

# Getting started





# Food hygiene checklist

Hygiene is the practice or principles of cleanliness. It is important that you as a food handler prepare food in a safe and hygienic manner. Following the checklist below will help to prevent the spread of disease and ensure that illness is not the result for people who eat the food that you prepare.

Tick off each of the items in this checklist before you begin each production task.

## Before you begin to cook

Do not cook if you are sick!	
Tie back long hair	
Remove all jewellery – this includes rings, watches and bracelets	
Put on an apron or chef's outfit	
Wash hands – remembering to sing 'Happy Birthday' twice (this is the length of time it takes to adequately wash hands) and wash above your wrists and in between each finger	
Ensure fingernails are short, free of nail polish and clean	
Cover any cuts and sores	
Ensure that you have a clean tea towel and dish cloth	
Inspect your equipment to make sure that it is clean and dry	

## When you are handling food

Cover your mouth when you cough or sneeze, then be sure to wash your hands again	
Do not pick or scratch your nose, scratch your face or touch your hair	
Use a tasting spoon when tasting food and do not reuse it	
Do not cook if you are sick, especially if you have diarrhoea or are vomiting	
Clean as you go – ensure that you clean dishes and dispose of rubbish in your bin or scrape bowl	

Which of these represents the way in which you work in the kitchen?



# Safety in the kitchen

In order to prevent accidents in the kitchen it is very important to follow a few simple safety rules. It does not matter how much fun we are having or how busy we are in the kitchen, it is very important to follow the safety rules below at all times.

## Electrical safety

- Ensure that all safety cords, plugs, power points and safety switches are safe to use.
- Plug in electrical appliances before turning on the switch.
- Be sure that your hands are dry when operating anything that uses electricity.
- Keep electrical appliances away from the sink or from water.
- Report any damaged plugs or frayed cords to your teacher.
- Do not use metal objects to remove food from electrical equipment.
- Always switch off electrical appliances after use.



This piece of equipment is safe to use.



This is never safe – electrocution could be the outcome!

This is a safe piece of equipment for the microwave.



This is not a safe piece of equipment for the microwave!



## Microwave safety

- Always use microwave-safe equipment – never use metal.
- Be aware of steam that can escape when removing a cover from food.
- Use an oven mitt to remove food from the microwave as it will still be hot.
- Consider standing time and carry over cooking time so that food is not overcooked.

## Preventing burns, cuts and other injuries

- Always be aware of your fellow class members.
- Always remove lids so that the steam rises away from you.
- Clean up any spills or broken glass immediately.
- Ensure that floors are cleaned regularly so that they are not greasy.
- Hard-soled and closed-toe shoes must be worn at all times.
- Use knives in a safe and correct manner.
- Keep oven doors shut.
- Be sure that rubbish is stored in the correct place.
- Never run!

# Essential tools and equipment

When cooking it is very important to choose the right tool or piece of equipment. The correct tool or piece of equipment ensures that the food you prepare is of the best possible quality. The following is a selection of tools and equipment that you will need to make the recipes within this workbook.



Baking tray



Balloon whisk



Chef's knife



Colander



Coloured chopping boards



Egg lifter



Electric beater



Frying pan



Grater



Juicer



Measuring cups



Measuring jug



Measuring spoons



Metal spoon



Metal bowls



Microwave



Microwave-safe bowl



Mortar and pestle



Oven mitt



Palette knife



Pastry brush



Peeler



Plastic scraper



Ramekin



Rolling pin



Scales



Set of saucepans



Sifter



Skewers



Strainer



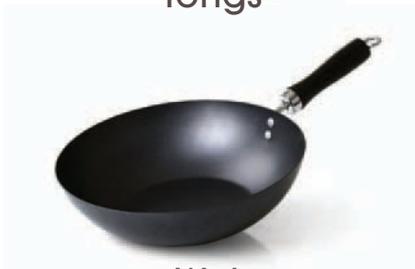
Tongs



Variety of cake pans



Vegetable knife



Wok



Wooden spoon



Zester

# Measuring skills

Learning the correct techniques for accurately measuring different types of ingredients is one of the most important cooking skills you will learn in the kitchen.

## Measuring equipment

All of the recipes included in this workbook use the metric system for the measurement of ingredients. Australian Standard (metric) measuring jugs, cups and spoons can all be used to measure wet and dry ingredients; digital and analogue scales can also be used to measure dry ingredients and solids (such as butter and meat).



Australian Standard measuring jug



Digital kitchen scale



Australian Standard measuring cups



Analogue scale



Australian Standard measuring spoons

# Techniques for measuring

## Measuring wet ingredients

To measure wet ingredients – such as water, milk and oil – always use a clear measuring cup or measuring spoons. For an accurate reading, it is essential to rest the cup on an even surface and inspect the measurement line at eye level.

Sometimes the container/packaging in which you purchase an ingredient might be labelled in litres or millilitres already, but it is still important that you measure these amounts yourself as many manufacturers include slightly more in their products than is labelled.



Steps for measuring wet ingredients accurately:

- 1 Pour the ingredient slowly into a standard metric measuring jug.
- 2 Place the measuring jug on a level surface and check that the amount is correct at eye level.



## Measuring dry ingredients

To measure dry ingredients – such as flour, sugar and breadcrumbs – use a standard measuring cup or spoon to scoop the ingredients from their container or packaging. Take a palette knife and level off the ingredient. Levelling it off gives you one level cup. If the recipe calls for a heaped cup, do not level off the cup – instead, leave a small mound on the top.



Steps for measuring dry ingredients accurately in a measuring cup:

- 1 Use a standard metric measuring cup to scoop the dry ingredient from its container or packaging.
- 2 Hold the measuring cup over a bowl and level off the ingredient using a palette knife.





Steps for measuring dry ingredients accurately with a measuring spoon:

- 1 Use a standard metric measuring spoon to scoop the dry ingredient from the container/packaging.
- 2 Hold the measuring spoon over a bowl and level off the ingredient using a palette knife.

## Measuring solid ingredients

To measure solid ingredients – such as butter and meat – use either digital or analogue scales to weigh the ingredient accurately.



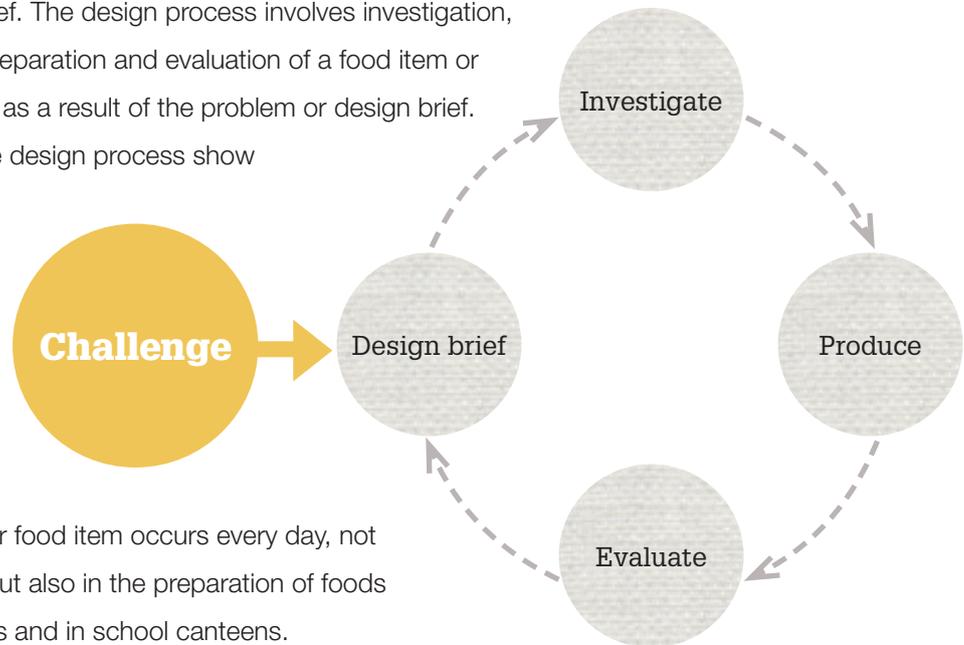
Steps for measuring solid ingredients accurately with digital and analogue scales:

- 1 Place a bowl or container onto the weighing platform of the scale and set it to zero. On a digital scale this can be done by pressing the 'tare' button. On an analogue scale this can be done manually.
- 2 Place the ingredient into the bowl and read the display to ensure the amount is correct. If you are using an analogue scale, read the display at eye level to ensure it is correct.

# The design process

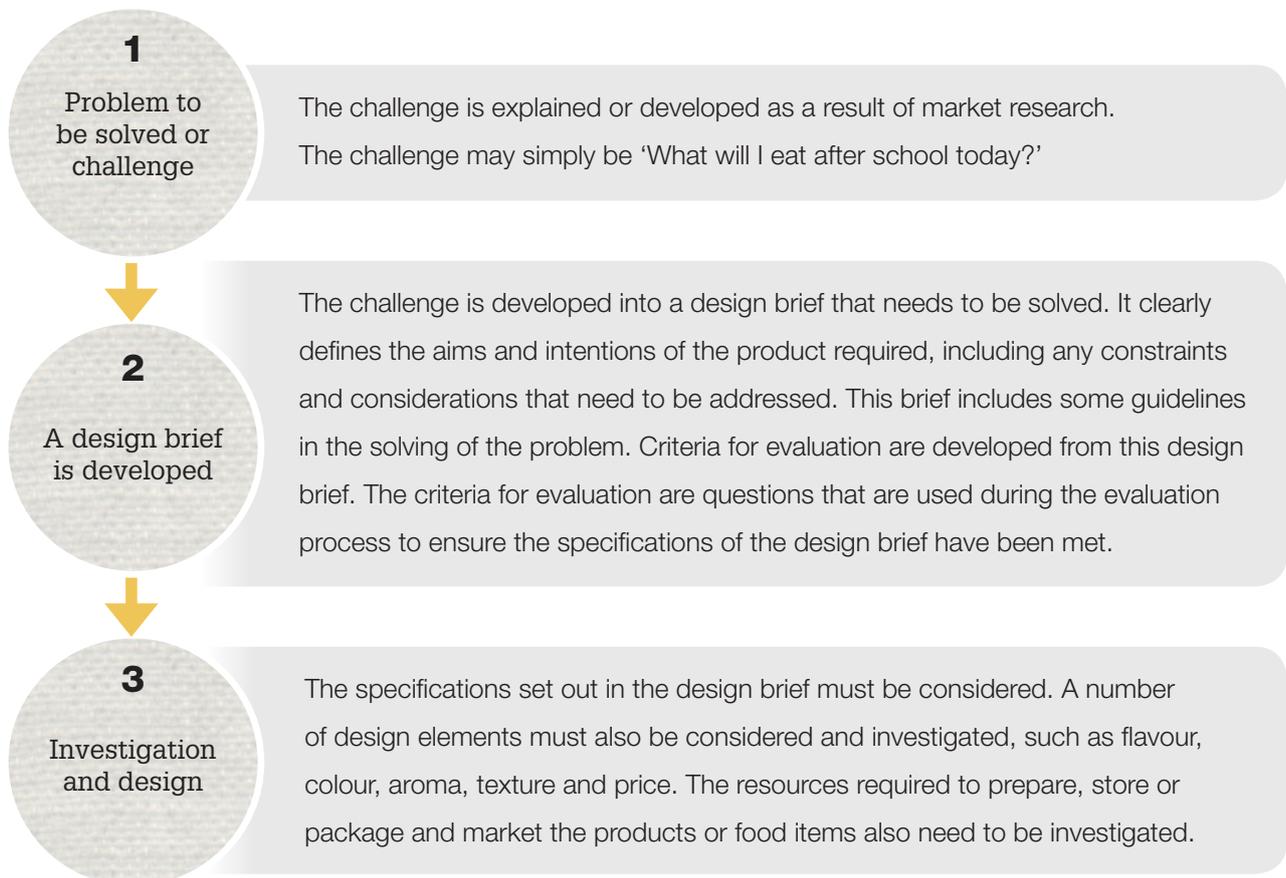
The design process is all about problem solving – this problem is often written in the form of a design brief. The design process involves investigation, planning, production or preparation and evaluation of a food item or product that is developed as a result of the problem or design brief.

The main stages of the design process show a circular course:



The design of a product or food item occurs every day, not only in the food industry but also in the preparation of foods in the home, in restaurants and in school canteens.

## The stages of the design process



(continues)

## The stages of the design process (continued)

4

Development of design options

A number of different options are researched and the most suitable option for meeting the needs of the brief is selected.

5

Production of the product or food item

The product or food item is produced. A design plan and individual production sequence of operations must be followed in order to prepare a quality product or food item.

6

Evaluation and analysis of the product and processes occurs

The product or food items are evaluated and the processes for production are analysed. Evaluation often includes answering the criteria for evaluation questions.

Consider the following design brief developed for a new potato chip. The potato chips must be 97% fat-free, made using 100% Australian potatoes, gluten-free, preservative-free and unique to the Australian market.

This seems to be a very difficult challenge, but when the design process is implemented the product outcome can certainly be unique.



### Design brief

It is Mother's Day and you are going to cook a special breakfast for your mum. In the fridge you have eggs, spinach and milk, along with a few other essential breakfast ingredients. Your mum is in a hurry on this Sunday morning, as usual, as she has to get you and your brother to your local football match. Design a quick and easy – yet special – breakfast for your mum to show her how your cooking skills have developed and to show her that you love her.



# Design brief task

## Fast and fresh hamburger



**Name:** \_\_\_\_\_

Your school canteen is wanting to offer a hamburger as a new menu option and they want your help. You need to design a hamburger that you think students will enjoy and be happy to purchase, but that is also quick and easy to prepare and clean up afterwards.

They have done some research already and worked out that the easiest meat to work with is mince and the right patty size is 100g, but the type of meat is your choice.

Your hamburger must have five vegetable ingredient inclusions and the patty cannot be just meat, it must have at least two other ingredients. They would also like to see the inclusion of a condiment in your final product.

- 1 Develop four criteria for evaluation questions based on the constraints and consideration from the design brief.
- 2 Investigate the different types of meat that you could use in your hamburger. You must list at least five different options that you could use in the box provided.
- 3 Investigate different vegetables that you could use in your hamburger. You must list at least 10 different options that you could use in the box below.
- 4 Investigate the different types of condiments that you could use in your hamburger. You must list at least five different options that you could use in the box below.

### Investigation

Mince meat options	Vegetable options	Condiments (sauces)





# Produce

In your Food Technology class, produce your hamburger and serve it to your Food Technology teacher. You must also ensure you are all cleaned up before the bell at the end of the lesson.

## Evaluation

1 Identify the vegetables you chose for your hamburger. Explain why you chose to use these.

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2 Identify the meat you chose for your hamburger. Explain why you chose this ingredient.

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3 Describe the appearance, aroma, flavour and texture of your hamburger.

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4 Explain four health and safety rules you had to follow when producing your hamburger.

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5 Discuss what improvements you would make to your recipe if you were to make it again.

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6 Describe how your hamburger recipe has met all of the requirements of the brief.

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# Eating for good health

It does not matter whether you are young or old, male or female; eating food that is healthy and maintaining good health is very important. Food has wonderful sensory properties, but it is also very important as it provides the body with the nutrients that are needed for the body to grow, to repair body cells and tissues, to regulate body processes and to prevent disease.

Nutrients are the chemical compounds found in food that are used by the body to function and grow. Nutrients are referred to as macronutrients (nutrients required in large quantities) and micronutrients (nutrients required in small quantities). The table below outlines the function and food sources of each of the macro and micronutrients.



## Macronutrients

Nutrient	Major functions in the body	Best food sources
<b>Carbohydrates</b>	<ul style="list-style-type: none"> <li>Preferred source of energy for activity</li> <li>Required for the functioning of the brain, nervous system and muscles</li> <li>Required in periods of growth</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain bread and cereals</li> <li>Brown rice</li> <li>Wholemeal pasta</li> <li>Fruit</li> <li>Vegetables</li> <li>Nuts</li> </ul>
<b>Dietary fibre</b>	<ul style="list-style-type: none"> <li>Adds bulk to the bowel and helps to prevent constipation</li> <li>Allows a feeling of fullness</li> <li>Helps prevent some types of cancers including bowel cancer</li> </ul>	<ul style="list-style-type: none"> <li>Multigrain bread</li> <li>Wholemeal pasta</li> <li>Brown rice</li> <li>Fruit</li> <li>Vegetables</li> <li>Legumes</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>Growth, maintenance and repair of all cells</li> <li>Production of enzymes and hormones</li> <li>Emergency source of energy</li> </ul>	<ul style="list-style-type: none"> <li>Meat and meat products (including seafood)</li> <li>Soy bean</li> <li>Nuts</li> <li>Legumes</li> </ul>
<b>Fats/Lipids</b>	<ul style="list-style-type: none"> <li>A source of energy</li> <li>Provides insulation and prevents loss of heat from the body</li> <li>Protects bones and vital organs</li> </ul>	Saturated fat: <ul style="list-style-type: none"> <li>Animal products such as meat and dairy</li> </ul> Unsaturated fat: <ul style="list-style-type: none"> <li>Vegetable products such as canola oil and olive oil</li> </ul>
<b>Water</b>	<ul style="list-style-type: none"> <li>Carries nutrients to all cells</li> <li>Excretes wastes as urine</li> <li>Regulates body temperature</li> <li>Assists in the digestion and absorption of food and excretion of faeces</li> <li>Lubricates joints and membranes</li> </ul>	<ul style="list-style-type: none"> <li>Tap water</li> <li>Fruits</li> <li>Vegetables</li> </ul>

# Micronutrients: vitamins

Vitamin	Major functions in the body	Best food sources
<b>Vitamin A</b> (retinol)	<ul style="list-style-type: none"> <li>• Maintains eyesight</li> <li>• Protects the body from some infections</li> <li>• Important for the growth of soft and hard tissue</li> </ul>	<ul style="list-style-type: none"> <li>• Liver</li> <li>• Kidney</li> <li>• Egg yolk</li> <li>• Butter</li> <li>• Oily fish</li> <li>• Dark green and orange fruits and vegetables such as spinach, mango, pumpkin and rockmelon</li> </ul>
<b>Vitamin B<sub>1</sub></b> (thiamine)	<ul style="list-style-type: none"> <li>• Enables energy to be released from food</li> <li>• Promotes functioning of the nervous system and heart</li> </ul>	<ul style="list-style-type: none"> <li>• Wholegrain cereal products</li> <li>• Legumes</li> <li>• Nuts</li> <li>• Liver</li> <li>• Kidney</li> <li>• Yeast extracts</li> </ul>
<b>Vitamin B<sub>2</sub></b> (Riboflavin)	<ul style="list-style-type: none"> <li>• Growth of new tissue, especially skin and eyes</li> <li>• Enables energy to be released from food</li> </ul>	<ul style="list-style-type: none"> <li>• Liver</li> <li>• Kidneys</li> <li>• Milk and cheese</li> <li>• Green vegetables</li> <li>• Yeast extracts</li> </ul>
<b>Vitamin B<sub>3</sub></b> (Niacin)	<ul style="list-style-type: none"> <li>• Enables energy to be released from food</li> <li>• Promotes the development of healthy skin</li> </ul>	<ul style="list-style-type: none"> <li>• Liver</li> <li>• Meat and fish</li> <li>• Wholegrain breads and cereals</li> <li>• Yeast products</li> <li>• Legumes</li> </ul>
<b>Vitamin B<sub>6</sub></b> (Pyridoxine)	<ul style="list-style-type: none"> <li>• Enables energy to be released from food</li> <li>• Involved in the formation of red blood cells</li> </ul>	<ul style="list-style-type: none"> <li>• Meat and poultry</li> <li>• Legumes</li> <li>• Wholegrain breads and cereals</li> </ul>
<b>Vitamin B<sub>12</sub></b> (Cyanocobalamin)	<ul style="list-style-type: none"> <li>• Involved in the formation of red blood cells and DNA</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Liver</li> <li>• Meat, fish and seafood</li> <li>• Milk</li> <li>• Bananas</li> <li>• Kidney</li> </ul>
<b>Vitamin C</b> (Ascorbic acid)	<ul style="list-style-type: none"> <li>• Assists absorption of iron</li> <li>• Needed for soft tissue formation and healing</li> </ul>	<ul style="list-style-type: none"> <li>• Citrus fruit</li> <li>• Berries</li> <li>• Capsicum</li> <li>• Broccoli</li> </ul>
<b>Vitamin D</b> (Cholecalciferol)	<ul style="list-style-type: none"> <li>• Absorption and metabolism of calcium and phosphorus</li> </ul>	<ul style="list-style-type: none"> <li>• Sunlight</li> <li>• Fatty fish</li> <li>• Eggs</li> <li>• Dairy products</li> <li>• Margarine</li> </ul>
<b>Vitamin E</b> (Tocopherols)	<ul style="list-style-type: none"> <li>• Maintenance of healthy cell membrane</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts and seeds</li> <li>• Fish</li> <li>• Wholegrain cereals</li> <li>• Eggs</li> <li>• Vegetable oils</li> </ul>
<b>Vitamin K</b>	<ul style="list-style-type: none"> <li>• Important in the clotting of blood</li> </ul>	<ul style="list-style-type: none"> <li>• Leafy green vegetables</li> <li>• Eggs</li> <li>• Liver</li> <li>• Cheese</li> </ul>
<b>Folate</b>	<ul style="list-style-type: none"> <li>• Involved in cell division and multiplication</li> <li>• Important for the formation of red blood cells</li> <li>• Assists in the prevention of neural tube defects such as spina bifida</li> <li>• Assists in the metabolism of protein</li> </ul>	<ul style="list-style-type: none"> <li>• Leafy green vegetables</li> <li>• Yeast</li> <li>• Liver</li> <li>• Kidney</li> <li>• Lentils</li> <li>• Oranges</li> <li>• Asparagus</li> </ul>

# Micronutrients: minerals

Mineral	Major functions in the body	Best food sources
<b>Calcium</b>	<ul style="list-style-type: none"> <li>• Growth and ossification of bones and teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, yoghurt and cheese</li> <li>• Bones of small fish such as salmon</li> <li>• Almonds</li> <li>• Dried figs</li> <li>• Prawns</li> </ul>
<b>Copper</b>	<ul style="list-style-type: none"> <li>• Involved in the formation of red blood cells</li> <li>• Important for the functioning of the nervous system</li> </ul>	<ul style="list-style-type: none"> <li>• Shellfish</li> <li>• Liver</li> <li>• Kidney</li> <li>• Legumes</li> <li>• Dried fruit</li> <li>• Wholegrain bread and cereals</li> </ul>
<b>Fluoride</b>	<ul style="list-style-type: none"> <li>• Maintenance of strong bones and teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Fluoridated drinking water</li> </ul>
<b>Iron</b>	<ul style="list-style-type: none"> <li>• Involved in the formation of red blood cells</li> <li>• Carries oxygen around the body</li> </ul>	<ul style="list-style-type: none"> <li>• Red meat and chicken</li> <li>• Eggs</li> <li>• Legumes</li> <li>• Dark leafy green vegetables</li> <li>• Wholegrain bread and cereals</li> </ul>
<b>Phosphorus</b>	<ul style="list-style-type: none"> <li>• Helps to build strong bones and teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Meat and fish</li> <li>• Dairy products</li> <li>• Eggs</li> </ul>
<b>Potassium</b>	<ul style="list-style-type: none"> <li>• Helps to maintain fluid balance</li> <li>• Metabolism of carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>• Meat</li> <li>• Milk</li> <li>• Raw leafy green vegetables</li> <li>• Nuts</li> <li>• Dried fruit</li> </ul>
<b>Magnesium</b>	<ul style="list-style-type: none"> <li>• Essential for the structure of bones</li> <li>• Assists in the control of nerve functioning and muscle contraction</li> </ul>	<ul style="list-style-type: none"> <li>• Wholegrain bread and cereals</li> <li>• Almonds and walnuts</li> <li>• Legumes</li> <li>• Leafy green vegetables</li> <li>• Bananas</li> </ul>
<b>Sodium</b>	<ul style="list-style-type: none"> <li>• Helps to maintain fluid balance</li> </ul>	<ul style="list-style-type: none"> <li>• Salt, added to most foods, especially processed foods</li> </ul>
<b>Zinc</b>	<ul style="list-style-type: none"> <li>• Functioning of the immune system and healing of wounds</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and seafood</li> <li>• Liver</li> <li>• Nuts</li> <li>• Milk</li> <li>• Wholegrain breads</li> </ul>



# Sensory analysis

Food should be eaten not just for nutrition but also for enjoyment. The favourite foods and meals that you remember are the ones that delight all your senses!

The sensory properties of food are related to the human senses of:

## Taste



## Smell



## Sight



## Sound

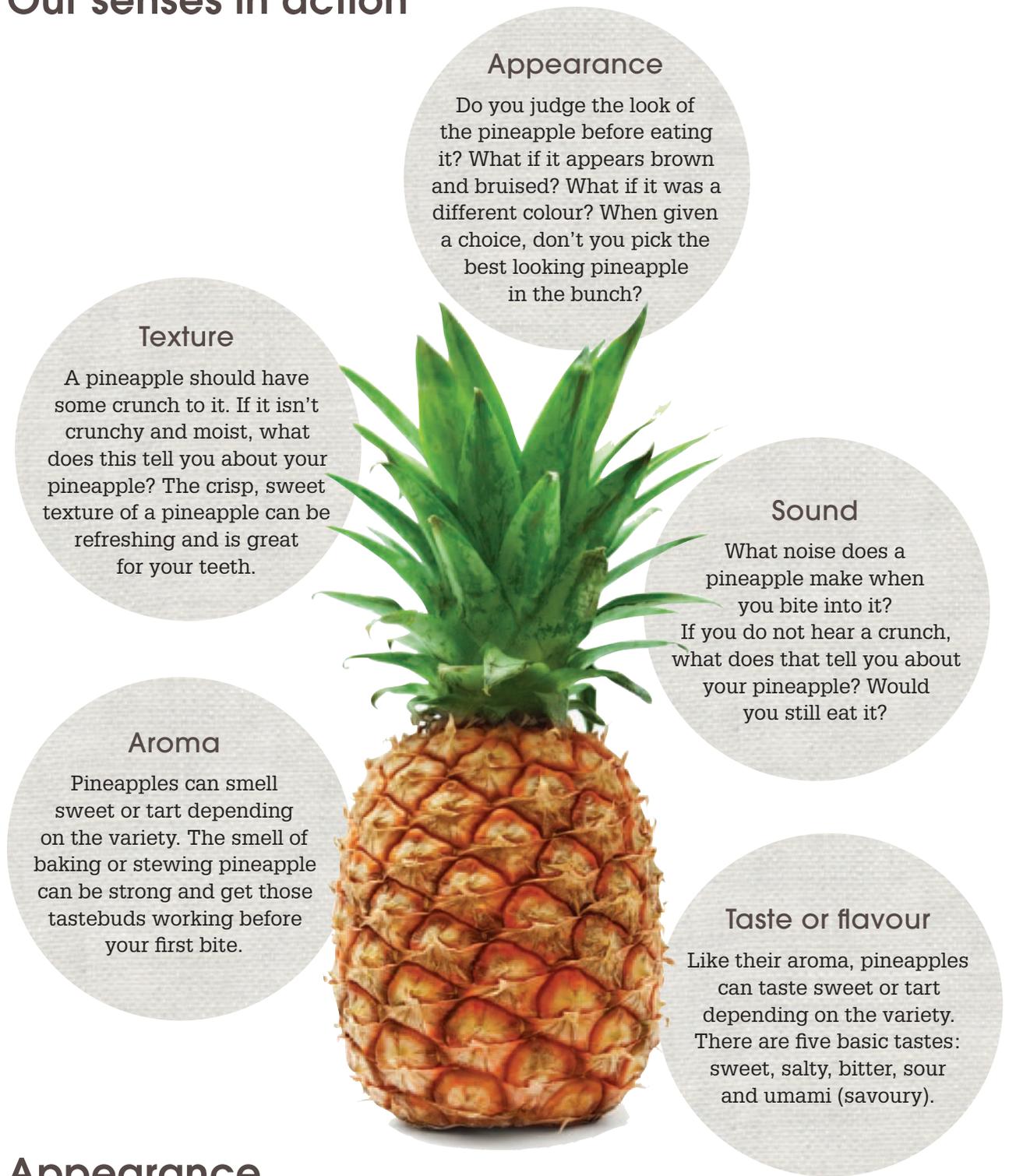


## Touch



Appreciating and enjoying food is based on the sensory properties of food. When we evaluate foods, we draw on these sensory properties and use our own senses to make judgements about whether we like or dislike the food we are eating.

# Our senses in action



## Appearance

Do you judge the look of the pineapple before eating it? What if it appears brown and bruised? What if it was a different colour? When given a choice, don't you pick the best looking pineapple in the bunch?

## Texture

A pineapple should have some crunch to it. If it isn't crunchy and moist, what does this tell you about your pineapple? The crisp, sweet texture of a pineapple can be refreshing and is great for your teeth.

## Sound

What noise does a pineapple make when you bite into it? If you do not hear a crunch, what does that tell you about your pineapple? Would you still eat it?

## Aroma

Pineapples can smell sweet or tart depending on the variety. The smell of baking or stewing pineapple can be strong and get those tastebuds working before your first bite.

## Taste or flavour

Like their aroma, pineapples can taste sweet or tart depending on the variety. There are five basic tastes: sweet, salty, bitter, sour and umami (savoury).

## Appearance

Sight is the dominating sense and accounts for 80 per cent of our experiences.

Consumers are often quick to judge food by its appearance or the appearance of the products' packaging. Have you ever seen any food that didn't look right? Did you eat it?

We have an expectation of how a food should look and if it does not meet expectations, it is often not consumed. For example, a high-quality risotto will look creamy and be a white colour. If you were served a grey risotto, would you eat it? The wrong colour of a meal can highlight that it has not been prepared correctly. When designing and creating food products, it is very important that the food is appealing to all the senses.

## Aroma

We are all familiar with the delicious aroma of cooking onion or garlic. Aroma plays an important role in our experience of food. In fact, many real estate agents when selling homes have muffins or cakes baking in the oven, or use the smell of cooking to make a kitchen smell enticing and comforting to potential buyers. Often the aroma of food can bring back memories of past food experiences. This can sometimes be positive or negative. While aroma is often used to enlighten the senses, it can also be used to make judgements about food and food quality. Have you ever smelled milk to see if it is off?

## Taste or flavour

We all eat food for the taste and pleasure it can give us as well as the nutritional benefits. There are five basic tastes: sweet, salty, sour, bitter and umami (savoury). Flavour is a combination of taste and aroma, with the mouth and nose sending signals to the brain.

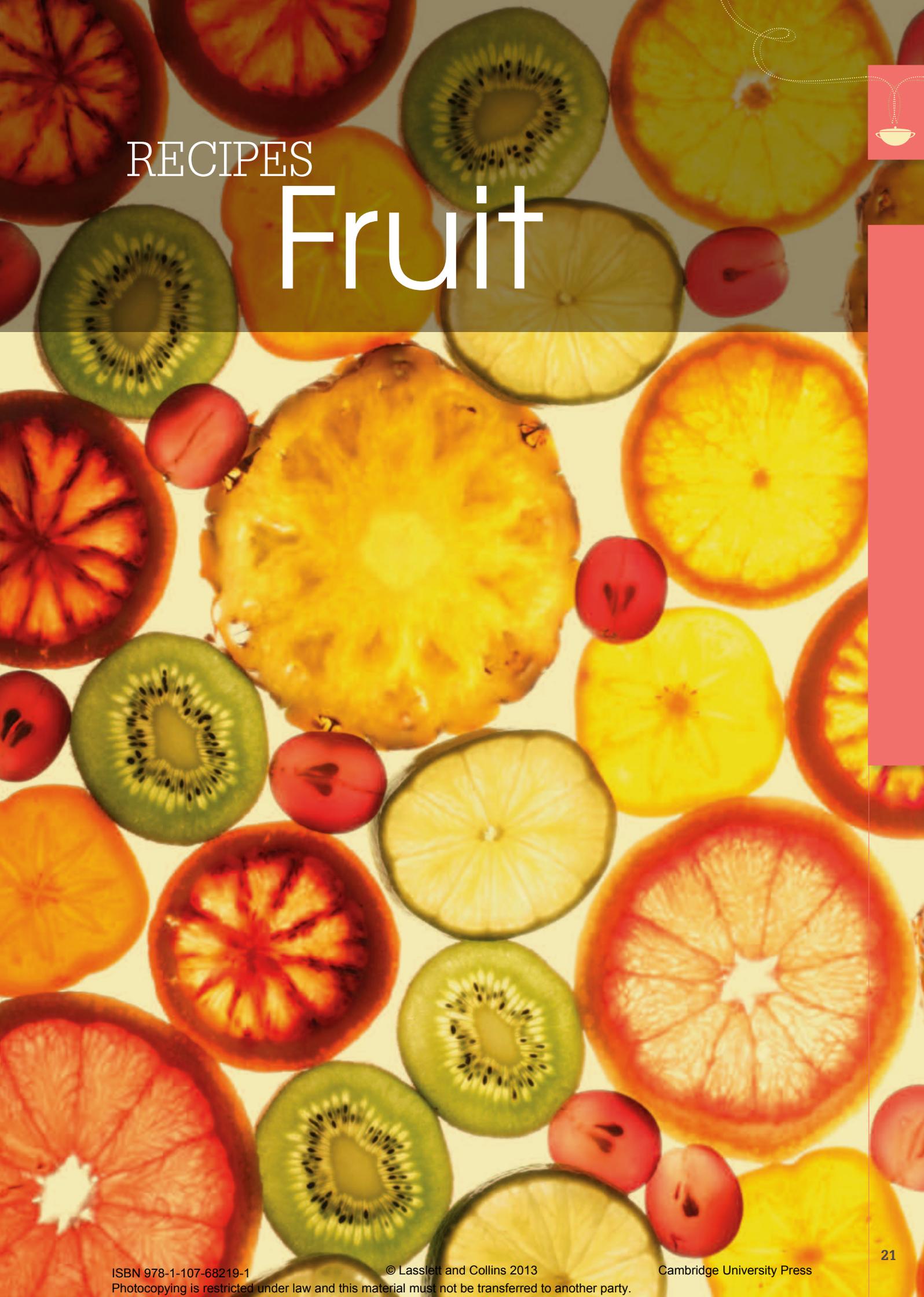


## Texture

The texture of foods is the feeling created inside your mouth: biting, chewing and swallowing. Think about eating a piece of chocolate. It is smooth and coats the roof of your mouth with a strong flavour. Consumers enjoy the different textures food provides and in a well-planned product or meal there will be ingredients that provide different textures to others to make the food interesting to consume. For example, the crunch of a potato crisp compared to the soft, smooth texture of a banana.

# Sensory term word bank

Appearance		Aroma		Texture		Taste	
burnt	hard	acidic	mild	brittle	hard	bitter	rich
clear	light	aromatic	rotten	chewy	lumpy	bland	salty
cloudy	lumpy	bland	smoky	creamy	moist	burnt	sour
crisp	mushy	burnt	spicy	crisp	runny	creamy	spicy
crumbly	pale	citrus	strong	crumbly	smooth	fatty	strong
dark	rough	fishy	sweet	crunchy	soft	hot	sweet
dull	smooth	fragrant	weak	dry	sticky	mild	tart
firm	sticky	fruity	yeasty	fatty	tender	overpowering	weak
flaky	transparent			flaky			
flat	undercooked						
glossy	uneven						
golden							



RECIPES

# Fruit



# Rhubarb crumble

**SERVES: 2**

Preparation

**15**  
mins

Cooking

**25**  
mins

Serving & Presentation

**5**  
mins

Total time:  
**45 MINUTES**

## INGREDIENTS

### FILLING



4 sticks rhubarb,  
chopped



½ tablespoon  
water



½ teaspoon  
powdered ginger



2 tablespoons  
sugar

### CRUMBLE



3 tablespoons  
wholemeal flour



3 tablespoons  
plain flour



¼ teaspoon  
cinnamon



¼ teaspoon  
mixed spice



¼ teaspoon  
baking powder



40 g butter



1 tablespoon  
rolled oats



1 tablespoon  
honey



¼ cup shredded  
coconut



1 small lemon,  
zested



1 tablespoon  
thickened cream

## METHOD

- 1 Preheat oven to 190°C.
- 2 To make the filling, mix together rhubarb, water, ginger and sugar.
- 3 Place in a heat-proof dish, then set aside while you prepare the crumble mix.
- 4 To make the crumble, mix together flours, spices and baking powder.
- 5 Rub in butter until mixture is crumbly.
- 6 Mix in rolled oats, honey, coconut and lemon zest.
- 7 Thickly layer the crumble mix over the top of the rhubarb filling in the heat-proof dish.
- 8 Bake for 25–30 minutes, until golden.
- 9 Serve with cream.

## tips & Techniques

Hold knife in the correct manner  
at all times.

Remove all green parts of the  
plant from the rhubarb.

Ensure that you use your  
fingertips only when rubbing in.

Use a dry oven mitt when  
removing heat-proof dish from  
the oven.



## FOOD PREPARATION SKILLS REQUIRED

- 1 Cutting
- 2 Rubbing in
- 3 Zesting

## COOKING METHODS

- 1 Baking

## IMPORTANT TOOLS AND EQUIPMENT

- |                  |                   |
|------------------|-------------------|
| 1 Knife          | 3 Heat-proof dish |
| 2 Chopping board | 4 Zester          |



## Analyse the task

- 1 State a hygiene practice that must be considered prior to rubbing the butter into the crumble mix. Explain the reason why this hygiene practice is so important.

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- 2 The lemon zest contains lots of flavour. Investigate the reason why it is important to use only the zest of the lemon and not the white pith, which is found just underneath the outer skin layer. You may be able to easily answer this question by tasting the pith.

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- 3 Have you eaten rhubarb before? If yes, how was it prepared? If no, what is the reason for this? Analyse the sensory properties of the cooked rhubarb. Consider appearance, aroma, taste and texture and be sure to use sensory terminology.

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- 4 Explain the reason why a wet tea towel or oven mitt should never be used to remove a hot tray or dish from the oven.

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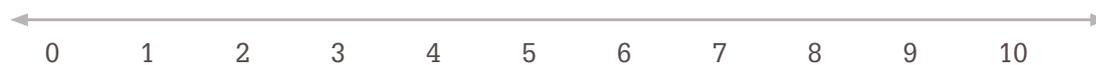
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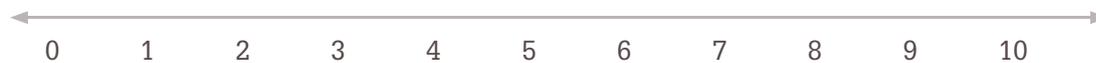
## Evaluate your skills

Rate your performance from 0 (poor) to 10 (excellent) by highlighting a number on the scales below.

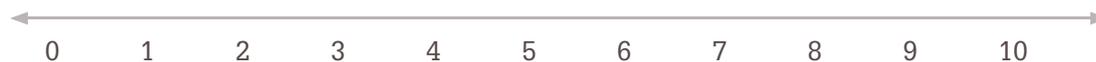
1 I followed all personal hygiene and safety rules.



2 I used all utensils and equipment in the appropriate manner.



3 I worked well with other members of the class.



4 I read and followed the recipe accurately.



5 General evaluation about this recipe.

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## Teacher notes

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**Date:** \_\_\_\_\_ **Initials:** \_\_\_\_\_



# Orange cordial

**MAKES: ½ LITRE**

Preparation



Serving & Presentation



Total time:

**35 MINUTES**

## INGREDIENTS



500 g caster sugar



500 mL boiling water



1 teaspoon citric acid



1 teaspoon tartaric acid



3 oranges, juiced  
(pips and pulp strained)



10 ice cubes

## METHOD

- 1 Place citric acid, tartaric acid and sugar into a jug. Carefully pour boiling water into the jug.
- 2 Stir well with a wooden spoon until sugar and acid are dissolved.
- 3 Stir in orange juice.
- 4 If the cordial mixture contains pieces of orange, strain through a fine metal sieve.
- 5 Pour into a jug, add ice cubes and place in the refrigerator so that it chills – overnight is best.
- 6 When serving, add cold water to adjust the cordial strength.

### FOOD PREPARATION SKILLS REQUIRED

- 1 Dissolving sugar
- 2 Juicing
- 3 Pouring
- 4 Straining

### IMPORTANT TOOLS AND EQUIPMENT

- 1 Citrus juicer
- 2 Wooden spoon
- 3 Sieve
- 4 1 litre jug

## tips & Techniques

When using a juicer to remove the juice from the orange, be sure to remove the pips – they impart a bitter flavour when heated.

You can increase the amount of juice that can be extracted from the orange by placing it in the microwave for 30 seconds.

Sugar must be fully dissolved. When stirring the sugar and water mixture, ensure that there is no sugar visible and that you cannot feel the sugar granules when stirring.

Cordial is best served very cold; it is for this reason that the cordial mix is best left in the refrigerator overnight or served over lots of ice cubes.



## Analyse the task

- 1 Develop a list of safety rules to follow when using boiling water.

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- 2 Develop a list of five other fruits that could be used to flavour cordial. Compare this list to five flavours of cordial that you can purchase in the supermarket.

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- 3 Explain how the sugar used in this recipe enhances the sensory properties of the cordial.

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- 4 Homemade cordial and commercially prepared cordial (cordial bought from the supermarket) are very high in sugar content. Discuss the health implications of excessive amounts of sugar.

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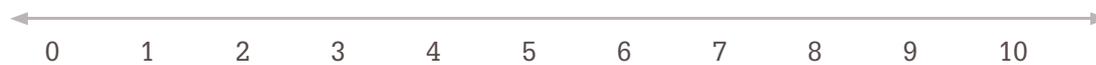
## Evaluate your skills

Rate your performance from 0 (poor) to 10 (excellent) by highlighting a number on the scales below.

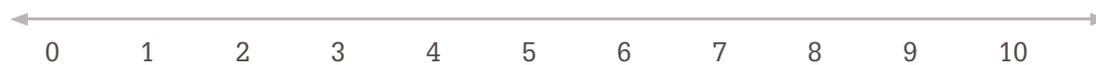
1 I followed all personal hygiene and safety rules.



2 I used all utensils and equipment in the appropriate manner.



3 I worked well with other members of the class.



4 I read and followed the recipe accurately.



5 General evaluation about this recipe.

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## Teacher notes

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**Date:** \_\_\_\_\_ **Initials:** \_\_\_\_\_



# Apple lattice tart

**MAKES: 1 TART**

## INGREDIENTS



Cooking spray



2 sheets puff pastry



3 cups loading (rice, legumes, etc. for blind baking)



4 Granny Smith apples, skin and core removed, sliced thinly



1 tablespoon water



3 tablespoons caster sugar



1 teaspoon cinnamon



1 clove



2 tablespoons milk

Preparation



Cooking



Serving & Presentation



Total time:

**90 MINUTES**

## METHOD

- 1 Preheat oven to 160°C.
- 2 Spray a heat-proof pie dish with cooking spray.
- 3 Use one sheet of pastry to cover the base of the pie dish.
- 4 Place a sheet of oven baking paper over the pastry. Spread the loading (rice, dried legumes, etc.) over the baking paper.
- 5 Blind bake in the oven for 20 minutes.
- 6 Place apples, water, 2 tablespoons sugar, ½ teaspoon cinnamon and clove into a small saucepan. Stew with the lid on until the apples are soft (be careful that they don't overcook and become mushy).
- 7 Remove the pie dish from the oven. Carefully remove the baking paper and loading – be sure that none of the loading falls onto the pastry.
- 8 Spread the apple mixture evenly over the pastry base.
- 9 Cut the remaining pastry sheet into 2.5 cm strips.
- 10 Arrange the strips over the top of the apples to form a lattice pattern (as pictured).
- 11 Combine remaining 1 tablespoon sugar and ½ teaspoon cinnamon in a small bowl.
- 12 Brush the pastry lattice top with milk and sprinkle the cinnamon sugar mixture over the top.
- 13 Bake for 20 minutes or until golden brown.
- 14 Serve with cream or ice-cream.



## FOOD PREPARATION SKILLS REQUIRED

- 1 Coring
- 2 Slicing
- 3 Cutting
- 4 Combining
- 5 Brushing

## COOKING METHODS

- 1 Blind baking
- 2 Stewing
- 3 Baking

## IMPORTANT TOOLS AND EQUIPMENT

- 1 Oven-proof pie dish
- 2 Small saucepan
- 3 Loading
- 4 Apple corer
- 5 Baking paper
- 6 Pastry brush

# tips & Techniques

To remove the apple core, use a corer. This removes the middle of the apple (the core) and leaves a cylinder shape in the middle of the apple.

Loading (dried rice, legumes, peas, beans, etc.) is used to blind bake pastry. It weighs down the pastry and produces perfect sensory properties in this food item.

The lattice is a classic pattern used in old-fashioned pie making. It is used in this pie to enhance the physical properties of the food item.

## Analyse the task

- 1 Outline the method that you used to stew the apples.  
Explain the reason why such a small quantity of water was used.

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- 2 If the apples are peeled and cored too early they will brown. Investigate the reason why this occurs.

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- 3 Blind baking is used often with homemade pastry. Suggest the reason why it was used with this puff pastry.

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- 4 When producing a tart or pie it is important to consider the physical and sensory properties. Evaluate the physical properties of this lattice tart. In your response include a description of the sensory properties, using correct terminology.

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## Evaluate your skills

Rate your performance from 0 (poor) to 10 (excellent) by highlighting a number on the scales below.

- 1 I followed all personal hygiene and safety rules.



- 2 I used all utensils and equipment in the appropriate manner.



- 3 I worked well with other members of the class.



- 4 I read and followed the recipe accurately.



- 5 General evaluation about this recipe.

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## Teacher notes

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**Date:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

# Waldorf salad with a twist

**SERVES: 2**

Preparation



Cooking



Serving & Presentation



Total time:

**40 MINUTES**

## INGREDIENTS

### MAYONNAISE



1 egg yolk



½ teaspoon  
Dijon mustard



1 tablespoon  
lemon juice



90 mL  
olive oil



Salt and pepper,  
to season

### SALAD



¼ cup walnuts



8 lettuce leaves,  
torn into 4 pieces



2 sticks celery,  
finely sliced



10 red grapes, seed  
removed, cut in half



1 firm Williams pear,  
core removed, cut in half  
and sliced thinly



3 tablespoons  
mayonnaise



1 tablespoon  
lemon juice

## METHOD

### MAYONNAISE

- 1 Using a hand balloon whisk, whisk together egg yolk, mustard and lemon juice until light and creamy.
- 2 Add olive oil, about 1 tablespoon at a time. Whisk continuously, adding the oil slowly, until the mayonnaise thickens.
- 3 Season with salt and pepper.

### SALAD

- 1 Spread walnuts evenly on an oven tray. Toast in the oven for 5 minutes.
- 2 Arrange the lettuce leaves onto a serving plate.
- 3 Place walnuts, celery, grapes, pear, mayonnaise and lemon juice into a small bowl. Toss to coat all ingredients in mayonnaise and juice.
- 4 Place on top of lettuce leaves and serve.



## FOOD PREPARATION SKILLS REQUIRED

- 1 Cutting
- 2 Mixing
- 3 Arranging/presentation

## COOKING METHODS

- 1 Toasting

## IMPORTANT TOOLS AND EQUIPMENT

- 1 Knife
- 2 Chopping board
- 3 Oven
- 4 Oven tray
- 5 Serving plate

# tips & Techniques

The naturally occurring oils in the nuts release great flavour when high heat is added, so toasting nuts increases their flavour.

Apples are the traditional ingredient used in a Waldorf salad – pear adds a new twist to a traditional dish.

Mayonnaise is very difficult to make! It is important that the mix is whisked thoroughly at all times and that the oil is added very slowly.

### Analyse the task

- 1 Waldorf salad is traditionally made with apples. Explain how the pear changes the sensory properties of this food item.

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- 2 Develop a list of 10 other fruits that can be used as a salad ingredient.

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- 3 There is a wide variety of lettuces available on the market. Explain how lettuce should be stored and why it has a short shelf life if not stored correctly.

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- 4 Discuss the appearance, texture and taste of the Waldorf salad with a twist. Use sensory language in your discussion.

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## Evaluate your skills

Rate your performance from 0 (poor) to 10 (excellent) by highlighting a number on the scales below.

- 1 I followed all personal hygiene and safety rules.



- 2 I used all utensils and equipment in the appropriate manner.



- 3 I worked well with other members of the class.



- 4 I read and followed the recipe accurately.



- 5 General evaluation about this recipe.

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## Teacher notes

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**Date:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

# Savoury pineapple Texas muffins

MAKES: 6

## INGREDIENTS



1 cup self-raising flour, sifted



½ cup tasty cheese, grated



50 g honey leg ham, chopped



¼ cup pineapple, diced



1 tablespoon parsley, finely chopped



¼ cup milk



70 g margarine, melted in the microwave



1 egg, lightly beaten



6 paper patty pans – muffin size

Preparation



Cooking



Serving & Presentation



Total time:

**45 MINUTES**

## METHOD

- 1 Preheat oven to 180°C.
- 2 Place flour, cheese, ham, pineapple and parsley into a small bowl. Stir until combined.
- 3 Add milk, margarine and egg. Stir well.
- 4 Grease a 6-hole Texas muffin tin with cooking spray or line with paper patty pan.
- 5 Spoon mixture into each patty pan.
- 6 Bake for 20 minutes. Insert a skewer into the centre of a muffin to ensure it is cooked through.

## tips & Techniques

When sifting the flour it is important to remove all lumps.

The cheese should be grated finely using the medium cutter on the grater.

Be careful when melting the margarine in the microwave – always use plastic or microwave-safe equipment.

Always use a dry oven mitt to remove a hot tray from the oven.





## Evaluate your skills

Rate your performance from 0 (poor) to 10 (excellent) by highlighting a number on the scales below.

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5 General evaluation about this recipe.

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## Teacher notes

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**Date:** \_\_\_\_\_ **Initials:** \_\_\_\_\_



