

Cooking and Food Preparation

Prepare and Cook Basic Hot and Cold Desserts



Learner Guide

Prepare and cook basic hot and cold desserts

Learner Information

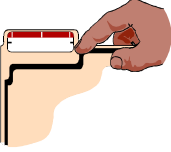
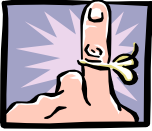



Details	Please Complete details
Name of learner	
Name of manager	
Work Unit	
Facilitator	
Date started	
Date of completion	
Date of Assessment	

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KEYS TO ICONS

The following icons are used throughout the study guide to indicate specific functions:

	FOLDER ENCLOSURES This includes all examples, handouts, checklists, etc.
	DON'T FORGET/NOTE This icon indicates information of particular importance.
	EXERCISES Practical activities to do , either individual or in syndicate groups during the training process
	BOOKS Additional resource information for further reading and reference.
	SELF-ASSESSMENT QUESTIONS. Self evaluation for learners to assessment understanding of the learning material

Prepare and cook basic cold and hot desserts

Introduction


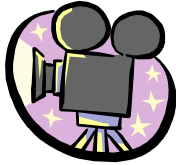
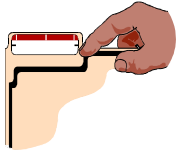
Specific Outcomes	Specific outcomes describe what the learner has to be able to do successfully at the end of this learning experience.
Assessment Criteria	<p>The only way to establish whether a learner is competent and has accomplished the specific outcomes is through the assessment process. Assessment involves collecting and interpreting evidence about the learners' ability to perform a task.</p> <p>This module includes assessments in the form of self-test, group exercises, quizzes, projects and a practical training programme whereby you are required to perform tasks on the job and collect as portfolio of evidence, proof signed by your supervisor that you have successfully performed these tasks</p>
To qualify	To qualify and receive credits towards your qualification, a registered Assessor will conduct an evaluation and assessment of your portfolio of evidence and competency.
Range of Learning	This describes the situation and circumstance in which competence must be demonstrated and the parameters in which the learner operates.
Responsibility	<p>The responsibility of learning rest with you, so . . .</p> <ul style="list-style-type: none">•Be proactive and ask questions.•Seek assistance and help from your coach, if required.

Specific Outcomes and Range of Learning

<p>Demonstrated KNOWLEDGE and UNDERSTANDING:</p>	<ol style="list-style-type: none"> 1. Describe the main contamination threats when preparing and cooking hot and cold desserts and explain how to avoid contamination. 2. Explain the importance of keeping preparation areas, cooking areas, storage areas and equipment hygienically clean and the impact on the organisation of not doing so. 3. Explain the relationship between time and temperature when cooking hot and cold desserts. 4. State organisational procedures for preparing and cooking hot and cold desserts.
<p>Demonstrated ability to make DECISIONS about practice and to ACT accordingly:</p>	<ol style="list-style-type: none"> 5. Clean preparation, cooking areas and equipment hygienically prior to use and explain why hygiene is important. 6. Given a range of desserts, select appropriate ingredients of the type, quality and quantity required by recipe specifications. (Range of desserts: trifle, flans / tarts/ pies (sweet & short pastry), basic meringue, jellies, moulded creams, egg custard or creme caramel, pancakes , sponge based (steamed and baked), egg based) 7. Given a range of preparation and cooking methods for dessert ingredients, identify appropriate methods and give reasons. (Range of preparation methods: Piping, mixing, whisking, pureeing, combining, creaming, moulding, peeling, slicing, filling) (Range of cooking methods: boiling / poaching, stewing, baking, steaming, double boiling.) 8. Finish the dessert using appropriate finishing methods and garnishes. (Range of finishing methods: cooking or chilling, glazing, piping, dusting, turning out, filling, and portioning. 9. Store finished desserts not for immediate consumption in accordance with organisational requirements. 10. Clean preparation and cooking areas and equipment correctly after use. 11. Given a range of problems with production, decide what action to take and give reasons for that choice. (Range of problems with production: burning or cutting yourself, oven temperature too high or too low, ingredients of an inferior quality, desserts not setting, desserts curdling, desserts not cooked through, cream separating) 12. Complete all work in an organised and efficient manner taking account of priorities and deadlines

Demonstrated ability to learn from our actions and to ADAPT PERFORMANCE	<p>13. Given a customer with gluten intolerance, name desserts that would be suitable for preparation in this instance.</p> <p>14. Given a vegan customer, explain how performance would be adapted in preparing desserts that would be appropriate</p>
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Learner Support

Resources	Books/Articles 	<ol style="list-style-type: none"> 1. Roy Hayter- Food Preparation and cooking 2. Kinton and Cesarani- Theory of Catering 3. Eugen Pauli- Classical cooking the modern way
	Videos 	<p>The following videos are recommended as further training tool and are available from learner resources.</p> <p>Cater with Care series</p>
	Folder Enclosures 	<ol style="list-style-type: none"> 1. Mise en Place

Purpose of Module

Overall Outcome	<p>The learner will be able to produce a selection of hot and cold desserts according to recipe specifications and without any unnecessary wastage. Organisational requirements and hygiene standards must be adhered to and disruption to others kept to a minimum</p>
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Prepare and cook basic hot and cold desserts

Preparing and cooking cold and hot desserts

A dessert, either cold or hot, may be served after the main course. There are a wide variety of desserts-but they should always be carefully selected to complement the rest of the meal. Dessert plays an important part in leaving the guest with an overall impression of the meal. The dessert may be either cold or hot and in most cases will be sweet tasting.

Some types of cold dessert may include:

- trifles and jellies
- crème caramel
- moulded creams
- sweet flans or tarts

Some types of hot desserts may include:

- pancakes or crepes
- sponge based puddings
- sweet pies or tarts
- fruit fritters
- soufflés

When deciding whether to serve a cold or hot dessert, you should give consideration to the following:

- time of day
- season of year
- type of function
- taste and texture of preceding course
- total number of courses that have already been served.

TIP:

Remember there is a real art to making good desserts-but if you are able to develop these skills, your guests will finish their meal with pleasant memories.

Getting equipment, and preparation and cooking areas ready

Preparation areas and cooking areas

It is important that you observe personal hygiene standards in food preparation and cooking areas. Hands must be thoroughly washed before touching food as they can carry bacteria from one place and spread it to another source. In order to maintain a high standard of hygiene, it is particularly important to wash your hands after:

- toilet breaks
- blowing your nose
- smoking a cigarette
- handling money
- touching your face
- handling rubbish.
- If you are ill with an infectious disease, stay at home and do not spread it.
- Areas used for the preparation of desserts must be clean with no visible signs of food debris or food particles. Many dessert dishes involve cream and eggs, which are high-risk foods. They provide ideal conditions for the growth of bacteria, so every care must be taken to keep preparation and cooking areas free from contamination.
- Remember to follow the three key steps when cleaning food preparation areas:
 - wipe up spilled or splashed food immediately to avoid creating a safety hazard (e.g. slips and falls)
 - clean with detergent and hot water, sanitise/rinse with hot water
 - dry with a clean cloth or allow to air dry.

Equipment

- All equipment must be cleaned in accordance with the given minimum principles and practices of hygiene. Special attention must be given to any equipment that contains areas where food particles may become lodged, e.g. food processor components, blenders, whisks, piping bags, zesters and chopping boards.
- Cracked or chipped bowls should not be used for storing food. They harbour bacteria and dirt in the cracks and contaminate food.
- Chopping boards must be scrubbed well to prevent the transfer of odours especially if segments of fresh fruit or a fruit salad is being prepared.
Try and avoid chopping boards that have been used for garlic and seafood. In fact, it is a good idea to have a colour coded board that is used only for fruit in the kitchen.
- Have a clean supply of tongs, spoons, scoops and disposable gloves ready. Wherever possible, unnecessary contact between humans and food should be avoided so handle the clean utensils by the handles.
- A cleaning routine should be established for all larger pieces of equipment in use in the kitchen to ensure they are regularly and properly cleaned.
- Rinse equipment carefully after sanitising to remove all chemical residues that may contaminate food or equipment.

Equipment for preparing and cooking desserts

Equipment and utensils for preparing desserts must be clean with no visible signs of food debris or food particles. Gather all equipment and utensils required

This may include:

- a specially colour coded chopping board
- trays/baking trays/high tins
- poaching pans/saucepans
- deep fryer
- blender/mouli or food processor
- lifters/spatulas/spiders
- storage containers
- spoons/tongs/wooden spoons/skewers/graters/tongs/slotted spoons/thermometer/piping bags/sieves
- mixing bowls
- moulds
- apple corer/zester/melon baller, ladle
- knives (paring, grapefruit, vegetable, cooks).



Selecting dessert ingredients

There are a wide variety of ingredients that may be used in the preparation and cooking of cold and hot desserts. Some of the most common ingredients include:

Sugar

The common element linking virtually all desserts is sugar. It may be used to sprinkle over fruit, beaten into egg yolks for custard or into whites for a meringue, heated with cream for a caramel sauce, caramelised in brulee and spun to garnish a cake or dessert. Many desserts use sugar syrup, which involves boiling sugar and water to the desired temperature.

Gelatine

Gelatine is used to set many cold moulded desserts. It is the basis for jellies and is also used to set creams, mousses and glazes.

Egg yolks

Egg yolks may be mixed with flavourings, sugar and cream or milk to make custard or they may be whisked together over hot water to create a sabayon.

Egg whites

When raw egg whites are beaten, air is trapped in the mixture in the form of bubbles. The precise extent to which the whites are beaten depends on how you intend to use them. Egg whites beaten to soft peaks will support soufflés and mousses whilst whites beaten to firm peaks are suitable for meringues.

Fruit

Ripe perfect fruit provides the basis for many desserts, with very little effort needed to make an attractive colourful display.

Fruit may be pureed, baked or poached and can then be used for pies, charlottes, soufflés and puddings.

Cream

This ingredient is often used as a decoration or accompaniment for both cold and hot desserts, but may also be used as one of the recipe ingredients.

When mixed with gelatine, whipped cream may form the basis for Blanc mange. Whipped cream may also be used as an effective layer for trifle.

Cream may be combined with rice, sugar and milk to make a delicious rice pudding.

Batters

This simple mixture of flour and water is used to make crepes and pancakes. Batter is also used to coat fruit for fritters.

Nuts

Nuts are available whole, flaked or ground, roasted or caramelised. They are an important part of dessert cookery as they provide flavour for creams and ice creams, stuffing for fruit and crepes and are extremely versatile for decorating a large range of other desserts.

Chocolate

Chocolate may be melted to easily blend into fillings and batters. It can also be poured over desserts such as profiteroles and puddings. When melted chocolate is cooled it can be shaped and moulded into many attractive decorations.

Other ingredients often used to prepare cold and hot desserts include sweet pastries, cream cheese, ice cream, dried fruit, butter and flour.

Quality

Many recipes will specify the type and quality of the ingredients required. It is important that you observe these requirements if you are to achieve quality desserts.

Quality points to look for when selecting dessert ingredients

Ingredients	Quality points
Sugar	<ul style="list-style-type: none">• Granulated sugar is used in most recipes.• Castor sugar is best for meringues and some cakes because it dissolves more easily.• Confectioner's sugar or icing sugar is used mostly for dusting the tops of desserts.• Brown sugar is commonly used in hot sauce as it produces a lovely rich caramel flavour.
Gelatine	<ul style="list-style-type: none">• It is possible to make your own gelatine from calves' feet.• Many desserts are prepared using commercial leaf or powdered gelatine.• Gelatines may be plain or flavoured and coloured for effect.
Egg yolks	<ul style="list-style-type: none">• Take eggs out of the refrigerator prior to use so they are at room temperature. This way they will whisk up better and incorporate more air.

Egg whites	<ul style="list-style-type: none"> • Egg whites should be fresh and A grade quality. • They may be purchased in bulk frozen or you may freeze them in small quantities if you have excess. • If egg whites have not been cleanly divided and contain traces of yolk, they will not whip up to satisfactory foam. A pinch of salt helps the whites to whip up better.
Fruit	<ul style="list-style-type: none"> • Always choose good quality, ripe fruit because this will give the best colour and flavour. • Fruit in season will be cheaper. • To retain flavour and colour, leave peeling and slicing to the last possible moment. • Some fruits, for example, peaches, apples, pears and bananas discolour quickly when exposed to air. To prevent this happening, the fruit should be immersed in lemon juice and water after peeling and slicing.
Cream	<ul style="list-style-type: none"> • The characteristics of cream will differ according to whether it is pure cream, double cream, reduced cream or cream that has had a stabiliser or gelatine added to it to make the texture seem thicker and improve the whipping qualities. • Creams vary in taste and texture so choose according to recipe specifications. • Used only pasteurised cream. • Pay particular attention to use-by dates.
Batters	<ul style="list-style-type: none"> • Batters should be made up from the freshest of ingredients. • Batter is often rested at room temperature after it is made to reduce its elasticity so that it flows more freely over the pan and clings to battered food. • Batters can be flavoured with vanilla and other spices.

Quantity

The recipe specifications and the requirements of your organisation will always determine the quantity of dessert ingredients used. The finished product will be dependent on combining the ingredients in the correct ratios.

Some suggested ratios for desserts

Sugar syrup	This depends on whether a light, medium or heavy syrup is required. Light syrup - 500 grams of sugar to 900mls water. Medium - 500 grams of sugar to 600mls water. Heavy syrup -500 grams sugar to 300mls of water.
Custards	The ratio will be dependent on whether thin or thick custard is required. For thin custard, use 1 egg yolk per 100 ml of milk.
Meringues	8 egg whites to 500 grams of sugar.
Gelatine	1.5 to 2 tablespoons will set 600 ml of liquid.

Preparation and cooking methods for cold and hot desserts

The preparation and cooking method selected for a dessert will be dependent upon the type of dessert being made.

It is important to follow the time and temperature recommendations when preparing cold and hot desserts for the following reasons:

- Too high a temperature when cooking will burn the dessert or only cook the outside.
- Too low a temperature when cooking will mean a longer cooking time and the dessert may dry out. Further more, the temperature reached may not be sufficiently high to kill off dangerous bacteria.
- Incorrectly cooked desserts may need to be thrown away which means an increased food cost to the company.
- If desserts are not cooked at the correct temperature, they may become inedible. They will not meet the organisation's standards, which may cause customer complaints.

Cold desserts

Some examples of **cold** desserts are:

Trifle - sponge cake soaked in fruit juice or sherry, layered with fruit salad and custard. Trifle may be decorated with whipped cream, glace cherries or nuts.

Flans - tins are lined with sweet short pastry, which is filled with fruit and topped with a fruit glaze.

Basic meringue - a light foamy mixture of whipped egg white and caster sugar, which is baked in the oven and served cold.

Fruit based - any dessert where fruit is the main ingredient, for example, fruit salad, fruit compote or fruit flummeries.

Jellies - gelatine is used to set these fruit flavoured desserts or as a glaze on fruit tarts.

Moulded creams - a cold custard cream is mixed with other flavours to form the basis of a moulded dessert.

Egg custard - milk is thickened with egg yolks to form firm custard on baking. This dish is served cold.

Hot desserts

Some examples of **hot desserts** are:

Pancakes and crepes - a basic batter mixture, which when pan-fried, can be served with a sauce or filling.

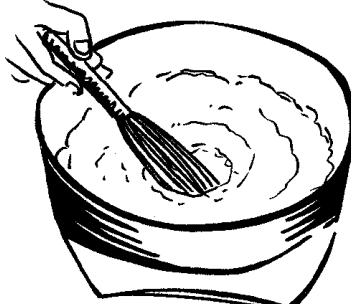
Sponge based - desserts which have a sponge base can be steamed or baked and can be flavoured with a variety of ingredients including chocolate, jam, honey, lemon, orange, cheese, fruit pulp, or a syrup such as treacle.

Pies and tarts - these pastry cases are often filled with fruit or may be filled with nuts such as pecan pie.

Egg based - these desserts use an egg custard base, e.g. bread and butter pudding. Zabaglione is another example of an egg-based dessert that uses yolks, sugar and marsala.

Hot soufflés - these desserts are based on a firm meringue base and may incorporate chocolate, fruit or cheese and is further flavoured with alcohol or vanilla.

Preparation methods for cold desserts

Method	Description
Piping	Egg white is beaten stiffly to form a firm peak, which may then be piped into shapes such as shells or nests. The mixture must be firm enough to hold its shape on the tray when baked. This method is used for meringues.
Aeration (whisking)	Air is incorporated into a mixture, which produces a considerable increase in volume. This method may be used for cold soufflé or mousse. 

Preparation methods for hot desserts

Method	Description
Creaming	Beating together sugar and fat until the mixture is creamy in colour with a fluffy texture. This method is used for sponge-based puddings and some cheese fillings.
Moulding	Placing the mixture into a particular shape or form.
Peeling	Apples, pears and pineapple that may be used for a pie or tart need to be peeled in preparation for the final product.
Filling	Fruit, nuts, cheese or other mixtures may be used to fill pies, tarts, fruits, crepes or dariole moulds.
Whisking	Incorporating air into the mixture to make it lighter and fluffier, e.g. a hot soufflé.
Mixing	Blending ingredients whilst maintaining the texture of the mixture, e.g. blending the ingredients required to make a hot pudding or a hot chocolate sauce.
Slicing	Fruits such as apples, pears and peaches may be sliced before being placed into a pie.

Cooking methods for cold and hot desserts

There are several basic cooking methods that may be used for either cold or hot desserts.

Cooking method	Example of cold desserts	Example of hot desserts
Boiling - the temperature of the liquid is brought up to 100°C and maintained to cook the food item.	Rice pudding Custard	Caramel sauce Sugar syrup
Poaching - the temperature of the liquid is maintained just below boiling point.	Fruit for a fruit jelly	A hot fruit compote
Stewing - to simmer foods gently in enough liquid to cover the ingredients.	Stewed fruit	
Baking - involves applying dry heat to a food item.	Meringue, flans	Baked apples Baked custards, pies, tarts
Steaming - involves placing a covered basin of mixture above boiling water so that steam may be used to cook the product		Pudding
Bain-marie (water bath)-cooking containers of mixture are placed in a larger baking tray half full of water to be cooked in the oven. This allows for a more gentle cooking process to avoid curdling mixtures.	Crème caramel	Baked egg custard
Frying - immersion or part immersion of food into boiling fat.		Fritters Crepes or pancakes

Finishing cold and hot desserts

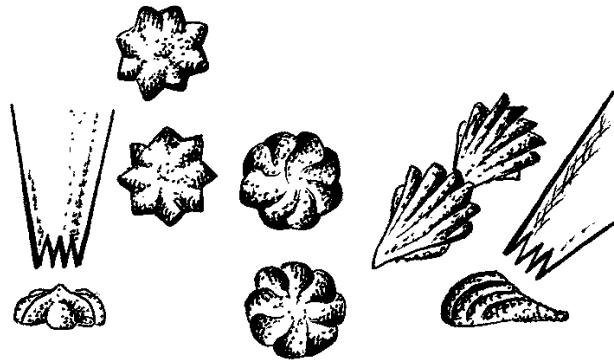
In order to make your carefully prepared and cooked dessert look appetising, every care must be taken when applying the finishing touches. Recipe instructions will often give you hints as to how to present and garnish the dessert.

Desserts must always be presented in accordance with organisational requirements. They should be portioned and plated according to the guidelines of your establishment.

Some types of finishing methods may include:

- **Cooling/chilling** - some cold desserts need to be refrigerated prior to service to set the item and enhance taste and appearance. Such desserts may include mousse, trifle, crème caramel and jellies.
- **Piping** - on cold desserts, whipped cream or chocolate shapes/decorations may be used to decorate the finished product. This finish may be used for trifles, moulded creams and mousses.

On hot desserts, meringue may be piped on top and then browned as a finish. This process is used to decoratively finish lemon meringue pie.



Piping with a star nozzle

- **Filling** - fruit, either fresh or pureed may be used as a filling. Custards, nuts, cheese and creams may also be used.
Cold desserts that may require fillings include meringues, flans, tarts and choux pastry.
Hot desserts that may require filling include crepes, pancakes and tartlets.
- **Turning out or de-moulding** - this involves turning the dessert out of a mould or basin. When turning out the dessert, take care to not damage the shape of the food item.
Examples of cold desserts, which require turning out, include jellies, crème caramels, summer puddings or other moulded dessert. In order to release the mixture from the mould, you can place it into a basin of hot water very briefly, then turn it out onto a clean plate
Hot desserts that may require turning out include sponge puddings, individual bread and butter puddings, petit apple pies, upside down tarts.
- **Portioning** - if you are making a number of desserts from a large quantity of mixture, it is important to portion the mixture accurately so that each pudding looks the same.

Cold desserts that may be portioned include individual jellies, mousses, crème caramels and summer puddings.

Hot desserts that may be portioned include soufflé, individual pies or puddings or fillings for crepes and pancakes.



- **Glazing** - this process results in an attractive shiny surface. To do this you can brush over a thin layer of heated jam, thickened fruit juice, sugar syrup or gelatine solution.

Examples of cold desserts that are glazed include fruit filled flans and tartlets and cheesecakes.

Examples of hot desserts that are glazed include open tarts, bread and butter puddings and upside down apricot tarts.

- **Dusting** - icing sugar, caster sugar or cocoa powder may be finely sprinkled over the surface of a dessert to improve the appearance.

Cold desserts that may be dusted include fresh fruit, summer puddings, fruit flans and charlottes.

Hot desserts that may be dusted include soufflés, crepes, baked pies and pancakes.

Storing cold and hot desserts

As many desserts contain egg and dairy products, they present a potential health hazard if not stored properly. Remember: proper storage means cooled desserts must be covered with plastic or placed in lidded containers before storing in the coolroom.

Observe the following guidelines:

- Desserts containing uncooked eggs should be handled with extreme care, as raw egg is a medium in which dangerous bacteria such as salmonella can thrive. This means you need to be really careful with foods like chocolate mousse and uncooked cheesecakes that contain egg whites for aeration.
- Egg custards contain protein, which provides good food for bacteria. If custards (crème caramel or trifle) are not heated and cooled properly and quickly, bacteria that are present in the custard can grow quickly to dangerous numbers.
- Any dessert that is not required for immediate consumption must be cooled rapidly and stored in the coolroom until required.
- If you plan to keep a pre-prepared dessert hot until service, make sure that the temperature of the food is over 65°C. Never leave an egg mixture in a Bain-Marie for any length of time. Any dessert that has been kept hot in the Bain-Marie for a while should be discarded at the end of service.
- If milk and cream are used in desserts like trifle and custards, they must not be left to stand at room temperature for any length of time. They should be kept in the refrigerator until the last possible moment to prevent the risk of food poisoning.
- Many desserts have a limited storage life. Make sure you check with your supervisor and follow organisational requirements.

Cleaning equipment, and preparation and cooking areas

A cleaning routine should be established for all preparation areas, cooking areas and equipment used in the kitchen. As a general rule, all preparation and cooking areas as well as equipment should be thoroughly washed and sanitised after use in accordance with minimum health, safety and hygiene guidelines.

Unhygienic preparation, cooking and storage areas as well as equipment will result in:

- desserts going off and being thrown out which will cost the company money
- bacteria multiplying and pests in the kitchen which will increase the risk of food poisoning
- poor quality desserts which will not meet the organisation's standards and will result in customer dissatisfaction.

All equipment, which comes into direct contact with food, should be taken apart and cleaned after use. Equipment must be cleaned in accordance with manufacturer's instructions. Bad hygiene practices will cause cross-contamination into other foodstuffs

and encourage the growth of bacteria. This is particularly important when working with dairy products and eggs, as they are an ideal breeding ground for bacteria.

Pots pans and other cooking vessels should be washed separately from crockery and cutlery. Detergents should be added and plastic-scouring pads should be available. The use of steel wool is not recommended as rust and wire particles can be left on the articles and these will later contaminate food cooked in them.



Self Assessment 01

Instructions	<ul style="list-style-type: none">• In the following test you will be required to answer all questions.• You are required to obtain 100% to pass.• If you do not obtain the pass mark, revise all the learning material and redo the test.
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Question 1

What considerations should you take into account when deciding on whether to serve a hot or a cold dessert?

Question 2

List a few examples of when it is important to wash your hands.

Question 3

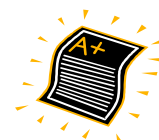
Why is the dessert such an important part of the meal?

Question 4

How can you make your own gelatine?

Question 5

What is the basic recipe for meringue?



Practical Exercise

Practical Exercise	Task Type	Date Completed	Comments by Supervisor
Task No. 1	Demonstrate the use of a piping bag. Show your supervisor at least 3 different patterns which you can make with a star nozzle.		
Task No. 2	Prepare crème caramels; let your supervisor assess them.		
Task No. 3	Prepare a trifle; let your supervisor check your work.		
Task No. 4	Make meringues; fill them with fruit and cream.		

Signatures required on successful completion of this module

Comments & Review by coach	

General comments from learner	

I have (Supervisor / Coach) hereby certified that I have examined the learners' workbook and that the learner has successfully completed this section of the practical training programme.

SIGNATURE SUPERVISOR

SIGNATURE LEARNER

DATE: _____

DATE: _____