different recipe options, taking into account how they related to the criteria as outlined in the design brief. Each of the options was assessed from the stand point of visual appeal, ease of preparation, and applicability to The Broken Shell's specifications.

### Option 1: Chicken and Sweet Corn Soup<sup>7</sup>

#### Specification:

- Uses hen eggs
- Portion size can be entrée serving
- I could make a preserve out of freezing some soup or dehydrating some herbs

#### Assessment:

- This item has no complex processes. It could be preserved by freezing but this may affect the sensory properties. This soup is fairly common and familiar to most people and is not seen as gourmet

### Option 2: Hard Boiled Eggs & bread<sup>8</sup>

#### Specification:

- Uses hens eggs
- Has a complex process if I make the bread
- Can be made into a small entrée sizing

#### Assessment:

- Pairing these two products together works; it also incorporates some of the needed criteria but is too simple to pass as a gourmet meal, being something you can easily make at home it would not draw customers into the restaurant.

### Option 3: Pickled Quail Eggs & Beetroot and Chutney on bread<sup>9</sup>

#### Specification:

- Uses quail eggs
- Has a complex process & preservation technique
- Good proportion for an entrée

#### Complex Process:

- Complex process because bread is a yeast based dough
- Chutney is also a preserved item

#### Cooking Method:

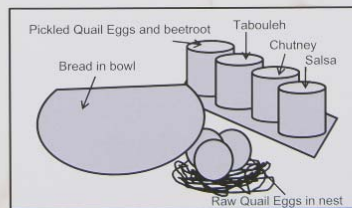
- Dry cooking method – baked bread
- Wet method of cooking - boiling eggs, chutney

#### Preservation Technique:

- Chutney
- Pickled quail eggs and beetroot

**Justification for inclusion:** This option works well because I can add or take away components to improve the look, taste and usability of the meal. It is different from the other entrées and can be easily expanded to cater for more than one person. I have chosen it because it is the most complex of the three options and I will use this recipe of pickled quail eggs and chutney on bread and will add in tabouleh and salsa to widen the range of items and make it suitable as a gourmet hors d'ouvers for several people. Pickling the quail eggs with beetroot will dye the eggs a deep purple cover, making it a very different and gourmet way to present eggs.

## Presentation Concept Plan



<sup>7</sup> Pers. Comm. Windy Frahmmer

<sup>8</sup> Heath, G., McKenzie, H., & Tully, L. (2012). *Food Solutions Food & Technology*. Melbourne, Victoria, Australia : Pearson Australia, p.133

<sup>9</sup> Unknown Author. (2009). *Women's Weekly Tapas Bar*. Sydney NSW: ACP Books, p.36

## Timeline Tuesday 31<sup>th</sup> July → I will simultaneously do another prac to save time

| Time  | Ingredients                          | Process   | Equipment                             | Health & Safety  |
|-------|--------------------------------------|---|---------------------------------------|--|
| 10:30 | Beetroot                             | Collect ingredients and wash hands<br>Put saucepan of water on to boil                      | Large saucepan                        | Wash hands, put on apron, tie back hair  |
| 10:40 |                                      | Put beetroot in water – cover 20 mins   | Chopping board<br>Knife               | Lower beetroot into boiling water on a spoon so hot water doesn't splash up  |
| 10:50 |                                      |   |                                       |  |
| 11:00 |                                      | take beetroot out to cool   |                                       | Use tongs to remove beetroot or drain them so you don't come into contact with the boiling liquid                  |
| 11:10 |                                      |   |                                       |  |
| 11:20 |                                      | Peel beetroot and put in fridge   | Fridge<br>Chopping board<br>Knife     | Make sure beetroot is cool so you do not burn your hands when handling them, wear gloves do avoid dying your hands |
| 11:30 |                                      | Clean up  |                                       |  |
| 3:20  | 12 quail eggs                        | Wash hands, put small saucepan of water on to boil,<br>Sterilise jars                       | Small saucepan                        | Careful when sterilising jars and working with heat to not burn yourself   |
| 3:30  |                                      | But eggs in and simmer, uncovered for 6min  |                                       | Lower into water with fork as not to splash hot water in face and  |
| 3:40  | 2 bay leaves<br>1 tbs<br>peppercorn  | Exactly 6 mins into Eggs simmering, remove, drain and put in cold water                     | 2 Bowls<br>Strainer                   | Careful when draining to not pour hot water on your person   |
| 3:50  | Horseradish<br>Dill<br>Cider vinegar | Peel eggs<br>Put other ingredients on to combine a boil<br>Roll shiso leaves and slice fine | Small saucepan<br>2 bowls<br>Strainer |  |
| 4:20  |                                      | Put eggs and beetroot in sterilised jar, pour over sauce, seal                              |                                       | Handle all hot pots and jars with a tea towel so you don't burn yourself   |

## Time Analysis

One food handling procedure that I was happy to have learnt before doing this prac was always wear gloves when working with beetroot! The colour pigment from the beetroots escapes and sticks to everything and anything! In this prac I lost time peeling the beetroots and peeling the eggs. I learned from this that the key is to take your time, because in the end rushing results in loss of quality and appearance of the end product. I am very impressed with the effect the beetroots had on the quail eggs in the pickling process, practically making the whole egg white, magenta.

## Sensory Analysis

### First words

|                   |                                    |
|-------------------|------------------------------------|
| <b>Appearance</b> | Vibrant, smooth, exciting, velvety |
| <b>Aroma</b>      | Eggs and beetroot                  |
| <b>Flavour</b>    | Exciting, tangy – Beetroot         |
| <b>Texture</b>    | Creamy, aftertaste of pickled      |

### Statement

|                   |   |
|-------------------|---|
| <b>Appearance</b> | The colour of this was amazingly vibrant, the quail eggs and the liquid took on the colour of the beetroot; the eggs looked smooth and velvety.             |
| <b>Aroma</b>      | All the aromas have joined together so the mix still smells like eggs and the beetroot aroma is very pungent  |
| <b>Flavour</b>    | Like the aroma, the flavour is an exciting mixture of things, it is tangy which is the strong taste of beetroot, the quail eggs burst flavour in your mouth |
| <b>Texture</b>    | The beetroot and the quail eggs are creamy, the beetroot is soft but gives some resistance when bitten into, whereas the eggs are soft throughout.          |

## Processes:



Final Product



Final Product



### Processes



THE EGGS STRUGGLED TO COOK, SO I TOOK SEVERAL MUGS AND BOWLS AND COVERED THE EGGS, TRAPPING HEAT TO FACILITATE COOKING THE EGGS

### Final Product



## Evaluating the planning and production

### 1. The effectiveness of the planning

I completed my whole planning process, and my whole design brief for that matter, systematically. I worked through each part of the brief before I moved on to the next stage because I feel that each stage was directly related and influenced by the work done in earlier stages. Therefore I thought that the research component was one of the most important sections, it was the foundation for all work to come after it. The knowledge I gained researching my key functional ingredients helped me to know what they did in the product I was creating and how they would react with other ingredients around them. Another place research was helpful was in selecting my specialised equipment. By learning about the ice-cream churn, the electric mixer and the kitchen blow-torch I was able to make decisions in some areas of production to use this equipment which saved me time and helped to improve the quality and sensory appeal of the dish. For example when caramelising the sugar on top of the Chocolate espresso brûlée tarts the use of a kitchen blow-torch made it much quicker and gave me the opportunity to brown areas to a degree of my choice.

| Week dates                                      | Day                           | Period         | Plan Changes   |
|---|-------------------------------|----------------|--|
| 28 <sup>th</sup> July                           | Thursday                      | 3&4            | Prepare yeast dough in morning, complete entree 2 and present.             |
| 3<br>30 <sup>th</sup> – 3 <sup>rd</sup> August  | Tuesday afternoon             | After School   | Boil eggs and beetroot and peel, prepare ginger, prepare other ingredients |
|   | Tuesday                       | 3              | Pickle eggs, pickle ginger<br>Make custard base sauce and freeze           |
|   | Wednesday                     | 2              | Churn ice-cream freeze   |
| 4<br>6 <sup>th</sup> – 10 <sup>th</sup> August  | Thursday                      | 1&2            | Prepare chutney  |
|   | Friday                        | 5              | Cook chutney   |
|   | M-W                           |                |  |
|   | Thursday                      | 3&4            | Make okonomiyaka sauce<br>Make okonomiyaka pancake                         |
| 5<br>13 <sup>th</sup> – 17 <sup>th</sup> August | Monday                        | 2              | Make chocolate eggs  |
|   | Camp for the rest of the week |                |  |
| 6<br>20 <sup>th</sup> – 24 <sup>th</sup> August | Monday                        | 6              | Meat balls   |
|   | Tuesday                       | After school   | Meatball Moroccan dish   |
|   | Wednesday                     | Bread          | Bread before school for hors d'oeuvres                                     |
|   | Thursday                      | 3&4            | Make Tabouleh and salsa then present entrée 1                              |
| 7<br>26 <sup>th</sup> -28 <sup>th</sup> August  | Friday                        |                |  |
|   | Camp for first half of week   |                |  |
|   | Wednesday                     | Recess - lunch | Brulee tarts   |
| 10<br>17 <sup>th</sup> september                | Thursday                      |                |  |
|   | Friday                        |                |  |
|   | Wednesday                     | Recess – Lunch | Shape chocolate egg, Make white chocolate mousses and spun toffee nest.    |

Generally I think my planning for the majority of the SAT was good and stayed on time. Apart from my desserts all of my pracs were completed on the date scheduled, although two where juggled to allow more time for presentation. I encountered my first issue when I was sick in the second half of week 6. Due to an ongoing dental infection I was away from school or unable to prac at some stages for the rest of the term. When I couldn't complete my desserts due to illness, I rescheduled them for the next week (7) only to sustain a severe shoulder injury keeping me away from work yet again. On my return to school I made it my priority to get my dessert pracs finished, the first of them, the chocolate espresso brûlée tarts, were completed despite the impediment of having one hand in a sling without too much help or hassle but shaping my egg and making my toffee was going to be in impossibility until I had some movement and strength back in my shoulder. I think that all of my food items fit into the specifications outlined in the design brief. Upon further reflecting, I think I could have chosen options that featured eggs more heavily, for example doing an eggs benedict was probably a better option than doing the Moroccan meatballs and duck eggs. Other than that I think all of my food items were presented in a high quality way, similar and slightly amateur to what I would expect from a cooking magazine.

### 2. The efficiency of the production activities

As each of my pracs was completed I attempted to establish more realistic time estimates for completion of the prac in my production plans, in spite of this there were still time overruns. My main issue in the production plan and activities was the time I allocated myself for certain activities. Some like collecting and preparing ingredients or presenting the dish were me being a slower worker than I had presumed. While others like waiting for the ice-cream custard base to thicken or the oiled bread to crisp in the oven were me being completely unaware of how long these activities would take, and subsequently how much time I should allocate to them.

### 3. Safety and hygiene practices

During my pracs I managed the food preparation practices and equipment safety to the best of my ability and in line with school protocols. Although at some stages of my food preparation I was rushing and behind time, whenever I was using a sharp or dangerous object to prepare or cook food I always took my time and made sure to follow all safety instructions. I kept my work stations as clean as I could throughout the preparation of my food to avoid any problems with safety and hygiene specifically cross contamination of food products. Throughout my pracs I maintained a high level of personal hygiene by wearing an apron when preparing food, always wearing my hair up, and in a bun or plait when I thought necessary. I always used clean equipment and wore oven mitts or used a tea towel when picking up anything potentially hot. Before each prac, and every time I directly handled food I washed my hands with warm soapy water to a transferring bacteria from my hands or from anywhere via my hands onto the food I was working with.

# Research

## Presentation: Biscuits



I like the way these biscuits have made the coffee and pecans the 'eye-catching' component of this food item which is what I hope to achieve with my final biscuit.



I think the brown colours displayed in this lot of biscuits are too overpowering. I also do not like the thickness of these biscuits.



I really enjoy the way this biscuit has really combine both the coffee and pecan aspects of the biscuit, but I do not like the overall shape and texture of the biscuit..



I think the use of icing on these biscuits is to 'messy' and does not make these biscuits look like they have been made at a high standard.



<http://www.google.com.au/imghp?hl=en&tab=ii>

unit 4, outcome 1

1 0 2 0 7 6 8 2 R

# Research

## Presentation: Burgers



I really like the simplicity of this burger just consisting of a simple meat patty, salad and bun. But I do not like the plainness of the bun.



The prominence of the meat patty acts as a very strong focal point to this particular burger which is quite appealing. But the I do not like the implementation of avocado, making the burger look 'messy'.



The way the top of the burger is displayed lent back gives this burger very attractive qualities when referring to appearance. But I would much prefer a red meat burger rather than a chicken fillet burger.



I would like to try the implementation of cooked chips into my own burger like this one. But the patty does not contain the crunchy brown qualities I would hope for in my final product.



<http://www.google.com.au/imghp?hl=en&tab=ii>

unit 4, outcome 1

1 0 2 0 7 6 8 2 R

## Research

### Presentation: Vanilla Slice



I really like the chocolate swirl patterns incorporated into the icing of these vanilla slices. I also like the very prominent use of the yellow custard as the main focal point of the dish.



The use of an icing sugar dusting really adds to the home-made qualities of this dish. I also like the way a napkin with a brand name has been added to give the food item a label.



The use of jam in this slice really adds an interesting and unique appearance to this particular food item. Furthermore, I like the camera angle that has been used to display this slice.



I think this is probably the most attractive version of vanilla slice I have found, it uses a bright yellow custard with a subtle icing sugar dusting and also incorporates the unique jam.



<http://www.google.com.au/imghp?hl=en&tab=ii>  
unit 4, outcome 1

1 0 2 0 7 6 8 2 R

## Production Notes Traditional Flaky Pastry

### Main Ingredients:

**Flour:** Flour offers a structural component to the pastry when the gluten is cooked it leaves a dry skeleton like structure which keeps the pastry allowing it to keep the vanilla slice together. The flour furthermore allows the pastry to brown in appearance during the cooking process. Due to the starch in the flour being exposed to dry heat which is broken down into dextrin changing the colour of the flour from white/cream to golden brown. The consecutive layers of floured dough and butter account for the flaky leaf like texture of the end product. The flour then offers a bland/plain aroma and flavour to the finished pastry.

**Butter(shortening):** Shortening in pastry is a fat which can be lard, margarine or butter, in this case butter has been used. Butter is added to moisten and combine the dough mixture in the beginning used to give the flour a 'breadcrumb' like appearance. Butter is also 'folded' through the pastry to give the finished pastry a flaky leaf like texture, which is a direct result of air pockets being produced by the butter. The butter also offers a buttery aroma and taste to the completed product. The protein in the butter also adds to the browning process of the pastry through the Maillard Reaction.

**Water:** Water hydrates the dough and allows it to mix together to create a dough of desired consistency. Due to water's transparent nature and null taste, in turn means that water does not affect the overall taste and aroma of the pastry. Water furthermore adds to the soft texture of the pastry before cooking which makes the dough malleable and easy to shape for your final product.

### Complex Process/s:

**Pastry making:** The production of traditional flaky pastry is a complex process as it involves significant judgment making at vital times. These points of decision making include:

- Measuring the correct ingredients which ensures the production of a pastry dough which produce an end product of high quality.
- Judging the amount of liquid ingredients added to prevent a 'sloppy' dough from being produced which will significantly affect the end product.
- Spreading of equal and consistent amounts of shortening(butter) which creates a flaky leaf like texture to the pastry.
- Rolling and shaping of the pastry guarantees a shape desirable to the applicable recipe
- Judging of baking time and doneness assures a high quality end product.

If these stages of preparation and processing of ingredients in the recipe are not accomplished correctly the pastry could be at risk of failure.



unit 4, outcome 1

1 0 2 0 7 6 8 2 R



#### Main Tools and Equipment:

**Rolling pin:** This is a long cylindrical tool made of wood which is used to shape the pastry do into the desired shape. In the case of vanilla slice the desired shape is two rectangular sheets roughly 3 mm thick. The rolling pin also plays an extremely important role in the creation of consecutive layers of shortening(butter) and dough which gives the dough it's flaky texture and appearance.

**Oven:** The oven is able to transfer dry heat in the form of convection heat as well as radiant heat is produced by heat radiating off the walls of the oven. This dry heat allows the pastry to then be baked, during this process the heat allows the Maillard Reaction to occur as well as dextrinisation giving the pastry it's golden-brown appearance and dry flaky texture.

#### Cooking Methods:

**Baking:** Baking cooks the pastry through a combination of convection heat supplied by hot air currents produced by the gas burner in the oven pushed around by the fan, as well as heat radiating from the oven walls. By definition baking refers to the process of cooking in an oven without the addition of fat or oil which is true in the case of traditional flaky pastry. This application of dry heat allows the pastry to 'set' and form it's finished structure and shape, it also allows browning to occur in the forms of dextrinisation and the Maillard Reaction.

#### Preservation Techniques:

**Freezing:** This is a method of preservation as it allows the pastry to be kept for a longer period of time. Freezing works by allowing the liquid portions of the food item to be converted into ice which is achieved by putting the food item in a freezing appliance such as a freezer. This device lowers the temperature of approximately -18 degrees celsius (outside of the danger zone) which in turn stops the growth of food spoilage causing bacteria and reduce the risk of food poisoning. Therefore making the food safe for consumption.

#### Safety and Hygiene:

**Burns:** Wear oven mitts when removing hot oven trays from the oven to avoid burns.

**Food quality:** Checking perishable items such as butter for signs of spoilage is of extreme importance to ensure no harmful bacteria enter the finished food item that could cause food poisoning.

**Small dust Particles:** When using an apparatus, such as a flour duster be very careful not to send too much of these fine particles into the air to avoid the chance of causing respiratory problems.

**Fire Hazards:** While using equipment consisting of an open flame, such as the oven be sure to keep away any flammable objects to avoid the chances of fires which can cause serious injury.

**Falls:** If water or butter is spilt be sure to clean them up immediately, as they are very slippery substances which can cause falls extremely easily.

**Clean equipment:** Be sure to inspect all equipment to make sure it is clean, this will make sure the contaminants from the utensils such as bacteria, are not passed onto the food item.



unit 4, outcome 1

1 0 2 0 7 6 8 2 R

## Birregurra Special Pizza



unit 4, outcome 1

1 0 2 0 7 6 8 2 R

# Laham Bajiin



unit 4, outcome 1

1 0 2 0 7 6 8 2 R



# Coffee and Pecan Biscuits



1 0 2 0 7 6 8 2 R



# Laham Bajiin



1 0 2 0 7 6 8 2 R



# Oven Burger



1 0 2 0 7 6 8 2 R



**Birregurra Special Pizza**



1 0 2 0 7 6 8 2 R



**Vanilla Slice with Ruby Red Jam**



1 0 2 0 7 6 8 2 R

## Christmas in July - MAIN

|       |   |  |   |  |
|-------|---|--|---|--|
|       |   | dish. Brush the turkey all over with half the butter; cover dish tightly with two layers of greased foil.  |   |  |
| 11.15 | Turkey  | Roast the Turkey for <b>40mins</b> , take out of the oven and remove the foil, brush with the remaining butter, then put back into the oven for <b>20mins</b> .<br><br>When cooked, remove the turkey from the oven and the dish, and cover, standing for 20 minutes.  | Oven<br><br>Shallow, flameproof baking dish<br><br>Rack (to go on top of dish)  | Use suitable oven mitts to put tray in and out of the oven, as a wet tea towel will result in a steam burn.  |
| 11.20 | 1 Pontiac potato<br><br>125g baby onions<br><br>Handful green beans | While turkey roasts, prepare the potatoes, onions and beans.<br><br>Peel and half the baby onions. Wash, top and tail the green beans. Peel and $\frac{1}{4}$ the Pontiac potatoes.  | Chopping board and cook's knife<br><br>Peeler   | Ensure that the chopping board is clean, and has not been used to prepare raw meat, so cross contamination is avoided.<br><br>Cut with the fingers tucked in, to prevent injury. |
| 11.30 | Potatoes<br><br>Extra oil for brushing                              | Steam potatoes in a steamer for 5 minutes, drain and pat dry with absorbent paper. Cool for 10 mins.<br><br>Gently rake rounded sides of potatoes with the tines of a fork, and place in a single layer on an oven tray (cut side down). Brush with oil and roast, uncovered, in the oven for $\frac{1}{2}$ hour or until browned and crisp. | Fork and tongs with non-metal handle<br><br>Saucepan with lid and steamer compartment<br><br>Baking tray<br><br>Pastry brush<br><br>Paper towel<br><br>Oven mitts | Use tongs to remove the potatoes from the steamer to prevent burns occurring on the fingers.   |
| 11.45 | Beans<br><br>Iced water   | Blanch the beans in boiling water (use same water and saucepan used to steam potatoes) till they look  | Medium bowl for iced water<br><br>Saucepan used to cook potatoes  | Use tongs with a plastic or wooden handle, not metal, so that the handle does not conduct heat and burn the  |

**Comment [N15]:** I had some leftover herbs on the day so I used these to make a herb butter. This added depth of flavour to the turkey and made it even more aromatic.

**Comment [N16]:** This step was started at 11.45. Very late, meaning that the turkey would hypothetically be ready 12.25, very overtime.

**Comment [N17]:** Pontiacs were not sold at my local supermarket, so I was forced to use a substitute. I used Desiree potatoes which had a more yellow flesh, but their distinctive taste still worked quite well with the turkey.

**Comment [N18]:** Only halved the potatoes, as I felt that potato halves looked more authentic as traditional, roasted potatoes in comparison to quarters.

## Christmas in July - MAIN

MAIN - Traditional Turkey with Forcemeat Stuffing, served with Balsamic Glazed Potatoes and Baby Onions, and Green Beans



Butter mixture to help prevent the Turkey from drying out & keep it moist.

Gently lifting skin up so I can rub a garlic/herb butter underneath & on top of the skin to produce an appealing, golden & succulent skin.



Roasting in the oven to tenderise connective tissue and convert collagen to gelatin, improving palatability of meat → easier to chew

Basting with the butter during cooking, so meat develops a crisp, brown surface from Maillard reaction. melting fat contributes to flavour and aroma of meat.



Raking the potato to increase surface area of skin to produce a crispier skin.



Sautéing the baby onions in oil and later the glaze to soften the cellulose walls and caramelize. The high temperatures + sugars in the glaze and onion produce a golden brown, caramelised colour.

## Varieties of Tofu

### Silken

Silken tofu is soft and creamy with a smooth consistency. It has higher water content than the other types of tofu. Silken tofu is too delicate to be stir-fried or deep fried. Due to its delicate nature it is best used in dishes that require pie fillings, custards, cheesecakes and other desserts. It also works well when pureed, as an egg substitute or in place of cream in sauces and dressings.



2

### Soft

Soft tofu also has a smooth, creamy texture with a delicate taste. It is best used in dishes that require little handling as it breaks easily. It is moist but slightly firmer than silken tofu. Soft tofu purees well and can be the basis of dips, sauces, puddings, parfaits or added to or substituted for mayonnaise, sour cream, yoghurt, milk and eggs. You can also substitute it for soft cheeses like those in a lasagne.



3

### Firm

Firm tofu is an all-purpose tofu that is more widely available and the most versatile variety. It has the lowest water content and it is suitable for most recipes because it holds its shape during cooking. It is also firm enough to slice and dice and can be used for stir-frying, grilling, deep frying, and sautéing, braising or shallow-frying. Ideally, firm tofu should be pressed before using in dishes.



4

<sup>2</sup> (Jeff, 2012)

<sup>3</sup> (Tofu or Bean Curd)

## PRODUCTION TIME/NE



Kneading the pasta dough



Black sesame and herbed pasta dough



Assembled pasta rack



Feeding the dough through the pasta machine.



Thin pasta sheets ready for cutting



Feeding the pasta through the fettuccini cutting attachment.



Completed food item 2:

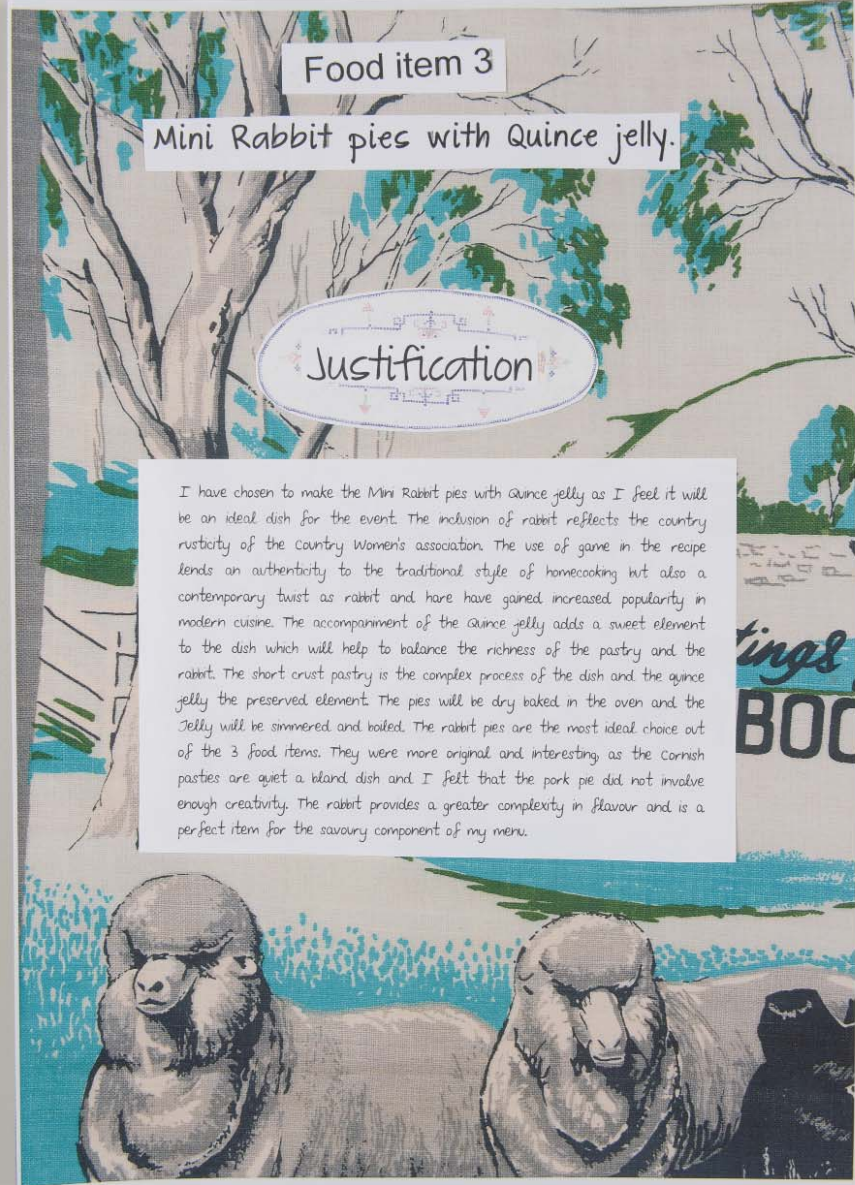
Black sesame and herbed fettuccini

### Food item 3

## Mini Rabbit pies with Quince jelly.

### Justification

I have chosen to make the Mini Rabbit pies with Quince jelly as I feel it will be an ideal dish for the event. The inclusion of rabbit reflects the country rusticity of the Country Women's Association. The use of game in the recipe lends an authenticity to the traditional style of homecooking but also a contemporary twist as rabbit and hare have gained increased popularity in modern cuisine. The accompaniment of the quince jelly adds a sweet element to the dish which will help to balance the richness of the pastry and the rabbit. The short crust pastry is the complex process of the dish and the quince jelly the preserved element. The pies will be dry baked in the oven and the jelly will be simmered and boiled. The rabbit pies are the most ideal choice out of the 3 food items. They were more original and interesting, as the Cornish pasties are quite a bland dish and I felt that the pork pie did not involve enough creativity. The rabbit provides a greater complexity in flavour and is a perfect item for the savoury component of my menu.



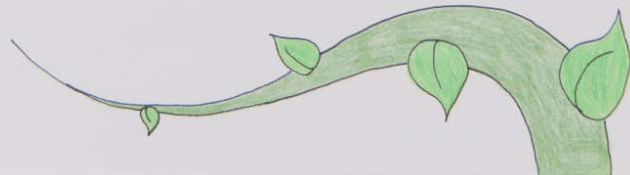


## Entrée course 2

| Recipe  | Reference   | Complex Process | Cooking Technique / Preservation                          | Comments about how the product will creatively meet the needs of the design brief  |
|---|---|-----------------|---|--|
| Beetroot and goats cheese stacks                  | <a href="http://www.taste.com.au/recipes/20852/beetroot+and+goats+cheese+stacks">http://www.taste.com.au/recipes/20852/beetroot+and+goats+cheese+stacks</a>                                 | -- --           | Chopping, mixing and assembling                           | This dish provides the complete protein of goat's cheese infused with herbs that can be presented in a tall colourful stack on the plate. This dish does not utilise a complex process.  |
| Goats cheese wonton salad with blueberry dressing | <a href="http://www.taste.com.au/recipes/3854/goats+cheese+wonton+salad+with+blueberry+dressing">http://www.taste.com.au/recipes/3854/goats+cheese+wonton+salad+with+blueberry+dressing</a> | Deep frying     | Slicing, simmering, straining, shaping and frying         | This also utilises the complete protein of goat's cheese, while offering the use of a complex process, which is much required at this stage.   |
| Stuffed zucchini flowers                          | <a href="http://www.taste.com.au/recipes/9597/stuffed+zucchini+flowers">http://www.taste.com.au/recipes/9597/stuffed+zucchini+flowers</a>   | Deep frying     | Chopping, slicing, mixing, stuffing, battering and frying | This dish can be presented simplistically and stylishly with the addition of some salad leaves. The dish, like the others, also contains a complete protein and allows for the use of a complex process. This dish also showcases on only a summer vegetable, but an edible flower at the same time. |

### Entrée Course 2: Stuffed zucchini flowers

I have chosen to make stuffed zucchini flowers, as this dish is very unique in appearance and the guests of the informative dinner may have not ever come across them before and will be intrigued to try them. This dish again utilises a fresh seasonal ingredient as well as the complex process of deep frying. This dish contains not only a complete protein from the ricotta cheese, but is packed full of Mediterranean flavour. I chose this dish over beetroot and goat's cheese stacks, as it allows me to complete a complex process while the beetroot stacks does not. Although the goat's cheese wonton salad does provide the same complex process, I came to the conclusion that the zucchini flavours would be more enjoyable to eat as there is more flavour and would be more uniquely interesting visually on the plate.



## Vanilla Panna Gotta with Strawberry Crisps and Poppy seed Toffee Shard



## Raspberry Chocolate Truffle Bites



## Take home pack with tomato and basil sauce and strawberry crisps



# Recipe Ideas

| Recipe  | Reference  | Complex process   | Cooking technique/preservation   | Comments about how the product will creatively meet the needs of the design brief  |
|---|--|---|--|--|
| <b>FOOD ITEM 1: CHOCOLATE MOUSSE</b>            |  |   |  |  |
| <u>Blender chocolate mousse</u>                 | Little, Valli, and Brett Stevens, <i>Faking It: How to Cook Delicious Food without Really Trying</i> . Sydney: ABC, 2008. 206-07   | Aeration  | Folding cream<br>Separation of eggs<br>Whisking yolks<br>Chilling<br>Addition dissolving sugar<br>Glazing    | Intense Chocolate flavour<br>Keep refrigerated over 3 days of opening<br>Made in advance<br>Attractively presented   |
| <u>Black and White Chocolate Mousse</u>         | Forster, F. (2008-2009). <i>500 Best-ever Recipes Chocolate</i> . London: Anness Publishing Ltd.   | Aeration  | Simmering<br>Separation eggs<br>Judgement beating cream<br>Whisking eggs<br>Consistency                      | Intense Chocolate flavour<br>Serve with chocolate accompaniment.<br>Made in advance<br>Uses 2 types of chocolate i.e. white and dark.<br>Dish able to be attractively presented and is appealing to the eye.<br>Keep refrigerated over 3 days of opening<br>Showcases cooking skills |
| <u>Chocolate mousse with homemade honeycomb</u> | "Chocolate Mousse with Homemade Honeycomb." Recipe: Recipes. Web. 06 June 2012. < <a href="http://www.lifestylefood.com.au/recipes/11889/chocolate-mousse-with-homemade-honeycomb">http://www.lifestylefood.com.au/recipes/11889/chocolate-mousse-with-homemade-honeycomb</a> >. | Aeration  | Simmering<br>Whisking<br>Chilling<br>Folding<br>Preparation syrup<br>Temperature control<br>Dissolving sugar | Chocolate flavour<br>Appealing to the eye<br>Served with accompaniment of honeycomb<br>Made ahead of time<br>Keeps well  |
| <b>FOOD ITEM 2: CHOCOLATE TARIS</b>             |  |   |  |  |
| <u>Chocolate Orange Tarts</u>                   | <i>My little chocolate book</i> . Sydney: Murdoch Books, 2009. 142-144. Print.   | Rubbing in<br>Correct proportion of ingredients.<br>Accurate measurement of ingredients so correct ratio of fat to flour to ensure desirable characteristics of pastry is met.<br>Dehydration of orange | Correct proportion of pastry to all have the same thickness<br>Rolling<br>Not overheating filling<br>Baking  | Smooth Chocolate flavour<br>Small individual tarts<br>Suitable to take home or eat in<br>Showcases cooking techniques<br>Attractively presented with accompaniment<br>Good keeping qualities<br>Prepared ahead of time.  |
| <u>Little Chocolate Macaroon tarts</u>          | Bloom, Janelle, and Steve Brown. <i>My favourite food for all seasons</i> . North Sydney, N.S.W.: Random House Australia, 2011. 234. Print.  | Melt and mix not complex  | Dry method   | Delicate<br>Chocolate flavour<br>Suitable to take away or eat in<br>Good textures of coconut<br>Attractively presented   |

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|   |   |  |  |   |
|---|---|--|--|---|
| <u>No bake chocolate tarts</u>                                | Little, Valli, and Brett Stevens, <i>Faking It: How to Cook Delicious Food without Really Trying</i> . Sydney: ABC, 2008.   | Not Complex  | Chilling biscuit base<br>Folding icing sugar not heating   | Chocolate<br>Delicate<br>Presentable<br>Suitable to take away or eat in<br>Chocolate Flavour  |
| <b>FOOD ITEM 3: CREM PUFFS/ CHOCOLATE ECLAIRS</b>             |   |  |  |   |
| <u>Profiteroles in hot chocolate sauce</u>                    | "Profiteroles in Hot Chocolate Sauce Recipe - Cream Puffs with Hot Chocolate Sauce." <i>French Recipes - French Food - Easy French Recipes with Pictures - Traditional French Food - French Desserts, Main Courses, Appetizers, Crepes</i> . N.p., n.d. Web. 16 July 2012. < <a href="http://frenchfood.about.com/od/desserts/r/Profiteroles-in-Hot-Chocolate-Sauce-Recipe.htm">http://frenchfood.about.com/od/desserts/r/Profiteroles-in-Hot-Chocolate-Sauce-Recipe.htm</a> >. | Choux pastry<br>Correct preparation of ingredients<br>Correct consistency<br>Correct temperature control<br>Determination of cooked e.g. hollow sounds   | Choux pastry<br>Correct preparation of ingredients<br>Correct consistency<br>Correct temperature control<br>Determination of cooked e.g. hollow sounds | Smooth chocolate flavour<br>Presentable with warm chocolate sauce.<br>Profiteroles could be ahead of time   |
| <u>Chocolate and raspberries cream puffs</u>                  | Martin, P. (2008). <i>Chocolate: The Chocolate Bible</i> . Victoria: The Five Mile Press Pty Ltd.   | Choux pastry<br>Correct preparation of ingredients<br>Correct consistency<br>Correct temperature control<br>Cooling of the dough<br>Determination of cooked e.g. hollow sounds<br>Aeration of Chantilly cream                                  | Baking   | Afternoon tea dish<br>Small and attractive<br>Presented using fresh raspberries<br>Chocolate Chantilly cream with a smooth texture<br>Variety of flavours and textures<br>Cream puffs could be made ahead of time |
| <u>Mini chocolate Éclairs</u>                                 | Clark, P. (2010). <i>The Australian Women's Weekly: High Tea</i> . Sydney: ACP Books, page 30.  | Choux pastry<br>Correct preparation of ingredients<br>Correct consistency<br>Correct temperature control<br>Cooling of the dough<br>Determination of cooked e.g. hollow sounds<br>Roux white sauce with sugar<br>Folding<br>Separation of eggs | Baking   | Petit afternoon tea dish<br>Chocolate flavour in glaze<br>Small/delicate<br>Éclairs and custard can be made two days ahead  |
| <b>FOOD ITEM 4: MINI LOAVES ACCOMPANIED WITH RUBY RED JAM</b> |   |  |  |   |
| <u>Mini chocolate fruit cakes</u>                             | <i>My little chocolate book</i> . Sydney: Murdoch Books, 2009. 142-144. Print.  | Cake making<br>Proportion of tin size<br>Creaming butter and sugar<br>Folding dry ingredients  | Proportion of tin size<br>Creaming butter and sugar<br>Folding dry ingredients<br>Addition of egg  | Keeps up to 2 weeks<br>Store ahead<br>Chocolate flavour<br>Possible take home item  |

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# Design brief

Since it first opened, Yarra Glen Berry Farm has been visited regularly by aspiring cooks wishing to indulge in the wonderful delight of berries. The farm provides people across Victoria with a stunning range of strawberries, raspberries, blueberries and blackberries, both fresh and frozen. Although berries are popular dessert items, the farm manager has noticed that many people lack creativity and innovation when preparing dishes using the farm's produce. People are often unaware of the huge potential berries provide to dishes to increase colour, flavour and visual appeal, and rarely realise the nutritional benefits of berries such as high levels of antioxidants, vitamin C and dietary fibre.

The Yarra Glen Berry Farm is hosting an afternoon tea to promote the use of berries in dessert cooking to people throughout the Yarra Valley. I have been approached by the manager of the farm to develop six desserts that will be served to guests at the afternoon tea. The six delicacies must each feature a berry found at the farm as a key ingredient in a creative and innovative way. The manager has requested that all the dishes clearly display different ways in which berries can be used in the kitchen to produce colourful and flavoursome dishes. The afternoon tea is to be held on September 23<sup>rd</sup> 2012. As the event is being held in spring, a season in which fresh berries are not always readily available; the items should demonstrate to guests the ways in which either fresh and frozen produce can be used to create desserts all year round.

The dishes should be of high quality and therefore should feature many complex processes, as the manager expects that some of the guests who will be attending will be experienced cooks themselves and shall be expecting a wonderful display of fine desserts. The dishes should display a range of preparation and cooking techniques to demonstrate the wide variety of desserts that can use berries. As the event aims to encourage creativity and innovation, a range of creative plating techniques should be used to engage and captivate guests.

When serving a meal to a wide variety of guests, it can be difficult to meet the needs of all consumers. To eliminate a main food allergen, it has been requested that all dishes are tree nut and peanut free. Due to limited preparation time, some elements of the dishes should be able to be prepared ahead of time without compromising the quality of the finished product. Lastly, the manager has informed me that the event will be well publicised throughout the Yarra Valley region, so all menu items should be suitable to be photographed in the likely event that the event is publicised in local media.



## Considerations

- Desserts should demonstrate the ways in which either **fresh or frozen produce** can be used to create desserts all year round.
- Dishes should feature many **complex processes** to provide a wonderful display of fine desserts
- The dishes should display a **range of preparation and cooking techniques** to demonstrate the wide variety of desserts that can use berries
- A range of **creative plating techniques** should be used
- Elements of the dishes should be able to be **prepared ahead of time** without compromising the quality of the finished product
- All menu items should be **suitable to be photographed**

## Constraints

- Each dessert must feature a **berry found at the farm as a key ingredient** in a creative and innovative way
- All dishes must clearly display **different ways in which berries can be used in the kitchen to produce colourful, flavoursome dishes**
- All dishes must be **tree nut and peanut free**

## Criteria for evaluation

1. In what way did each dessert feature a berry as a key ingredient in a creative and innovative way?
2. How did the dishes demonstrate to guests the ways in which a combination of fresh and frozen produce can be used to create desserts all year round and what made all menu items suitable to be photographed?
3. Across the display of menu items, did the dishes feature many complex processes that provided a wonderful display of fine desserts and did they display a range of preparation and cooking techniques to demonstrate the wide variety of desserts that can use berries?
4. By what methods were a range of creative plating techniques integrated into the task and how did the dishes clearly display the different ways in which berries can be used in the kitchen to produce colourful, flavoursome dishes?
5. Were elements of the dishes able to be prepared ahead of time without compromising the quality of the finished product?
6. Did the dishes selected allow for the request that all items needed to be nut-free?

# Research

## Primary research

Based on the specifications in the design brief, I will need to research fresh and frozen berries, how berries can be used in desserts, creative plating techniques, photographing desserts and tree nut and peanut allergies.

From this primary research, I have decided that I do not need to choose recipes that depend on fresh produce. I will also need to be aware that the flavour of berries will intensify when cooked so I should not include overpowering flavours. I should also be careful that if I am using frozen berries for decoration, that they do not bleed onto the products.

## Interview-Blueberry Growers

Barry & Lorraine Megee  
Mountain Blueberries, 15 Blueberry Lane, Monbulk  
17/05/2012

- How do fresh and frozen berries differ from each other when used in cooking?  
There is not a lot of difference when berries are used in cooking, except that fresh ones are better for decoration as frozen ones tend to bleed (spread colour).
- How are the flavours of berries changed during cooking?  
Cooking blueberries intensifies the flavour compared to fresh berries. There is some difference in flavour depending on the variety of berry used.
- How long do berries keep for when frozen?  
We keep them frozen (-18 degrees) for over 12 months with little change in the berries.
- What kinds of flavours do berries contribute to desserts?  
As blueberries have a mild flavour they blend in well with most desserts and their blue colour adds variation to things such as fruit salads and glazed tarts. They can be used as a side garnish and go well with cheese platters. The way I like them is with fresh orange juice squeezed over them sprinkled with icing sugar and served with ice cream.
- Are there any things I should watch out for when using blueberries to produce both baked and unbaked goods?  
If using them for decoration choose berries with the light blue bloom on them (that shows they have not been handled very much), once they have been heated they lose this bloom and have the dark bluish/purple colour.

### Food item 3: Strawberry (2)

|   | Reference   | Complex process  | Cooking technique/ Preservation                  | How will the product creatively meet the needs of the design brief?   |
|---|---|--|--|---|
| Rocky road  | <a href="http://www.bakeyourheartout.com/home/2010/9/20/homemade-rocky-road.html">http://www.bakeyourheartout.com/home/2010/9/20/homemade-rocky-road.html</a>   | Confectionary making-marshmallow<br>Use of gelatin                                 | Boiling<br>Preservation-dehydrated strawberries  | Making this rocky road recipe involves making marshmallow, which is a complex process with confectionary making and the use of gelatin. The recipe also uses dehydrated strawberries instead of confectionary so part of the recipe can be prepared ahead of time. The dish does not include nuts, unlike many rocky road recipes, so it fits the design brief. It can be set overnight, and can be creatively photographed the next day.               |
| Strawberry ice-cream  | <a href="http://www.nigella.com/recipes/view/strawberry-ice-cream-237">http://www.nigella.com/recipes/view/strawberry-ice-cream-237</a>   | Ice-cream making with custard base   | Simmering<br>Boiling<br>Preservation-freezing    | Making strawberry ice-cream involves the complex process of making a custard base for the ice-cream. Involving the techniques of simmering and boiling, and the preservation technique of freezing. The ice-cream could be presented in many different ways such as in bowls, cones or glasses, allowing for it to be creatively presented and photographed.  |
| Strawberry mousse with dehydrated strawberries and white chocolate mousse | <a href="http://www.taste.com.au/recipes/15189/white-chocolate-mousse-Delicious-more-please">http://www.taste.com.au/recipes/15189/white-chocolate-mousse-Delicious-more-please</a><br>Little, Valli 2010, Harper Collins | Use of double boiler<br>Making stiff egg white and sugar mixture<br>Use of gelatin | Simmering<br>Boiling<br>Preservation-dehydrating | The strawberry mousse with dehydrated strawberries incorporates the complex process of the use of gelatin with the preservation technique of dehydration. The white chocolate mousse uses a stiff egg white and sugar mixture and a double boiler, which are both complex processes. These two mousses can be layer together to present them in an innovative way, using a range of plating techniques while being intricate enough to be photographed. |

### Food item 4: Raspberry (2)

|   | Reference   | Complex process   | Cooking technique/ Preservation                         | How will the product creatively meet the needs of the design brief?  |
|---|---|---|---|--|
| Raspberry sorbet with brandy snap baskets | <i>Women's Weekly Fast Desserts</i> (2001)<br><i>Chocolate Cookbook</i> (1995) Clark, Pamela, ACP Books | Sorbet making<br>Biscuit making                               | Simmering<br>Boiling<br>Baking<br>Preservation-freezing | Making raspberry sorbet with brandy snap baskets involves a range of different preparation and cooking techniques. It involves the complex processes of sorbet making and biscuit making and uses the cooking techniques of simmering, boiling and baking and the preservation technique of freezing. The sorbet can be placed in innovatively shaped brandy snap baskets to ensure it is colourful, creative and suitable to be photographed. |
| Chocolate and berry meringue flans        | <i>Chocolate Cookbook</i> Clark, Pamela, 1995 ACP Books   | Pastry making-shortcrust<br>Custard making<br>Meringue making | Baking<br>Boiling                                       | Involving the complex processes of shortcrust pastry making, custard making and meringue making makes chocolate and berry meringue flans a difficult recipe that involves a large range of techniques. The pastry must be blind baked while the fillings are prepared. All elements of the dish are flavoursome and colourful and are suitable to be photographed, and the dish can use either fresh or frozen raspberries.                    |
| Heavenly raspberry marshmallow slice      | <i>Chocolate Cookbook</i> Clark, Pamela, 1995 ACP Books   | Use of gelatin<br>Confectionary making-marshmallow            | Baking<br>Simmering<br>Boiling                          | The heavenly raspberry marshmallow slice is a layered slice that can be creatively plated in individual serving sizes, and is therefore suitable to be photographed. The different layers which involve the use of gelatin and confectionary making make the dish complex and involving a range of cooking techniques. Raspberry is used as a key ingredient and either fresh or frozen raspberries can be used.                               |

### Food item 5: Blueberry

|                           | Reference  | Complex process                                 | Cooking technique/ Preservation | How will the product creatively meet the needs of the design brief?  |
|---------------------------|--|---|---------------------------------|--|
| Blueberry millefeuille    | <i>Making beautiful cakes</i><br>Price, Jane, 1998, Murdoch Books                            | Pastry making-puff pastry<br>Cake making-sponge | Baking, boiling                 | The blueberry millefeuille uses the complex process of puff pastry making, which is a creative and visually appealing technique to use in dessert cooking, and sponge making which is also a complex process. The recipe involves the technique of creating a thick fruit syrup which allows for the use of frozen or fresh produce. It uses blueberries as a key ingredient which contribute colour and flavour to the dish, and as it is presented very delicately, it is suitable to be photographed and meets the needs of the design brief.                         |
| Marbled blueberry cake    | <i>Party and Finger Food, Family Circle Step-by-Step</i><br>Price, Jane, 1994, Murdoch Books | None  | Simmering, baking               | Making a blueberry marbled cake requires the cook to be precise about the gentle addition of two separate mixtures into a cake tin in order to ensure the dish is presented effectively. It uses fresh blueberries and a number of cooking steps to produce a dish that is colourful and flavoursome. It uses two cooking techniques which contribute to the overall creativity of the dish. The way the cake is presented with swirls of different colours of mixture gently placed into the cake tin gives the dish innovation and ensures it is creatively presented. |
| Steamed blueberry pudding | <i>Delicious more please</i><br>Little, Valli 2010, Harper Collins Publishers Australia      | Creaming method                                 | Water bath steaming/baking      | The steamed blueberry pudding uses the technique of cooking a dish in a water bath in the oven which gives the dish a soft, moist texture and is an innovative way to prepare a dish. As it involves the creaming method, it is classified as a complex process. Because this dish involves the creaming method and water bath steaming/baking, it is both creative and innovative. The recipe includes a warm sauce that is served on the pudding; it is suitable to be photographed and can be creatively plated as it is suitably garnished.                          |

### Food item 6: Blackberry

|                                | Reference  | Complex process                                | Cooking technique/ Preservation                    | How will the product creatively meet the needs of the design brief?   |
|--------------------------------|--|--|--|---|
| Blackberry soufflé             | <a href="http://www.relish.com/recipes/blackberry-souffle/">http://www.relish.com/recipes/blackberry-souffle/</a>  | Soufflé making                                 | Boiling, baking                                    | Making a blackberry soufflé is a complex process, and the recipe chosen involves the techniques of both boiling and baking. The recipe allows for either fresh or frozen produce to be used, and features blackberries as the key ingredient. The dish appears purple from the fruit, giving it colour, and the blackberries contribute a strong flavour to the soufflé. As it can be presented in a range of dishes, it is creative and innovative and suitable to be photographed.  |
| Cheesecake with blackberry jam | <a href="http://www.lovefood.es/2011/09/tarta-gerade-ueso-rescon.html">http://www.lovefood.es/2011/09/tarta-gerade-ueso-rescon.html</a><br><i>Cookery the Australian Way</i> , Cameron, Shirley, 2011, Macmillan                     | Jam making<br>Use of gelatin<br>Custard making | Boiling<br>Preservation-use of sugars (jam making) | This cheesecake with blackberry jam involves a range of complex processes, jam making, custard making and the use of gelatin, making it an ideal recipe that meets the needs of the design brief. The jam can use either fresh or frozen produce, and is a complex process that can be prepared ahead of time without compromising the quality of the finished product. As it has a colourful, flavoursome blackberry layer on top of the cheesecake, it is elegant and can be creatively plated and photographed. The recipe uses a jam layer on top of the cake, which is both innovative and creative. |
| Blackberry lattice pie         | <i>Food Solutions</i><br>Heath, Glenis, 2010, Pearson<br><a href="http://www.epicurious.com/recipes/food/views/lattice-top-blackberry-pie-103685">http://www.epicurious.com/recipes/food/views/lattice-top-blackberry-pie-103685</a> | Pastry making-shortcrust                       | Baking   | Making a blackberry lattice pie involves the complex process of shortcrust pastry making. The pastry needs to be chilled, the filling prepared, the pastry blind baked and then the full pie baked, which involves a range of preparation and cooking techniques. The pie can be served whole or in a slice which allows it to be creatively and innovatively presented and photographed. The pie can also use either fresh or frozen produce.  |



combining all ingredients ↑

coconut for garnish ↓



### Modifications

Use of two 6-hole muffin pans instead of the requested 12-hole pan due to equipment unavailability



COOKING TECHNIQUES



Steaming is cooking food in the steam from boiling water. Boiling point is at 100° and at that point, the liquid is turned into a gas vapour and steam is produced. Heat is transferred to the food in two ways during steaming. Firstly the convection currents carry the heat via the steam from the heat source to the foods. Secondly, condensation transfers the heat from the steam to the surface. The result is tender, soft pumpkin pasta which is creamy and palatable.

The S-shaped blade effectively mixed dough.



MAIN TOOLS AND EQUIPMENT

Food processor – A food processor is a multifunctional kitchen appliance that is designed to quickly and easily perform repetitive food preparation tasks like mixing pasta dough with ease. The food processor combines the dough of the pasta evenly and does it in a matter of seconds.

pulse button is good for using when adding water for the flour. As one is able to judge how more liquid is needed to combine.



An even, round rolling pin allows for the pasta to be smooth.

Rolling pin – In the making of the pastry, a rolling pin must be used so that the butter made be able to spread evenly around the dough. The rolling pin allows for air to also be trapped in the dough, so that when it is cooked it would rise evenly.

Dial contains numbers 1-6. 1 is the thickest setting and 6 the thinnest.



Handle-steady allows for easy rotation so the pasta and go through the machine with ease.

Pasta machine – In order to achieve, thin sheets of pasta, the pasta dough will be rolled and passed through the pasta machine. The machine contain 2 rollers, that roll and flatten the pasta to desired thickness. The pasta can be sprinkled with semolina so that it doesn't stick to the machine.

This hand cranked pasta machine speeds the process of rolling and cutting dough. The machine has graduated openings that are used to reduce the dough to desired thickness.

Sauté – In order to intensify the flavour and aroma of the filling, the shallots, sage and salt/pepper and fried in a little oil.



Passionfruit Mousse, Peanut Caramel Ice-cream, Millionaire's Eclair



# Passionfruit Mousse

## Butter Cake

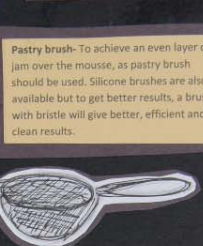
## Apricot Jam

### MAIN TOOLS AND EQUIPMENT

loosens surfaces evenly.

secure metal silicon piece to hold pastry brushes

stainless steel mesh



Pastry brush- To achieve an even layer of jam over the mousse, as pastry brush should be used. Silicone brushes are also available but to get better results, a brush with bristle will give better, efficient and clean results.

### PROPERTIES OF MAIN INGREDIENTS

**Passionfruit**- Egg-shaped fruit with a thick, purple skin; cavity filled with sweet, juicy, yellow pulp containing small black seeds. It adds the sweet but tangy flavour to this gelatine mousse dessert.

**Whipped Cream**- Cream is a soft and creamy dairy product that is blended rapidly, enclosing as much air as possible. An electric beater is used.

### COMPLEX PROCESS

**Creaming Method**- Cake Making- Cakes, biscuits, puddings use the creaming methods most of the time. When beating the sugar and butter together, the sharp edges of the sugar crystals help form small pockets of air in the butter. The mixture therefore becomes lighter in colour and fluffier in texture. During the cooking process, the tiny air pockets expand and contribute to the texture and maximised volume of the end product.

Sugar has the tenderising effect on the baked products such as the cake. It allows to produce the fine crumb texture and good volume during mixing and baking. The cake then can be soft and moist.

The cake being the base of this mousse allows the overall sensory properties to be something more creative, a delicacy that is light in texture and delicious due to the different elements.

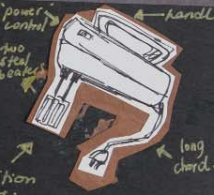
**Jam Making**- Jams are whole fruit or fruit pulp boiled with sugar until the mixture is able to gel or set. Jam holds its shape but is less firm than jelly.

This process uses sugar in its production. The sugar helps to preserve the fruit by creating an environment that is hostile or unsuitable for the growth of micro organisms and sugar assists in the formation of a gel that sets the jam.

Pectin is a natural component in fruits and is able to form the gel in presence of sugar and an acid. It is a gum like substance produced by the flesh. Pectin levels decrease in fruit as it ripens, so selecting under ripe fruit will allow the preserves to develop a thick and slightly firm and spreadable consistency.

**Sieve**- In order to get a smooth jam consistency the sieve is the appropriate utensil to use. The fine holes allow only the syrup of the jam to pass by and not any lumpy bits. The jam can then be silky smooth as a layer over the mousse.

When sifting ingredients such as flour, using a sieve will remove any lumps in the flour and will aerate the flour so that the production of cake will be more even.



ability to control position of beaters.

### COOKING TECHNIQUES

**Baking** is a similar principle to oven roasting, heat comes from the air currents circulating throughout the oven, as well as heat radiating from the oven walls. Baked foods are cooked without the addition of fats/oils for example, macarons, cakes, eclairs etc.

The sensory properties of the end products as the result of baking depends simply on its preparation and production processes. The cake used ingredients such as flour, sugar, eggs and milk each giving different properties to the cake such as the sugar tenderising the cake giving the fine-crumb texture. The process of dextrinisation can be seen as dry heat is applied to the starch which causes the browning of the cake.

The moulds have a base that is able to be pushed out. This allows for the mousses to come out of the mould with ease.



**Round Shaped Moulds**- The first thing that will draw anyone to the dessert is its appearance and having the mousse in a long, tall shape will give it some height and elegance to this delicacy.



**Double Boiler**- The double boiler allows gentle heat produced from the steam of the boiling water to allow the passionfruit, lemon, sugar and gelatine mixture to heat up. It's easy to use and will ensure the gelatine mixture is at its best.