

RECIPE BASICS

KEY KNOWLEDGE

- Tools of the trade
- Making sense of a recipe
- Abbreviations in recipes
- Measurement in recipes
- Designing recipes
- Commonly used food preparation terms
- Muffins

KEY TERMS

functional ingredients recipe ingredients that flavour, create texture, colour, help other ingredients to combine or increase overall nutrient value

metric measuring tools spoons, cups, jugs and scales that have been calibrated to measure ingredients accurately by weight and volume

recipe list of ingredients and instructions for preparing food

VELS LINKS

Design, Creativity and Technology

- Investigating and designing
- Producing
- Analysing and evaluating

Interpersonal Development

- Working in teams

Personal Learning

- The individual learner
- Managing personal learning

Thinking Processes

- Reasoning, processing and inquiry

TOOLS OF THE TRADE

Every skilled tradesperson has their special tools of trade that are designed specifically for working with particular materials, such as wood, fabric, metal or clay. Working with food requires specialist tools, too. Many of the tools used for preparing food are small pieces of equipment called utensils and each usually has a specific task. Utensils are often grouped with other pieces of equipment that perform similar functions, such as cutting and peeling or measuring. The following table will help you to identify some of the tools required for working with food.



Peeling vegetables

Processes and tools of the trade

Process	Tools of the trade	Use and safety
Cutting and peeling	Knives <ul style="list-style-type: none"> • cook's • vegetable • serrated 	Always cut downwards onto a chopping board. Wash knives separately—never put knives into a sink of soapy water. Carry knives close to your side. Pass the handle of the knife, never the blade.
Measuring	Spoons Cups Jugs Scales	Measure accurately—level dry ingredients with a spatula. Measure liquid ingredients at eye level. Reset the scales between ingredients.
Grating and crushing	Grater Meat mallet Potato masher Garlic crusher Ricer Food processor	Keep your fingertips away from the cutting edge on the grater. Rinse the equipment immediately after use. Remove grated food with a pastry brush. Always use a 'pusher' when feeding food through the feed tube of a food processor.
Mixing and beating	Wooden spoon Whisk Hand-held electric beater Stick mixer Food processor	Follow the manufacturer's safety instructions when using electrical equipment. Switch off the power supply and unplug before cleaning. Wash the equipment thoroughly in hot soapy water immediately after use.
Sieving and straining	Sieve Colander Slotted spoon	Use oven mitts to hold equipment when straining hot food. Dry equipment for sieving thoroughly before storing.
Lifting	Tongs Egg lifter Wire skimmer	Do not rest the handles onto hot saucepans or fry pans as heat may be transferred and cause burns.

ACTIVITY 3.1

Using tools safely

- 1 Read the recipe for Spaghetti Bolognese on page 276. List all the equipment needed to produce this recipe.
- 2 Draw up the recipe as a flow chart, highlighting the main stages in the recipe, and annotate with the safety issues involved in each stage.

- a name
- a list of ingredients with the quantities and sometimes details about preliminary preparation
- a method, which explains how to prepare the ingredients and the order in which the processes should be completed
- an indication of cooking temperature and time
- a list of special equipment required
- an indication of the number of serves.

Sometimes ideas for garnishes or decorations are included in the recipe, or other foods that will be complementary to the finished product are suggested. Photographs can give an idea of how the finished product will look.

MAKING SENSE OF A RECIPE

A recipe is a list of ingredients and instructions for preparing food. The recipe has several parts:

Minestrone Soup

Quantities of ingredients

- 1/2 onion, diced
- 1/3 carrot, diced
- 1/2 potato, diced
- 1/2 stick celery, sliced
- 4 green beans, sliced
- 1/3 zucchini, sliced
- 1/2 cup cabbage, shredded
- 1 tablespoon oil
- 1 clove garlic, crushed
- 1 tablespoon tomato paste
- 100 grams diced canned tomatoes
- 1 cup beef stock
- 1 1/2 cup water
- 1 tablespoon canned cannellini beans
- 1 tablespoon small pasta
- 1 tablespoon grated parmesan cheese, for serving

Some processes that need to be completed before starting the 'method'

Order in which the ingredients should be put together

Method

- 1 Place each vegetable in a separate pile as they will be cooked at different times.
 - 2 Heat the oil in a large saucepan, add onions and cook over medium heat until they are transparent.
 - 3 Add carrot and cook for 1–2 minutes. Stir occasionally and take care not to brown the vegetables.
 - 4 Repeat this process, adding the celery, then the green beans, zucchini and potato.
 - 5 Add the cabbage and cook until it wilts.
 - 6 Add garlic, tomato paste, diced tomatoes, stock and water and bring to boil.
 - 7 Reduce the heat to simmer and cover saucepan with lid. Cook for 15–20 minutes until vegetables are soft.
 - 8 Add cannellini beans and pasta and cook for another 10 minutes.
 - 9 Adjust the amount of liquid if necessary and season with salt and pepper.
 - 10 Serve and garnish with parmesan cheese.
- Minestrone soup goes well with fresh, crusty bread.

Serves two.

Recipe Name



Cooking time

Number of serves

Chicken and Sweet Corn Soup



Finely dice half an onion and a quarter of green capsicum. Then slice one stick of celery into thin pieces. Take a large saucepan and sauté onion, capsicum and celery in one tablespoon of vegetable oil over medium heat. Do not brown. Open a 220-gram can of creamed corn and add to saucepan. Stir in two cups of water and half a packet of chicken noodle soup. Simmer for 15 minutes. Serve and garnish with a finely sliced spring onion.

Serves two.

ACTIVITY 3.2

Recipe formats

- 1 Take a moment to compare the two soup recipes (Minestrone and Chicken and Sweet Corn).
- 2 If you were preparing a shopping list in a hurry, which style of recipe would be easier to work from? Why?
- 3 What are the advantages of working from the style of recipe used for Minestrone?
- 4 What are the advantages of working from the style of recipe used for Chicken and Sweet Corn Soup?
- 5 Reorganise the format for Chicken and Sweet Corn Soup and rewrite it in the same style as the Minestrone recipe.

Recipe comparison

	Recipe 1	Recipe 2
Name		
Photograph		
Style of recipe		
Number of ingredients		
Number of steps to complete recipe		
Time it will take to prepare and cook recipe		
Equipment required		
Number of serves		
Garnishes or decorations		
Serving suggestions		

- 6 Collect two examples of recipes from product labels, magazines or promotional leaflets. Draw up a table like the one below and identify the features of each recipe.
- 7 After comparing the features of each recipe, identify which one you would be most likely to make and explain why.

ABBREVIATIONS IN RECIPES

Measurements are usually given in recipes so that a successful product can be made, eaten and enjoyed. To make recipes easier to read and quicker to write, some aspects of the recipe are often abbreviated. Some of the most common abbreviations are shown in the table below.

Abbreviations

g	gram
kg	kilogram
mL	millilitre
L	litre
°C	degrees Celsius
tsp	teaspoon
tbs	tablespoon
c	cup
SR flour	self-raising flour
cm	centimetre
min	minutes

MEASUREMENT IN RECIPES

Accurate measurement in food preparation is important to ensure success in recipes and to be able to make the same product again. Correctly calibrated tools are essential for accurate measurement. In Australia we use the metric measurement system so it is important to ensure that your tools are labelled with this information.



Measuring cups and spoons

DRY INGREDIENTS

Method to measure ingredients accurately	Measuring tools		Dry ingredients measured by spoons and cups
	Spoons	Cups	
Measuring spoons and cups—the size of the item should be on the handle. Dip into the ingredient and slightly over-fill, then level off with a spatula.	1 tablespoon = 20 mL	1 cup = 250 mL	flour sugar cocoa coconut spices
	1 teaspoon = 5 mL	1/2 cup = 125 mL	
	1/2 teaspoon = 2.5 mL	1/3 cup = 80 mL	
	1/4 teaspoon = 1.25 mL	1/4 cup = 63 mL	

LIQUID INGREDIENTS

Method to measure ingredients accurately	Measuring tools	Liquid ingredients measured by volume
Sit the jug on a level surface, pour in the liquid and read the quantity at eye level.	Measuring jugs with cup and millilitre measurements are most useful.	milk stock water cream

MEASUREMENT BY WEIGHT

Method to measure ingredients accurately	Measuring tools	Ingredients measured by weight
Check the scales are set on zero before starting to measure ingredients.	Kitchen scales are graduated in either 1 gram or 5 gram measures.	butter cheese meat whole nuts fresh fruit and vegetables



Measuring jug



Scales



Measuring liquid ingredients

ACTIVITY 3.3

Measurement revision

- List four dry ingredients.
- Describe the method used to measure dry ingredients accurately using a measuring cup or spoon.
- List three liquid ingredients other than those included in the table on page 42.
- List four dry ingredients other than those included in the table on page 42.
- Describe the method used to measure liquid ingredients accurately using a measuring jug.
- What are the benefits of using measuring scales rather than cups and spoons for measuring meat or cheese?
- When measuring dry ingredients, why is it more accurate to dip and level off with a spatula rather than packing the ingredients into the measuring cup?
- Describe one important rule to follow when using scales.
- Explain how you would measure the following ingredients accurately:
 - 1/3 cup wholemeal flour

- 150 millilitres milk
- 1 1/2 teaspoons curry powder
- 100 grams mushrooms

- Draw up the following table in your workbook and fill in the equivalent measures.

EQUIVALENT MEASURES

1 tablespoon = ? millilitres	1 tablespoon = ? teaspoons
1 teaspoon = ? millilitres	1 cup = ? millilitres
1/2 teaspoon = ? millilitres	1 litre = ? cups
1/4 teaspoon = ? millilitres	1 kilogram = ? grams



Testing knowledge

- Identify the piece of equipment you would use if you wanted to cut or chop the following foods:
 - stewing steak
 - celery
 - apples
 - whole pumpkin.
- Identify the equipment you could use for creaming butter and sugar together for a cake mixture.
- List the information you would expect to find in a recipe.
- List the abbreviations that are sometimes used in recipes for the following: gram, litre, teaspoon, tablespoon, cup and degrees Celsius.
- Describe the method used to measure one tablespoon of cocoa for a biscuit recipe.
- How many millilitres are there in the following: 1 tablespoon, 1 teaspoon, 1 cup and 1 litre?
- Describe the process of measuring liquid ingredients accurately.
- Why is it more accurate to measure liquids in a metric measuring jug rather than in a cup?
- Identify two ingredients that it would be easier to measure on measuring scales than in cups.
- Summarise the reasons why accurate measurement is important when following a recipe.

DESIGNING RECIPES

Sometimes, after you have prepared a recipe, you may decide that while you quite liked the product there were some aspects of it that you would change if you were to make it again. You may need to modify a recipe because some of the people you are cooking for have specific likes and dislikes or special dietary requirements.

Recipes can be modified in a number of ways.

- The texture can be changed, for example by cooking vegetables for less time so that they are crunchier.

- The flavour can be changed, for example by adding more herbs and spices for a stronger flavour.
- One ingredient can be substituted for another with a similar function in the recipe, for example by using wholemeal flour instead of white flour to increase the fibre content of a cake.

Once you have created a new product by altering ingredients and/or processes it is important to give your new recipe a name and record what you did, so that it can be repeated at a later date. The name should reflect a feature of the product. For example, the main ingredient of the recipe could be included in the name.

COMMONLY USED FOOD PREPARATION TERMS

Below is a list of words that you will find frequently in recipes as you design and work with food and information on food and equipment relevant to each process.

Commonly used food preparation terms

Food preparation process	Definition	Appropriate equipment	Food examples
Bake	Cook food using dry heat in an oven.	Baking tray, cake tin	Bread, biscuits, cakes
Beat	Mix ingredients vigorously to incorporate air or combine ingredients.	Wooden spoon, hand-held and electric beater, whisk	Cream, egg whites
Bind	Stir ingredients to combine together.	Bowl, wooden spoon, spatula	Hamburger mixture
Blanch	Plunge food such as pieces of vegetable into boiling water for 30 seconds. Drain and refresh in iced water.	Saucepan, sieve or colander	Almonds, snow peas
Blend	Mix a dry ingredient with a moist ingredient until it forms a smooth paste.	Bowl, wooden spoon	Cornflour and water
Boil	Heat a liquid to 100°C or to boiling point.	Kettle, electric jug, saucepan	Water
Chop	Cut food roughly into small pieces.	Chopping board, cook's knife	Vegetables
Cream	Beat sugar and butter together until they resemble lightly whipped cream. The mixture will become lighter in colour.	Bowl, wooden spoon or electric beater	Butter cakes, biscuits
Dice	Cut food into small, even-sized cubes.	Chopping board, cook's knife	Onion
Fold	Gently combine a light, airy mixture into a heavier mixture, for example beaten egg white into custard sauce. A metal spoon or spatula is used in short strokes to prevent loss of air or volume.	Bowl, metal spoon or spatula	Fluffy omelette, sponge
Fry	Cook food in hot fat or oil. Food may be deep-fried, shallow-fried or stir-fried.	Fry pan, lifter, wok	Potato chips, bacon and eggs
Garnish	Add edible decoration to a dish to enhance the appearance.	Vegetable knife	Fresh herbs such as parsley

Food preparation process	Definition	Appropriate equipment	Food examples
Glaze	Brush a thin liquid such as milk or egg over food before baking to create a shiny, golden-brown surface.	Pastry brush, jug	Scones, pies and tarts
Grate	Reduce a piece of food into thin shreds by rubbing against the serrated metal surface of a grater.	Grater, microplane grater	Cheese, vegetables
Grill	Cook small pieces of tender food by dry radiant heat, for example the grill on a stove or a barbecue.	Griller, barbecue	Small tender cuts of meat or poultry, kebabs, satay sticks
Julienne	Cut food into thin matchstick-size pieces.	Chopping board, cook's knife	Carrot, celery, capsicum
Knead	Mix and shape a flour dough by hand. In bread making this process strengthens the gluten.	Floured board	Bread, scones
Marinate	Soak food such as meat or poultry in a seasoned liquid to improve the flavour and sometimes to tenderise.	Bowl	Meat strips for a stir-fry, tandoori chicken pieces
Mix	Combine ingredients so that they are evenly incorporated.	Bowl, spoon or spatula	Flour and sugar
Poach	Cook food gently in a simmering liquid.	Saucepan	Eggs, pieces of fresh fruit
Purée	Make food into a smooth paste by passing through a sieve or by blending.	Sieve or food processor	Stewed apple, vegetable soups, tomato sauce
Roux	Mixture of melted butter or margarine and flour that is blended then cooked. It is used to thicken a sauce.	Saucepan, wooden spoon	White sauce, gravy
Rub in	Mix butter or margarine through dry ingredients with the fingertips until the mixture looks like breadcrumbs.	Hands, bowl	Scones
Sauté	Toss food lightly, in fat or oil in a fry pan over direct heat. The process assists in flavour development, but does not brown.	Fry pan, saucepan, wooden spoon	Soups, casseroles
Sear	Brown food quickly over a high heat to seal in juices.	Fry pan, cooktop	Steak, lamb chops
Shred	Cut food into thin strands using a knife, a grater or shredding disc on food processor.	Chopping board, cook's knife, food processor	Lettuce, cabbage, carrot
Sift	Pass dry ingredients through a fine mesh sieve to mix, aerate and remove lumps.	Sieve	Sponges, cakes
Simmer	Bring liquid to just below boiling point so that small bubbles appear on the surface of the liquid.	Saucepan, sometimes covered with a lid	Stock
Slice	Cut food into thin pieces.	Cook's knife or serrated knife, chopping board	Processed meats, salad vegetables
Steam	Cook food over boiling water on a rack or in a special basket in a covered pan. Retains the shape and minimises nutrient loss.	Saucepan with tight fitting lid, steaming basket made of metal or bamboo	Pork buns, dim sims, vegetables
Stew	Simmer food covered in liquid for a long time. Used in dishes with tough cuts of meat and vegetables.	Saucepan with tight-fitting lid	Lamb and root vegetables, fruit
Stir	Use a wooden spoon to mix ingredients lightly.	Wooden spoon	Custard sauce, gravy
Toss	Mix ingredients by lifting and folding lightly several times.	Wok, salad servers	Stir-fry vegetables in a wok, salad ingredients
Whisk	Incorporate air into ingredients such as cream, egg whites and sauces.	Bowl, whisk	Soufflé, sponge

MUFFINS

Muffins are one of America's contributions to the culinary world. They are a small, cake-like bread that can be made with a variety of flours and often contain fruit and nuts. They use baking powder as their raising agent so are light and quick to make, and can be served hot or cold. They are great to serve for breakfast or a snack. Savoury muffins make a nice change from bread as an accompaniment to a dish such as soup.

MUFFIN INGREDIENTS

In muffin recipes there are seven groups of ingredients, which have specific roles or functions. To make changes to the recipe and produce a successful product you should develop an understanding of the role of each functional ingredient.

Flour

- gives volume and structure to the muffin
- is ground from wheat
- is high in starch
- browns during the baking process so contributes to the golden finish of the muffin
- is available in a number of varieties—plain, self-raising, wholemeal

Sugar

- provides a sweet flavour
- helps to create a tender crumb
- caramelises or browns during the baking process so contributes to the golden finish of the muffin
- is available in a number of varieties—A1, caster, brown, demerara, raw

Eggs

- expand and capture air during the beating process and so muffins increase in volume during baking
- help to bind the ingredients during mixing
- set during baking to form a firm structure
- contribute to the rich texture

Flavourings

- give a specific flavour—for example herbs and spices (use in small amounts)
- add texture and colour—for example fresh fruit and vegetables
- contribute to the volume
- may be sweet (apple, banana, apricot, nuts, chocolate) or savoury (cheese, bacon, dried tomato, olives)

Liquids

- help to combine the ingredients
- add flavour
- create a moist end-product
- are available in a number of varieties—milk, buttermilk, sour cream, yoghurt

Shortening

- helps to make a moist, rich texture
- creates a tender crumb
- helps keep the muffins fresh
- is available in a number of varieties—vegetable oil, butter, margarine

Raising agents

- make the texture light by creating bubbles of carbon dioxide
- are available in a number of varieties—baking powder, self-raising flour (flour with baking powder added), beaten egg/white

Note: Chemical raising agents begin to produce carbon dioxide as soon as they are combined with moisture so mix with liquid ingredients just before baking to maximise volume.

ACTIVITY 3.4

Recipe terms

- 1 Read the recipes for Oriental Chicken Kebabs and Parsley Noodles (page 74). Make a list of the terms from the table on pages 44 and 45 that are used in each recipe.
- 2 List any other words from each recipe that you think are important and write a definition for each of these words.
- 3 Make a list of each of the ingredients in both recipes and write down the best method of storing each one.
- 4 Select six other terms from the tables on pages 44 and 45 and find recipes in your textbook that use one of these terms. Use a table similar to the one following and write down a list of the terms and the matching recipe and page number.

Recipe key terms

Recipe name	Page number	Term
Salad Roll-up	15	Shred



Testing knowledge

- 11 Discuss three ways that you could modify a recipe.
- 12 Describe how you would 'cream' ingredients when making a cake mixture.
- 13 Explain the difference between chopping and dicing carrots.
- 14 Why is it important to fold the ingredients in gently when making a sponge?
- 15 Define the term 'sauté' and explain why it is considered to be an important cooking process.
- 16 Explain why steaming is considered to be a healthy method of cooking vegetables.
- 17 Explain why flour is an essential ingredient in muffins.
- 18 Outline why eggs are an important ingredient in a cake or muffin recipe.
- 19 Explain what the effect would be if you did not include a shortening ingredient when preparing muffins.
- 20 Identify the ingredients that contribute to the light texture of muffins.

Muffins



DESIGN ACTIVITY 3.1

Designer muffins

Design brief

Design a muffin that contains some fruit or nuts and would be suitable for a morning snack.

Investigating and designing

- 1 Make a list of as many flavouring ingredients as possible that could be used in a muffin recipe. Organise the flavours under the headings 'sweet' and 'savoury'.
- 2 In your workbook, write examples of ingredients for each functional group in the recipe map.
- 3 Make your selection of ingredients for your muffin recipe. You can use two ingredients within one functional group but the quantity must not exceed the total from the Basic Muffins recipe (page 50). Remember, your muffin recipe must contain some fruit or nuts.
- 4 Write out a new recipe, incorporating your ingredients into the method. Remember to give your recipe an appealing name.

Recipe map for muffins

Ingredient	Type	Quantity required	Your selection
Flours	<ul style="list-style-type: none">white self-raisingwholemeal self-raisinggluten-free self-raising	2 cups	
Shortening	<ul style="list-style-type: none">buttermargarineoil	125 grams	
Liquid	<ul style="list-style-type: none">milkbuttermilkcream	$\frac{3}{4}$ cup	
Flavours	<ul style="list-style-type: none">sultanaspecan nutsgrated apple	1 cup	
Sweeteners	<ul style="list-style-type: none">white sugarbrown sugarhoney	$\frac{3}{4}$ cup	
Eggs	1 required	1	

Producing

- 1 Complete a food order for your recipe.
- 2 Prepare your muffin recipe and record any changes you make to the ingredients or method during production.

Analysing and evaluating

- 1 Describe the sensory properties—appearance, aroma, flavour and texture—of your designer muffins.
- 2 Share your muffins with two other people and record their comments.
- 3 Suggest improvements you could make to the ingredients and/or method if you were to make the muffins again.
- 4 Discuss your organisation during production. Identify areas for improvement.
- 5 Plot the ingredients of your designer muffin on a diagram of the Healthy Living Pyramid and decide if it is a healthy muffin. Justify your answer.

Toasted Muesli

Muesli is great served with milk or yoghurt or nibbled as a snack, as it is a very nutritious food. This recipe for toasted muesli uses all of the measuring equipment used to prepare food.

- 1 cup rolled oats
- 45 grams shredded coconut
- 1 teaspoon sunflower seeds
- 2 teaspoons sesame seeds
- $\frac{1}{4}$ cup skimmed milk powder
- $\frac{1}{4}$ cup unprocessed oat bran
- $\frac{1}{3}$ cup All Bran
- 1 tablespoon peanuts, chopped
- 1 tablespoon vegetable oil
- 1 tablespoon golden syrup
- 2 teaspoons honey
- 2 dried apricots, chopped
- $\frac{1}{2}$ cup sultanas



Method

- 1 Preheat oven to 180°C.
- 2 In a large bowl, collect the rolled oats, shredded coconut, sunflower seeds, sesame seeds, skim milk powder, oat bran and All Bran.
- 3 Add peanuts to other ingredients in the bowl. Mix well.
- 4 Place the vegetable oil, golden syrup and honey in a small saucepan. Hint: measure the oil first, then dip the tablespoon you used for the oil into the golden syrup. It runs off the spoon easily.
- 5 Over a medium heat bring the liquid ingredients to the boil. Remove from heat immediately and pour over dry ingredients. Mix well.
- 6 Spread muesli in a thin layer on a baking tray and bake for 5 minutes.
- 7 Remove from oven, stir carefully then return to oven for another 5 minutes or until golden-brown.
- 8 Remove from oven and cool.
- 9 Mix in chopped apricots and sultanas.
- 10 When completely cool, package in an airtight container.

Serves one.

EVALUATION

- 1 Explain how you measured the dry ingredients accurately.
- 2 Which tool did you use to stir the muesli? Explain why it was the most suitable.
- 3 Why was it important to remove the liquid ingredients from the cooktop as soon as they boiled?
- 4 Describe the safest way to remove the hot tray of muesli from the oven.
- 5 Discuss how you could modify the muesli recipe to make it even healthier.

Basic Muffins

- 1 cup flavouring ingredients
- 2 cups self-raising flour
- ¾ cup sugar
- 1 egg, lightly beaten
- ¾ cup liquid (usually milk)
- ½ cup shortening (usually oil)

Method

- 1 Preheat oven to 200°C. Grease or line a muffin tray 12 × ⅓ cup capacity.
- 2 Prepare flavouring ingredients.
- 3 Sift dry ingredients into a large bowl.
- 4 Combine the wet ingredients.
- 5 Mix the dry, wet and flavouring ingredients together. Do not over-mix because the muffins will become tough.
- 6 Spoon evenly into muffin tray.
- 7 Bake for 15–20 minutes.
- 8 Test the muffins to see if they are ready and leave longer if necessary. (The muffins are ready if they spring back when touched lightly with your finger or if a fine skewer comes out clean and dry from the centre of a muffin.)
- 9 Cool in tray for 5 minutes then remove from pan and place on cake rack.

Makes twelve muffins.

Easter Magic Muffins

To make a special treat for Easter, freeze 12 baby caramel Easter eggs, then make up the Basic Muffins recipe using soft brown sugar. Remove the foil from the eggs, then place the frozen eggs in the middle of each muffin. Use muffin papers for this recipe to avoid the mixture sticking. Remember to allow the muffins to cool before eating as the caramel is boiling hot when just from the oven.

Yummy Dried Fruit Muffins

To make yummy dried fruit muffins, just add 1 cup of dried fruit as the flavouring ingredient to the basic muffin recipe. Choose your favourite or use a combination of dried fruits such as sultanas, currants, dried apricots or cranberries; or you could use some raisins, dates, dried apple or dried pear as the flavouring ingredient. Alternatively, you could use 1 cup of dried fruit medley to flavour your muffins. When they are cooked, dust the top with a little icing sugar to make a really yummy treat!

EVALUATION

- 1 Why are the wet and dry ingredients kept separate and mixed together just before baking?
- 2 Why is it important to have equal quantities of mixture in each muffin tin before baking?
- 3 Explain why muffins are cooked in a hot oven (200°C) rather than a cool oven.
- 4 Identify two safety rules you followed when baking your muffins in the oven.
- 5 Describe the sensory properties—appearance, aroma, flavour and texture—of your muffins.



Mini Quiches

Pastry is traditionally used to encase an egg mixture in a quiche. In this recipe, bread replaces the pastry because it has a much lower fat content and it is quick and easy to prepare. During baking, the heat in the oven coagulates the egg and sets the filling.

- 8 slices wholemeal bread
- 30 grams butter, melted
- 1 rasher bacon, finely diced
- 2 spring onions, finely sliced
- 30 grams tasty cheese, grated
- 2 eggs
- ¼ cup milk

Method

- 1 Preheat oven to 200°C.
- 2 Trim crusts from bread. Roll each slice flat with a rolling pin to compress the slice and ensure that there are no holes in the slice of bread.
- 3 Brush one side of each slice of bread with melted butter.
- 4 Carefully place the bread butter-side down into small greased muffin tins. Each slice will form a small cup with pleats in it.
- 5 Add bacon, spring onion and cheese to each bread case.
- 6 Lightly beat eggs and milk with a fork then pour some mixture into each bread case.
- 7 Bake for approximately 15–20 minutes, until golden-brown and the filling has puffed. Remove from muffin tray and serve.

Makes eight mini quiches.

EVALUATION

- 1 Identify the process that egg undergoes during baking.
- 2 Outline the main role egg plays in the structure of a quiche.
- 3 What are the nutritional benefits of using bread instead of pastry for the base of the quiche?
- 4 Suggest some other ingredients that could be used to flavour the quiches.
- 5 Outline two rules for using the oven safely.
- 6 If you were to repeat the production, what changes would you make?

