

EDEXCEL

GCE Design and Technology:
Food Technology (A2)

EXEMPLAR MATERIAL 3

UNIT: 6FT04

A2 Food Technology



Commercial Design





Please complete the following:

<p>Design brief:</p>	<p>Design and make a luxurious dish, which could be served as part of a meal to celebrate a 21st birthday. Produce a range of imaginative dishes, one of which could be developed to the proto-type stage.</p>
<p>Client/user group:</p>	<p>Young adults at a 21st birthday celebration</p>

Please refer to the instructions on page 2

Design Content

My client is approaching her 21st birthday. In order to celebrate this special occasion, a meal will be held for a small, select group of friends and family. I have been asked to prepare a dish to be served as part of the celebrations.

Design Brief

Design and make a luxurious dish, which could be served as part of a meal to celebrate a 21st birthday. Produce a range of imaginative dishes, one of which could be developed to the proto-type stage.

Analysing the need

There are a number of factors that I will need to consider before designing and developing my ideas. The points I need to think about are:

- Undertaking a detailed interview with my client to identify their needs and ideas for this special celebration. By doing an interview, it will be possible for me to understand exactly what the client wants to be served at their birthday celebration, and help me to formulate some ideas.
- Analysing existing products- This will enable me to understand what products are already available and how they are created. I will then be able to discuss these existing products with my client, and find out whether any elements of the products could be incorporated in my ideas.

Analysing the need

There are a number of factors that are vital to investigate before I trial and develop my ideas. The points I need to consider are:

- How many people will be at the party meal?
- How will the food be eaten? Will some aspects of the menu be able to be eaten with hands or will the meal be more formal and all dishes eaten with cutlery?
- How many courses/dishes will be served?
- Will the dishes be hot or cold?
- Are there any particular flavours that the client wants to be incorporated into the dish?
- Are there any particular dietary needs? - For example are there going to be any vegetarians? If so then an additional dish will have to be provided to meet their needs.
- Will the dishes be individual portions?
- Are there any side dishes or accompaniments that will need to be served to complement the dish?



My Client

Feedback from client

From the interview with my client I have discovered that there will be ten people, including my client at the birthday celebrations. None of these guests are vegetarian or have special dietary needs, meaning that set dishes can be served to all guests without individual adaptations of dishes. My client has highlighted that she enjoys beef or poultry and would like me to consider this when planning ideas. Additionally cheese is also a favourite ingredient. My client suggested that additional sauces could be considered and served to accompany the dish, enabling guests to be able to decide which sauces they want. Although vegetables were suggested as an accompaniment, no specific ones were identified as being particularly desirable. When it came to flavours, my client was not specific about what she wanted to be used, as long as the flavours are distinctive yet complementary in the dish. When I asked if there was a particular culture she wanted the food to be based on, my client wished that the dishes were based on a range of cultures rather than being specific.

When it came to ideas about desserts, some of the flavours that my client prefers are chocolate and fruit.

In addition to this, my client wants both the main courses and desserts to be served in individual portions. The reason behind her choice is so that we can focus on the decorative appearance of each dish and this also means that there is no need to spend time separating the main dish at the table. I also discovered that the main meal must be hot. This is due to the fact that my client doesn't mind whether the starter and dessert is hot or cold. I enquired about the budget for the meal, as it is a special celebration, my client wanted the quality of the food to be the main priority when considering what could be served.

Target Group

My client, being about to turn twenty one, has friends of approximately the same age or slightly older. Therefore, at the age of early twenties, the client and her guests' are likely to be prepared to be adventurous in their choice of dishes. Taking this into account, the dish that I produce will have to incorporate a range of flavours to suit the tastes of the guests. At the moment my client is still a student, as are a number of her guests which will attend the birthday celebrations. Being students means that the guests will be used to eating on a relatively limited budget. Because of this, the twenty first celebratory meal will be the ideal opportunity for the guests and my client to have a meal that is more expensive, enabling them to enjoy a wider range of both flavours and foods. Many guests, being young professionals, will want to feel sophisticated. Consequently, the dishes should be both exciting and innovative. Additionally, excellent presentation of the dish is an important factor in meeting my client's need.



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Sustainability

When creating my dish to be served at the celebratory meal, I will attempt to make the dish as sustainable as possible. The amount of air miles, where the food is sourced and how the food is made are all aspects that I will need to consider in order to create a sustainable dish.

1. **Choose Fairtrade products-** Even though fair-trade products tend to be more expensive, quality is guaranteed and my client will likely be prepared to pay more for the products if she knows that the food comes from a fair source which in turn will be shown in the quality.
2. **Use local, seasonal foods-** When it comes to the vegetables that will be served with the dish, I need to make sure as many of these vegetables are available locally. This is so the amount of air miles will be a lot less than using vegetables from other countries. Also, using locally sourced vegetables will ensure that the products are fresher.
3. **Use Farm Assured foods-** In the main dish, I will be using some form of meat. Therefore I will have to ensure that this meat is Farm assured. Similar to fair-trade products, the meat may cost more, yet on a special occasion such as this, cost will be a less important factor. My client's favourite type of protein is chicken. Therefore, if I decide to incorporate chicken, I will make sure that it is Farm Assured so that the meat will be of a higher quality.
4. **Use organic produce-** Specify food from farming systems that minimise harm to the environment, as well as ensuring high quality produce. I will consider using organic ingredients where possible when considering dishes I could make.
5. **Promote health and well being -** Although I am planning to serve generous portions of my dish, I will ensure that I am also serving large amounts of vegetables, fruit as well as reducing the amount of fat, salt, oils and artificial additives in order to serve a balanced meal to the guests.



Research:

Existing Luxury Products:

There are an increasing amount of luxury products available, particularly in supermarkets. Examples of luxury products available in supermarkets and shops for example Marks and Spencer's and Waitrose are:

- Individual Steak and Porcini Wellingtons
- Marinated lamb loin chops with roasted onion
- Chianti Beef with Thyme Potatoes

When it comes to dinner parties, there are many imaginative dishes already available, where presentation and a mix of interesting flavours are important. Dishes like these are what I need to look at in order to think of a dish suitable for a birthday meal.



Cherry swirl cheesecake

This dish is a larger portion, which will be sliced at the table. The cherries bring a strong fruit flavour as well as adding colour to the dish and in turn improving the overall presentation of the dish. In addition to the cherries on top of the cake, a cherry sauce is placed on top and in the middle of the cake, again to bring colour and flavour to the dish. The use of cherries dramatically improves the appearance, with the fruit reflecting the flavour. In addition to this a fruit coulee will also reflect the flavour and a gelling agent would have been used to form this interesting pattern with the fruit.



Pepper-crusted salmon with garlic chickpeas

This dish is well balanced. The salmon is a sophisticated base to the dish and is well flavoured with pepper. To make it well balanced, the dish was served along side garlic chickpeas and a slice of lime to bring even more flavour and increase the amount of colour on the plate. The garlic chickpeas apart from adding colour also provides moisture to the dish and a lot more flavours, which complement the delicate flavour of the salmon.



Melting chocolate & orange puddings

These melting chocolate puddings are served individually, which is how my client would prefer the dessert to be served. Chocolate is a popular flavour and is complimented with orange juice and orange peel to represent the flavour and add colour as well as decoration. These desserts look extremely attractive in individual pots. This is something therefore that I could consider when thinking about serving my dessert.



Crispy Greek-style pie

This is a dish that rather is cut up at the table rather than served individually. The pastry is really thin and flaky and the pie is also thin which creates a more luxury dish which seems more suitable to be served at a birthday meal than an ordinary pie. The dish can include chicken or remain vegetarian and can be served with a range of side dishes, such as salads. Other examples could include relishes, which will add moisture to the dish. Personally I think this dish isn't that appetising and would definitely need to be served in a more appealing way in order to be suitable to be served at a celebration

Summary of existing luxury products

Now that I have researched similar existing products I have discovered that most luxurious dishes that are sold in supermarkets are cook chill products. Most of the products I have researched including the products in the table above have a sauce to accompany the dish, providing moisture, a rich flavour and in main dishes, usually compliments the main source of protein. In addition to this the portion size of the majority of dishes are available to buy in either single portions or able to serve two people. Alternatively many desserts are sold in larger portions. The luxury products available in supermarkets range in price. Most individual portions cost between £5 and £10. Larger portions, meant to serve several people tend to cost between £10 and £15. These prices are relatively high, reflecting the higher quality. I need to take these costs in to consideration when creating luxurious dishes for the 2nd birthday meal.



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Product Disassembly

Product Name: Chicken topped with Cheddar and Bacon- British chicken breasts topped with Irish Cheddar cheese and smoked back bacon.

Portion Size: Serves 2

Cost: £3.99

Environmental/ sustainability issues

- Produced using British Chicken and British Pork
- Assured Food Standards
- Recyclable packaging

Component Parts

- Herb Topping= 5%
- Chicken Breast= 55%
- Bacon =20%
- Cheese Filling=20%



Suitability to my client and task

By doing this product disassembly I have discovered in more detail what products are already existing in supermarkets. I thought that this dish is extremely suitable for my task as the range of colours, textures and flavours create part of a luxurious dish. I can see from doing this disassembly that a dish such as this will have many possible accompaniments and sauces that could be served along side the main sauce of protein. Taking into consideration about what my client wants, I believe that a dish similar to this, or elements of the dish will be taken into consideration when I start creating design ideas.

Summary of Sensory Analysis

The overall appearance of the product was very good. The bacon wrapped around the chicken breast improved the presentation of the dish. Furthermore, the herb topping added more colour. The cheese was the most disappointing element to the dish and is why I scored it only a 3. This is because, although the cheese created a more moist dish, the strong cheddar flavour sometimes became overpowering, masking the other flavours such as the smoked bacon. The highest scoring part of the dish was the texture. There was a huge range from the smooth cheese to the crispy bacon. The cheese and bacon encased the moisture so that the chicken was not dry therefore giving the product a very pleasant mouthfeel.

Summary of Research

One of the most important parts of the research that I have carried out was the interview between my client and myself. By doing this, I was able to discover exactly what my client needs. Firstly from the interview I found out how many people I would be catering for. Discovering that there will be ten people means that the product will only have to be made in a relatively small batch, in comparison to larger batches. This will enable all the food to be prepared and made in a normal household kitchen, as the number of guests have been kept to a minimum. From the client one- to- one interview, I also found out what flavours were preferable to be incorporated in the dish. By knowing exactly what my client likes and dislikes I will be able to take these into consideration when creating my design ideas. It is important that the design ideas contain the flavours that my client has specified as it is vital to create imaginative dishes which will meet my client's personal tastes. The design ideas that I will create will be a mixture of both sweet and savoury. The reason a final decision hasn't been made yet is because my client wishes to wait until she can see the range of dishes available to her. Also from the interview I discovered that the portion size will be individual and what should be served along side the dishes. All of this information is vital for me to continue and therefore the interview with my client was an extremely key aspect of the research.

As well as my interview, I also researched existing products, which will be similar to the dish I will later create. Again, this research was important as it enabled me to discover what variety of dishes are already available as well as finding out imaginative ways of presentation and what ingredients and flavours complement each other.

Another part of my research was the sustainability of food. Over recent years, sustainability and environmental issues have become of increasing concern within the food industry. From my research I have discovered the benefits of using products which are fair-trade, farm assured and organic. It will be beneficial for me to use as many of these ingredients as possible to create a dish of high quality.

Finally I completed a product disassembly. This research was useful to me in many ways. Firstly, it helped me investigate in detail a product already in the supermarkets, even more. Additionally, the disassembly showed me how a luxurious dish such as this was assembled and information on the structure of the product. Furthermore, the sensory analysis made me study the individual aspects of the dish, rather than judge the product as a whole. By doing this, I was able to see exactly what the benefits and drawbacks of the dish were. Knowing information like this means that I have a stronger idea of what makes a luxurious dish; suitable for a 21st birthday dinner party.



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Specification

Purpose

- The dish MUST be suitable to be served at 21st birthday party. Because I have identified my client I have to ensure that the dish I make is suitable to meet my clients needs.
- The dish MUST have a very high standard of both appearance and taste and texture- Because I have consulted with my client, I understand that the appearance of the dish is extremely important. The dish needs to look appetising as it is part of a celebratory meal. In addition to this the appearance and taste have to be luxurious in order to again reflect the special occasion. High standards of appearance, taste and texture are essential Organoleptic qualities for a successful dish.

Form and Function

- The dish MUST be served as part of a three course meal- My client has specified that there will be a full three course meal at the event. Currently it is undecided whether sweet or savoury is the main focus. This therefore means that both main dishes and desserts have to be considered as these are the two areas my client wishes me to focus on.

User Requirements

- The dish MUST meet my target group- The target group is young people from an age range of 17-25. In order to suit this group of people, the dishes created must be original and innovative to reflect the young age of the guests as well as to be suitable for being part of a celebratory menu.

Performance Requirements

- The dish MUST be of high quality- This dish will be served at a celebration. With this in mind, the taste and the texture such both be of a high standard to create an appealing dish.
- The dish MUST have several components- By having more than one component will improve the dish's appearance, taste, textures and flavours
- The dish MUST be original and exciting- The dishes that I produce will have to be original in order to be suitable for my target group.

Components/ Ingredients

- I will have to ensure that each main dish contains at least three component parts. From my research I believe that the product should have at least three component parts as this will enhance the dish by providing a range of colours as well as textures, which will consequently improve the mouth feel of the dish overall. I have noticed from my research of existing products that many main dishes are constructed of more than one component to create a full and varied dish. Many products have a source of protein, served with a carbohydrate and vegetables. Desserts should also have more than one component part. In order to create luxurious desserts accompaniments such as biscuits could be served along side the dish, again to create a range of flavours and textures.
- The dish should have an accompanying sauce- This sauce can help enhance the flavours of the main dish. In addition to this the sauce can bring colour, a different texture and moisture to the dish. My client specifically said that sauces were desired to be served with each dish.

Size

- The dish MUST be able to be served as individual portions- During my interview with my client I discovered that they specifically wanted single portions as they thought that they "make the dish look more appetising and look better on the plate".

Scale of Production

- Because it has been stated that there will only be ten people at the birthday meal, larger scales of production will be neither physically possible or appropriate. Taking this into account this dish will be made by batch production. This is suitable due to the low number of people. Also all the food will be prepared and made in a normal kitchen. The amount of space and equipment will be more limited than restaurant or factory kitchens therefore batch production is the perfect option.

Cost

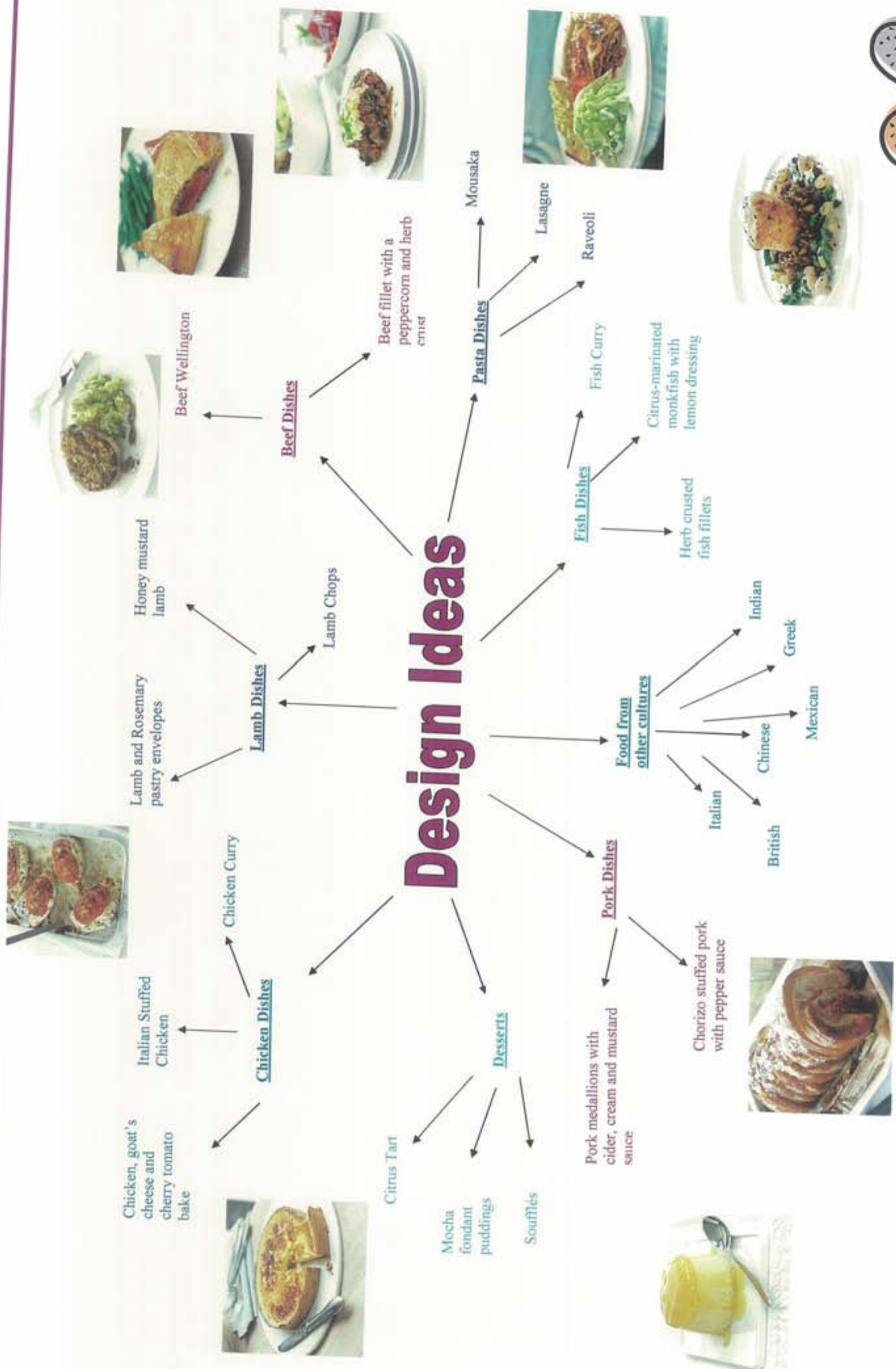
- The ingredients I use should be of high quality. The ingredients need to be of high quality in order to produce high quality, luxurious dishes suitable for a birthday meal. This as a result will mean that the ingredients will be more expensive however this will be expected if the quality is to remain high.

Sustainability

- As many ingredients as possible should be locally sourced- Having local ingredients is better for the environment. Also, getting local ingredients can in turn lower the cost, as there will not be extra cost added because of air miles. This means that although it is cheaper, the quality will still be high, with the added benefit of the fresher ingredients.
- Any meat used should be farm assured- Farm Assure shows that the meat is of a high quality. This is an important factor for me to meet my task of luxurious dishes. Hopefully the Farm Assured meat's flavour will reflect this better standard of quality.



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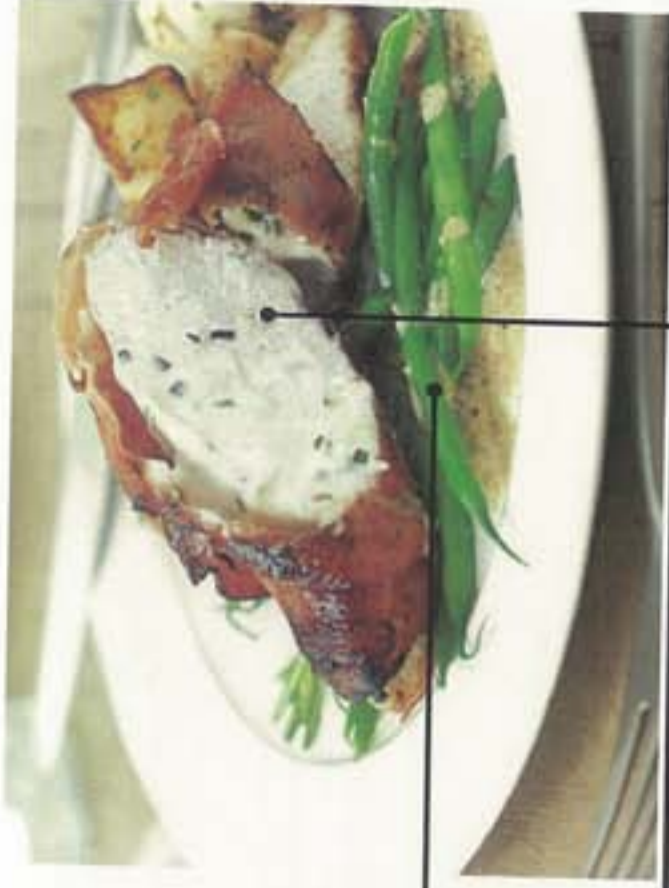


The beef provides the HBV protein as well as the main flavour of the dish. Herbs and seasoning is used to coat the beef in order to introduce new flavours and prevent the dish from being bland.

The Beef Wellington in this picture is served with green beans, which bring a bright colour to the dish. In addition to this, the green beans are crunchy which provides the dish with a range of contrasting texture. However if I were to make a dish similar to this, I would have a range of crunchy vegetables to bring different colours to the dish and making the dish look more appealing, particularly because the dish has to be served at a celebratory meal for a 21st birthday.

Beef Wellington is ideal for my task as it is a balanced dish. The pastry surrounding the beef is crispy, again bringing another texture and flavour to the dish. However, I believe that the dish needs an accompanying sauce to provide flavour and moisture to the dish.

This is suitable for my task as it provides a range of flavours and textures within the dish. The sauce provides moisture and flavour and creates a smooth texture, which contrasts directly with the crunchy vegetables. The vegetables themselves enrich the dish with nutritional value as well as add colour to this dish.



Chicken stuffed with herb mascarpone has a range of flavours. The chicken, which can sometimes be seen as plain, is enhanced by the herbs and cheese as well as the Parma ham wrapped around the HBV protein. The ham in particular brings a strong, complimentary flavour as well as a crispy texture, which contrasts well with the tender meat, therefore creating an interesting dish suitable to be served at such an occasion as a 21st birthday meal.

Design Ideas

Raspberry and milk chocolate cheesecake would be suitable for my task as cheesecakes are popular. My client specified that chocolate and fruit are two of her most preferred flavours. As this dish incorporated both, a dessert similar to this would be ideal.

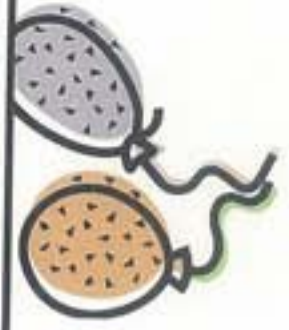


The chocolate sauce is used affectively by being drizzled over the plate and cheesecake, which enhances the appearance and reflects the flavour of the cheesecake.

This dish is suitable for my task as the appearance is good and it includes an accompanying sauce, which provides moisture and another component to the dish



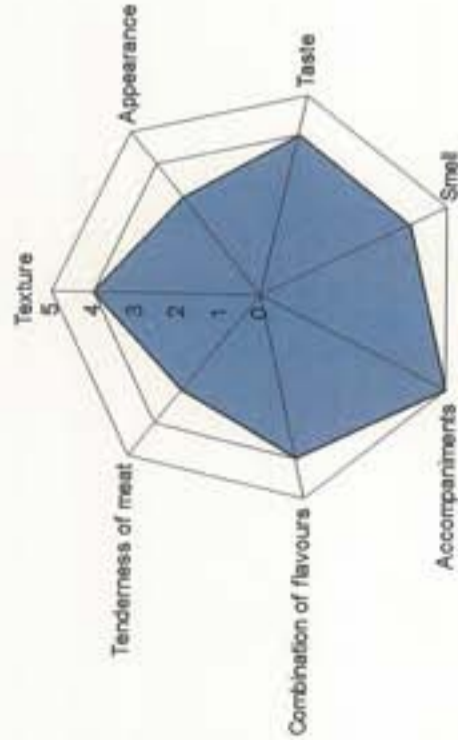
Melting Chocolate and orange puddings fit in well with my specification; matching several points. The dish is served in individual portions, which I thought to be more suitable for my task. In addition to this, I believe the dish looks appetising which again fits in with the specification, as my client will judge the product on certain factors, appearance included. Also, whilst interviewing my client, I discovered that when it came to desserts, citrus fruit and chocolate are two flavours which she, herself like. A dish like this incorporates both.



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Design Idea 1

Chicken Tikka Masala served with Pilau Rice and Naan Bread



Sensory Analysis

My client was very impressed with this dish. They thought that the dish was well balanced with the naan bread and pilau rice accompaniments, which were not too heavy. It is a dish that they would consider serving at their 21st birthday celebration. They liked the colours of the dish, the contrast between the bright orange and green garnish and thought that the colours helped improve the overall appearance of the dish. They particularly thought that the smell of the dish was enticing, with the range of fresh coriander and spices used. My client stated that she preferred the use of poultry and after tasting this dish she commented positively on the use of chicken as she thinks it to be an extremely versatile meat, which can be used with many strong flavours, especially the spicy sauce. Although the overall appearance was good, my client thinks that perhaps a dish with even better presentation will be more suitable for a dinner party. This therefore is something that could be considered if it is this dish that I develop to the final stage.

The rice was infused with a bay leaf, cardamom pods and cinnamon, which prevented the rice from being too plain and the range of flavours complimented each other and introduced new flavours to the dish.



The naan bread was kneaded well in order to allow enough air to get into the dough, which resulted in a light, airy bread. My client thought that the bread went well with the sauce and yet was not too heavy which enhanced its suitability as part of the dish. It also contributed to the carbohydrate content of the dish.

My client thought that the curry was successful in the way that there was enough meat in proportion to the sauce. The bright colours of the dish were appealing and my client thought that the mixture of spices were complimentary and yet not overpowering and the double cream enhanced the mouthfeel of the dish.

Match to Specification

- **Suitable for a 21st birthday meal-** Curries are now an extremely popular dish with a wide range of people now eating them. Taking this into account a curry is a good choice to be served at a 21st celebratory meal.
- **High standard of appearance, taste and texture-** the bright colour and range of flavours made the dish look appealing. In addition to this the sauce, chicken, rice and bread all have varied textures.
- **Must be part of a three-course meal-** The curry is extremely suitable for a three-course meal as a main course dish. The chicken provides the HBV protein and carbohydrates in the form of bread and rice.
- **Must be appropriate for my target group-** Due to the huge increase in popularity of curries during recent years, curries are now eaten by a huge range of people of all ages. Therefore it is suitable for both young professionals and students, which are my target group.
- **Must have several components -** This dish has many components. Firstly there is the chicken as the HBV protein cooked in the sauce and served with the rice and bread. All of these contribute their own textures and flavours, resulting in a balanced and accomplished dish.
- **Have an accompanying sauce -** the chicken is cooked in a sauce which provides the bulk of the dish as well as adding texture and moisture
- **Able to be served as individual portions-** The curry is particularly easy to be served in individual portions.
- **Be suitable to be made through batch production -** As it is for a dinner party, batch production will be most practical as the curry is able to be made as batch production easily as the curry can be made in larger batches and the rice and bread can also be made in larger numbers
- **Locally sourced ingredients -** the chicken is sourced from farms in the local area. The sustainability of the dish is extremely important and therefore by ensuring that as many of the ingredients as possible are local the amount of air miles used can be reduced significantly. Eggs and onions are locally sourced
- **Meat is farm assured-** the chicken used is farm assured. Having farm assured meat means that the quality would be higher, which is a vital aspect of the dish that is important to my client.



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- Pilau Rice**
 Basmati Rice
 1 tablespoon sunflower oil
 2 cardamom pods
 1 Bay leaf
 300ml boiling water
 ½ teaspoon salt
 1 cinnamon stick
- Naan Bread**
 500g strong white bread flour
 2 teaspoons dried yeast
 2 teaspoons poppy seeds
 ½ teaspoon salt
 ½ teaspoon baking powder
 1 free range egg
 2 teaspoons olive oil
 200ml plain yoghurt
 300ml whole milk, warmed
- Ingredients**
 250g Chicken Breast
 ½ tablespoons Lemon Juice
 2cm Fresh Ginger
 2 Garlic Cloves
 2 tablespoons natural whole- milk yoghurt
 1 Onion
 2 tablespoons sunflower oil
 1 tablespoon tomato puree
 1 tablespoon ground almonds
 75ml double cream
 10g Fresh Coriander

Design Idea 1 Chicken Tikka Masala served with Pilau Rice and Naan Bread

PILAU RICE

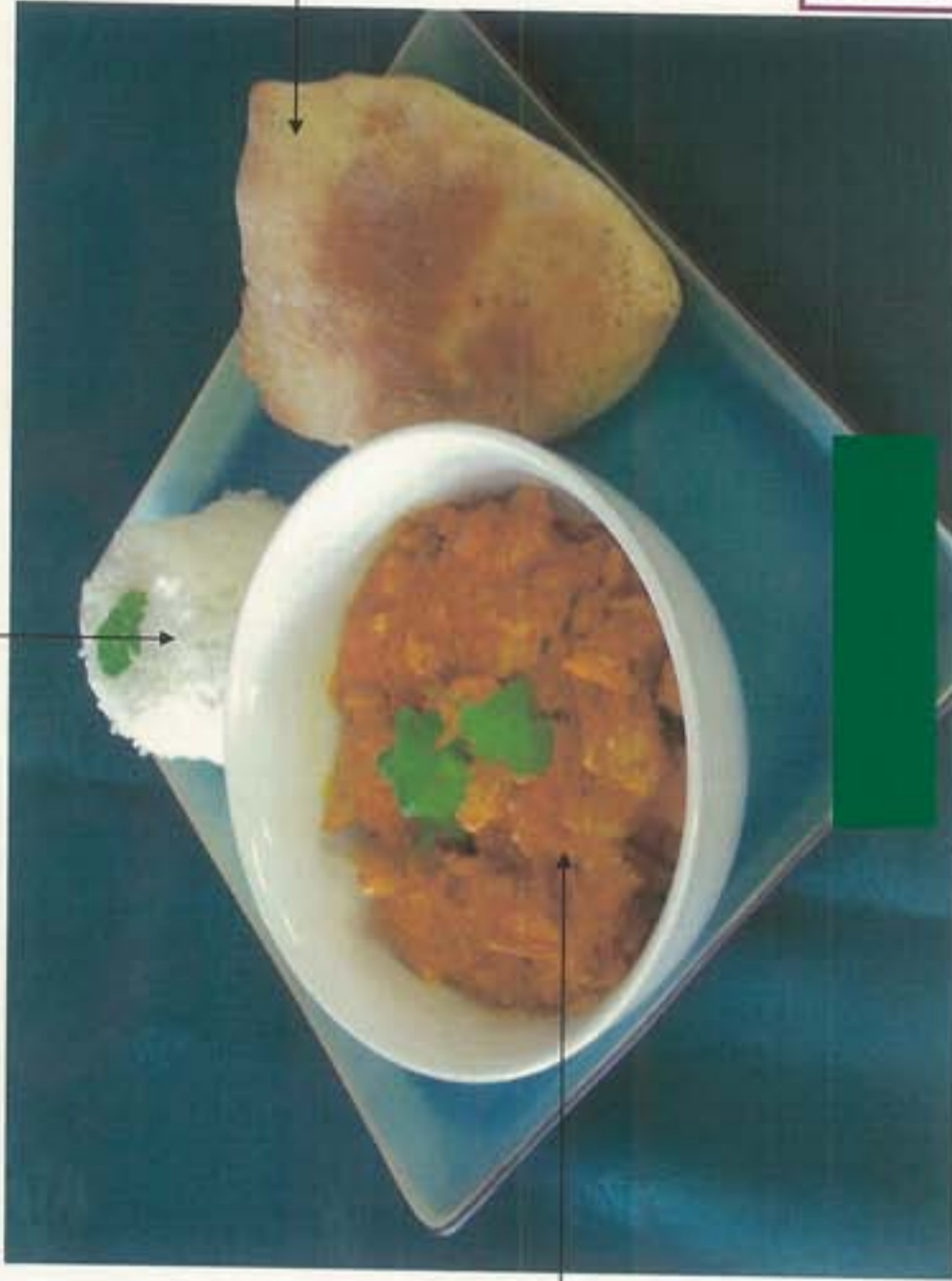
- Basmati Rice
- 1 tablespoon sunflower oil
- 2 cardamom pods
- 1 Bay leaf
- 300ml boiling water
- ½ teaspoon salt
- Cinnamon

Firstly I washed the rice and soaked the rice in cold water to remove some of the starch. Whilst this was being done I heated oil in a pan and added cardamom pods, cinnamon stick and bay leaf and cooked over a low heat. This allowed the flavours to be released and so when the rice was later added, it would have more flavour and smell aromatic.

CURRY

- 250g Chicken Breast
- ½ tablespoons Lemon Juice
- 2cm Fresh Ginger
- 2 Garlic Cloves
- 2 tablespoons natural whole- milk yoghurt
- 1 Onion
- 2 tablespoons sunflower oil
- 1 tablespoon tomato puree
- 1 tablespoon ground almonds
- 7.5ml double cream
- 10g Fresh Coriander

Once cutting the chicken, I placed it into a bowl containing salt, lemon juice, ginger, crushed garlic clove and yoghurt and left it to marinade for 20 minutes. This allows the meat to absorb the flavours. For the sauce I fried the onion, added ginger and garlic and cooked until soft, to ensure that the texture was not too harsh and crunchy as well as make sure that the garlic and onion flavours did not overpower the final dish. Tomato puree, lemon juice, ground almonds, boiling water, cream and seasoning went into the sauce which created a blend of textures and strong flavours to prevent the curry from being too mild and lacking flavour. Add the cooked chicken pieces as well as coriander, again adding a fresh flavour and colour to the dish



NAAN BREAD

- 500g strong white bread flour
- 2 teaspoons dried yeast
- 2 teaspoons poppy seeds
- ¼ teaspoon salt
- ½ teaspoon baking powder
- 1 free range egg
- 2 teaspoons olive oil
- 200ml plain yoghurt
- 300ml whole milk, warmed

I mixed the flour yeast, poppy seeds and baking powder in a bowl then added the egg, olive oil and yoghurt with a plastic spatula until well combined. Add the warm milk until the dough is smooth and soft. The milk had to be added gradually to ensure the dough was of the correct consistency to be handled. Using floured hands, I kneaded the dough for 15 minutes until soft and elastic and to ensure that enough air was getting folded into the dough to produce a light texture. After I placed the dough in a warm place to rise. Once the dough had risen, I split it into equal sizes and placed on a baking tray. I shaped the pieces, ensuring that the portion size would be suitable to be served along a dish made for an individual which is an important aspect of the specification. Once the dough was brushed with olive oil, they were cooked for approximately 8 minutes until pale golden brown but still soft inside.

POSSIBILITY FOR DEVELOPMENT

A curry is an extremely versatile dish and therefore if I were to make the dish again, there would be many ways in which the dish could be adapted and developed. Firstly, the protein used could be changed. This time I used chicken, however turkey or lamb could easily be used instead which would not only alter the flavour but the texture as well. This particular curry was quite mild and therefore with stronger spices or more spices used, the flavour of the dish could be changed dramatically. The spiciness of the dish could be discussed with my client if this dish was chosen to be developed. Although my client believes the pilau rice and naan bread went well with the dish, other accompaniments could in future be offered alongside the dish such as poppadoms, chutneys and salad ingredients

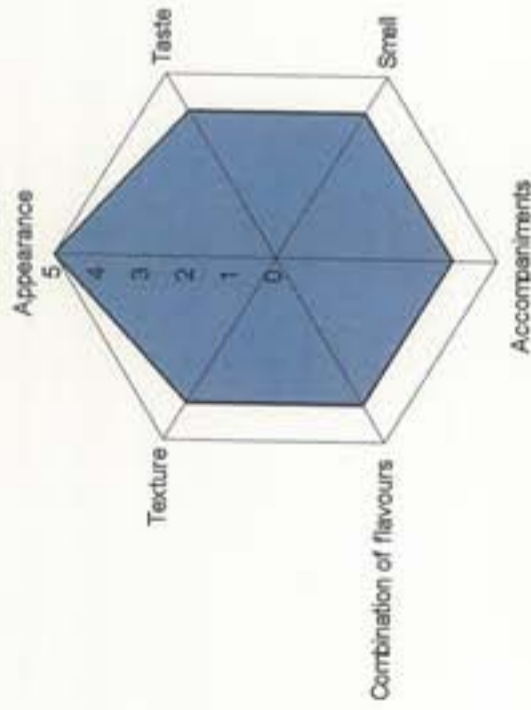
Summary

Overall, from cooking this dish I have been able to investigate the suitability of the dish to meet my client's needs. I have been able to see which flavours work together well and have experimented with presentation; an important aspect of a dish to be served at a birthday meal. Although all my feedback from my client was positive, I now need to see whether this is the preferred dish to be served at her meal.



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Design Idea 2 Citrus tart served with a raspberry coulis



Sensory Analysis

My client thought that this dish was extremely suitable to be served at her birthday dinner particularly due to the appearance of the dish, which she scored 5 out of 5. She thought that the colours of the dish were extremely appetising and made the dish look exciting and good to eat. She thought that the piped cream was a good decoration and thought that the raspberries not only added a bright colour and strong flavour to the dish but also prevented the dish from looking too heavy and made it look fresh. My client particularly liked the citrus flavour of the tart as citrus was an established favourite of hers from when I interviewed her, and she thought in this case the citrus flavour was strong and yet did not overpower the dish overall or the fresh raspberry flavour. My client liked the pastry as it was crisp and light and thought that the smell, taste, appearance, texture and combination of flavours to all be of a high quality.

Although my client thoroughly enjoyed the tart, she thought that it was enhanced by the accompaniments. The raspberry coulis added colour, a complementary flavour as well as moisture to the dish.

Ingredients

Rich Short crust Pastry

- 2 free range eggs
- 2 tablespoons cold water
- 225g plain flour, plus extra for dusting
- 110g unsalted cold butter

Citrus Filling

- 4 large free range eggs
- 1 free range egg yolk
- 200g caster sugar
- 2 lemons
- 1 lime
- 200ml double cream

- Icing Sugar, for dusting
- Fresh Raspberries
- Thick Whipped Cream

Raspberry Coulis

- 250g fresh raspberries
- 2 tablespoons icing sugar
- 1 tablespoons lemon juice

Match to Specification

- **Suitable for a 21st birthday meal-** This dish is colourful and elegant and this presentation therefore is suitable to be served at such an occasion.
- **High standard of appearance, taste and texture-** the bright colour and range of textures complement one another and create a well-balanced dish.
- **Must be part of a three-course meal-** The tart is suitable as a dessert in a three-course meal. Its not too heavy so diners will be able to manage it even after two previous courses
- **Must meet target group-** My target group is young professionals who therefore will be wanting something that looks good on the plate but is still sophisticated which is reflected in this dish.
- **Must have several components -** This dish has many components. The tart itself is made up of a pastry and filling and is served alongside cream, coulis and raspberries to contrast colour on the dish and to complement the flavours
- **Have an accompanying sauce -** I have served the dish with a raspberry coulis to add flavour, moisture and colour.
- **Able to be served as individual portions-** The tart has been served as an individual slice although smaller, individual tarts are also a possibility
- **Be suitable to be made through batch production-** This dish is particularly easy to be made in batch production as I am making larger tarts which are then divided, meaning that less tarts have to be made of a high standard which will lead to a consistency.
- **Locally sourced ingredients -** the eggs used are free range and from the local area which as a result will reduce air miles. However the raspberries used are not currently in peak season meaning that they are not as widely sourced. This in turn is a slight negative as it means that the air miles may be increased.

My client thought that the tart itself was very good. She thought that the dish's presentation was extremely appealing and would be like something served in a restaurant and looks of a high quality. My client thought that the tart was the right size to be classed as an individual portion and liked the slice of tart as it was possible to see both the pastry and filling layer clearly.



My client thought that the mound of raspberries and whipped cream added to the dish immensely. Although both these elements are small and simple, when served along the tart, it made the dish feel and look complete and the presentation was elegant and made the dish look appetising which is important for such an occasion



A2 Food Technology

Design Idea 2 Citrus tart served with a raspberry coulis

WHIPPED CREAM AND RASPBERRY MOUND

Icing Sugar, for dusting
Fresh Raspberries
Thick Whipped Cream

After washing the raspberries, I placed them around the edge of the tart as well as in a mound on the side of the plate in order to bring colour to the plate as well as represent the flavours in the raspberry coulis served with the tart. Additionally I whipped the cream and piped it on the side on plate to add more presentation to the dish, furthering its good appearance.

RASPBERRY COULIS

2.50g fresh raspberries
2 tablespoons icing sugar
1 tablespoons lemon juice

Place the raspberries, icing sugar and lemon juice in a food processor and blend. There should be no lumps to ensure a smooth coulis. The raspberries are providing the flavour and colour, with the icing sugar adding additional sweetness and the lemon juice adding a tang which in turn matches the flavour of the tart as well as providing moisture

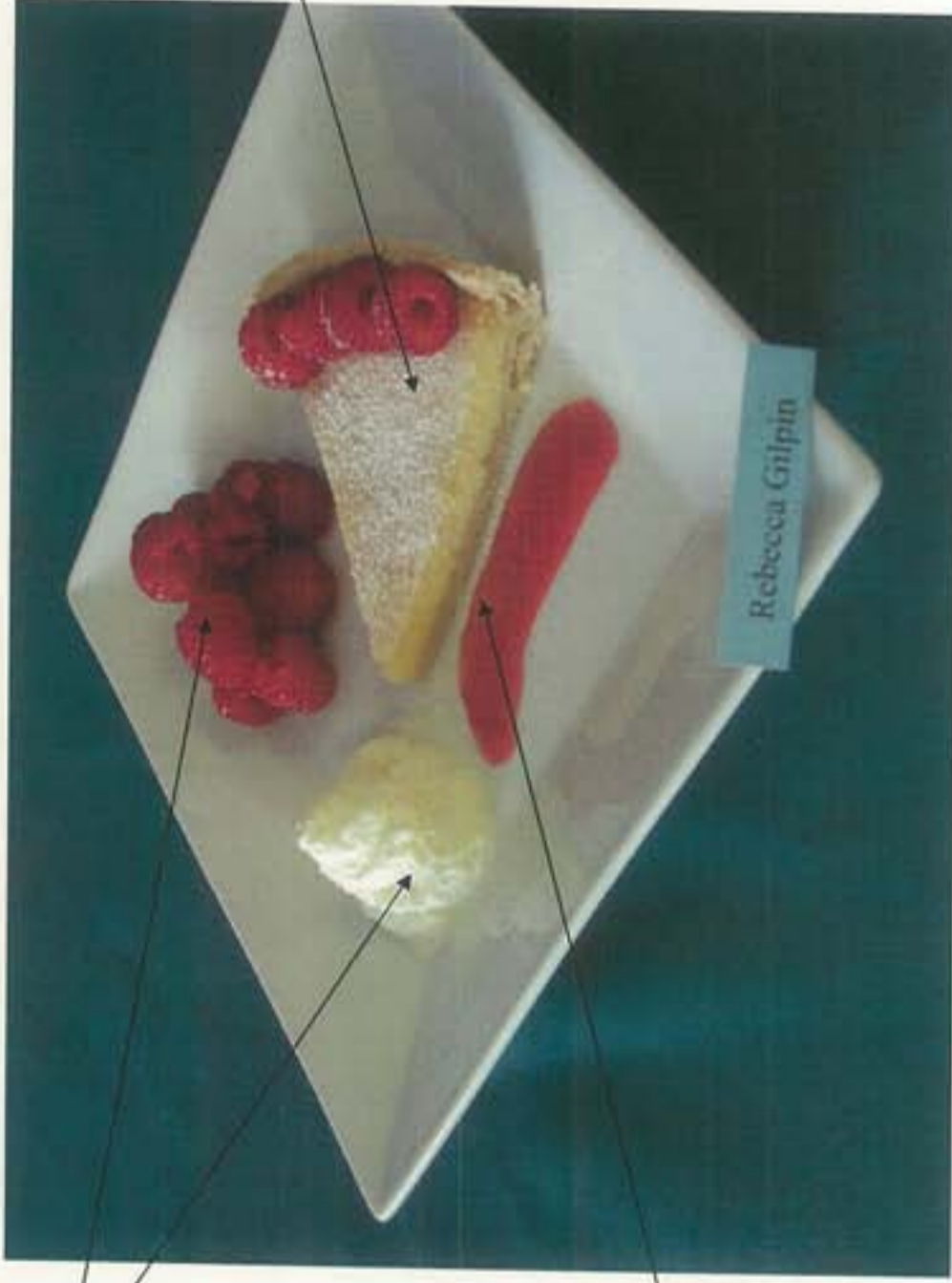
POSSIBILITY FOR DEVELOPMENT

There are many ways in which this dish could be developed. The flavour of the tart could be changed to various things including chocolate, orange, raspberry, strawberry etc. In addition to this, the flavour of the sauce could also be changed in order to complement the flavour of the tart. When I made this dish, I served it with a mound of raspberries and piped whipped cream. If the flavour of the tart was altered then the fruit served will reflect the flavour, however the piped cream could be substituted for ice cream, for example. My client specified that she wanted the dish to be served as an individual portion. To fit this I served the dish as a slice of a tart however this could also be changed so that smaller individual tarts are made. The pastry could be developed using different ingredients to change the flavour and texture

CITRUS TART

2 free range eggs
2 tablespoons cold water
225g plain flour, plus extra for dusting
110g unsalted cold butter
4 large free range eggs
1 free range egg yolk
200g caster sugar
2 lemons
1 lime
200ml double cream

For the pastry I separated the eggs. I placed the flour into the bowl followed by the cold butter and salt and combined into the mixture resembled fine breadcrumbs. Egg yolk is then added to create pastry with a richer texture. On a floured work surface I brought it together to create a dough with a smooth consistency. I then rolled the chilled pastry thinly. I had to ensure that the pastry was even and thin to create a crisp, light finished pastry base. After the pastry has been pressed into the flan dish it is baked blind using baking beans to prevent the pastry from rising for 20 minutes to initially crisp the pastry prior to the filling being added. For the filling the eggs, egg yolk and sugar are whisked together until smooth and foaming with an electric whisk. Whisk in the cream then stir in the lemon and lime juice and zest. This will contribute to the colour, provide the flavour and the acidity of the juice will thicken the cream. Pour the filling into the prepared pastry case and cook for approximately 50 minutes until just set.



Summary

Overall my client really enjoyed the dish. The portion size was appropriate as part of a three course meal. In addition to this, the bright yellow and red colours on the plate made the dish look bright, exciting and appetising which is important when creating a dish for a dinner party for younger people.

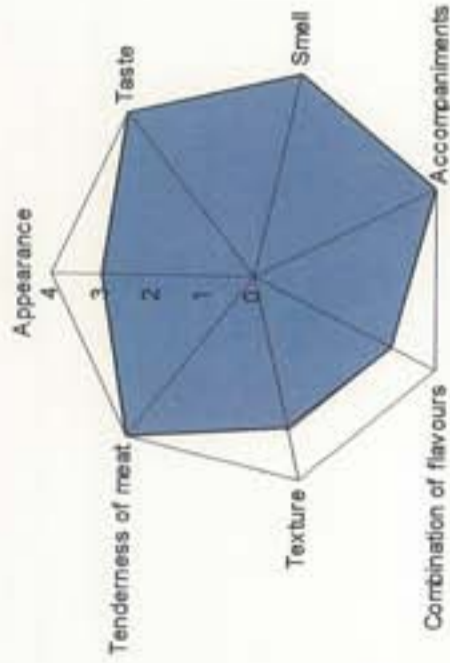


A2 Food Technology

Design Idea 3 Lamb and Rosemary Pastry Envelopes

Sensory Analysis

My client thought that the flavours of this dish were very good. The lamb was tender, the pastry crisp and flaky and the blend of flavours in the sauce complimented the pastry envelopes well. However the dish's overall presentation let the dish down in my client's opinion. Although she liked the sauce, she thought that it would look better in a side dish as opposed to on the plate. My client liked the layers of onion and potato however she thought that the combination of the large amount of pastry and the potato, are two filling carbohydrates making the dish too filling.



Although my client thought that the puff pastry was airy, the combination of the pastry and the lamb made the dish seem quite heavy, as there was a lot of pastry, so slightly smaller portions would have been preferred.

The vegetables chosen were popular with my client because she thought that the crunchy texture contrasted well with the flaky pastry and the soft, tender meat, bringing a range of textures to the dish. The fresh colour of the vegetables enhanced the presentation of the dish.

Ingredients

- Filling**
- 4 teaspoons cranberry sauce
 - 1 egg, beaten
 - 2 rosemary sprigs, plus four chopped rosemary sprigs
 - 2 boneless lamb leg steaks

Puff Pastry

- 125g strong plain flour
- 1 teaspoon sea salt
- 125g butter
- 150ml cold water

- Broccoli
- Carrots

Layered Onion and Potato

- Potatoes
- Single Cream
- Large Onions
- Black Pepper

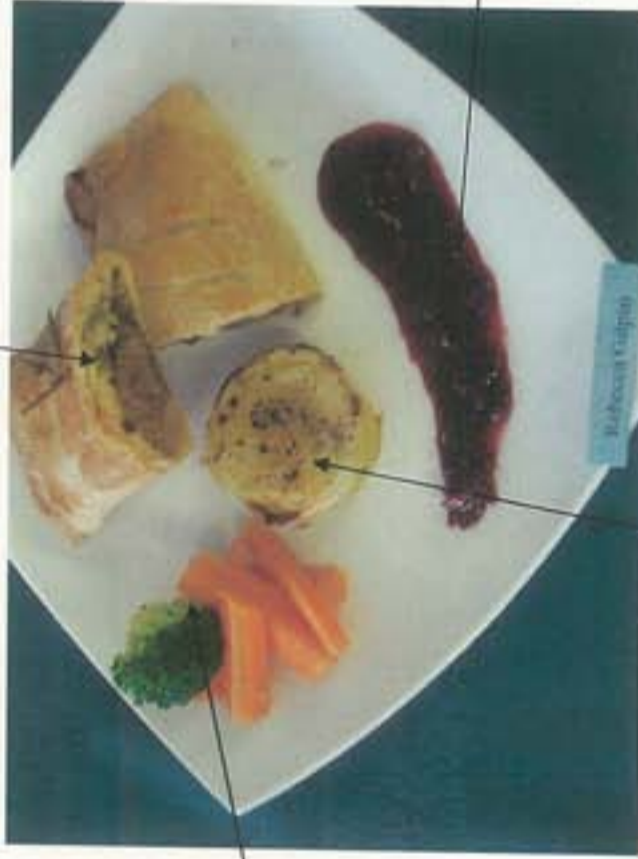
Red Currant Sauce

- 100g frozen red currants
- 75g soft light brown sugar
- 1 orange
- 1 shallot
- 2.5ml red wine
- 2 rosemary sprigs

Match to Specification

- Suitable for a 21st birthday meal-** The flaky pastry and the high quality lamb created a luxurious dish. The luxury ingredients used therefore are suitable to be served for special occasions, including a 21st birthday meal.
- High standard of appearance, taste and texture-** the sauce brought a lot of colour to the dish, along with the vegetables. The sauce brought out the cranberry flavour in the envelope and the tender meat made the lamb flavour particularly strong. The tower of thinly sliced potato and onion made a good addition to the dish improving the texture, flavour and appearance of the dish.
- Must be part of a three-course meal-** With the lamb steak as the HBV protein, the pastry and the potato as the carbohydrate, vitamins provided by the vegetables and moisture provided by the sauce, the dish is balanced and as a result is suitable to be part of a three-course meal.
- Must have several components -** To go with the pastry, the layers of potato and onion are an accompaniment along with the vegetables and sauce.
- Have an accompanying sauce -** The red currant sauce served with the dish brings colour to the dish and adds more flavours to the dish, which in turn makes the dish more interesting in terms of flavour and palatability.
- Able to be served as individual portions-** The lamb is wrapped in envelopes, which are individual, therefore meeting the specification. However in this circumstance the portion size seems to be too much for an individual and will therefore be needed to be decreased if developed at a later stage.
- Locally sourced ingredients -** The vegetables served with the dish are all locally sourced. In particular the potatoes are grown extremely locally, reducing the air miles significantly and consequently improving the sustainability of the dish. Also the lamb I used was British lamb.
- Meat is farm assured-** The lamb steaks I used are farm assured meaning that the meat meets standards resulting in a high quality finished product

My client liked the addition of the sauce as it brought colour to the dish as well as strong flavour, which complimented the lamb, and rosemary and also emphasised the cranberry flavour already present within the pastry envelopes.



The tower made up of thinly sliced potato and onion brings yet another texture to the dish as well as flavour and moisture with the cream used. Although my client liked this accompaniment, it seemed too much with the large amount of pastry which also provided the carbohydrate content.



A2 Food Technology

Design Idea 3 Lamb and Rosemary pastry envelopes

LAMB AND ROSEMARY PASTRY ENVELOPES

- 4 teaspoons cranberry sauce
- 1 egg, beaten
- 2 rosemary sprigs, plus four chopped rosemary sprigs
- 2 boneless lamb leg steaks
- 125g strong plain flour
- 1 teaspoon sea salt
- 125g butter
- 150ml cold water

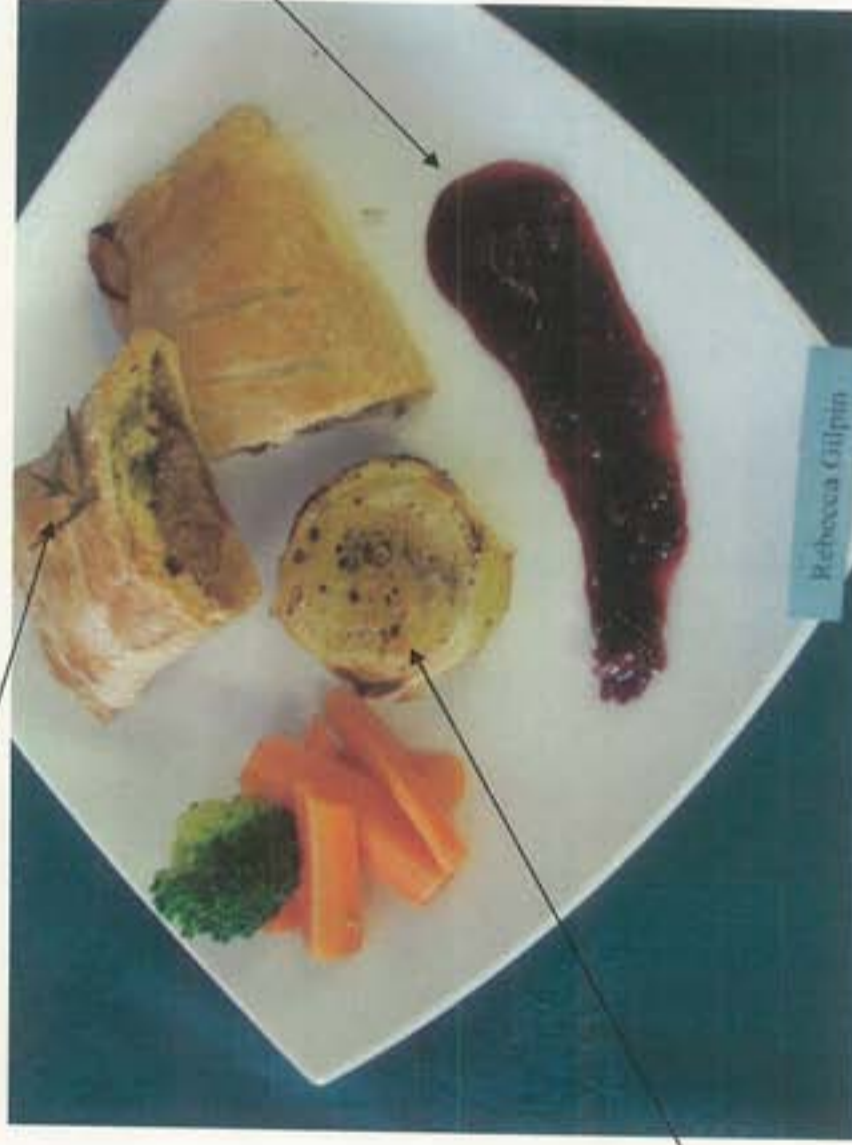
The puff pastry was made by sifting the flour and salt in a large bowl then adding the pieces of cold butter using the rubbing in method. Making a well in the bowl, slowly add the cold water until firm dough is formed. Leave to chill for 20 minutes in the fridge. Once the pastry is chilled, the pastry had to be rolled. The pastry was folded and rotated whilst rolled so that air was entering the dough resulting in a flakier, lighter pastry once cooked.

Season the lamb with salt, pepper and rosemary all over to give the meat additional flavour. Fry the lamb in a pan for about two minutes of each side, until browned so that the flavour is sealed. Place a lamb steak on each piece of pastry and adding a tablespoon of cranberry sauce, adding flavour and colour. Enclose the lamb, brushing beaten egg over the pastry to seal the envelope as well as give the pastry a golden brown colour when cooked. Place Rosemary sprig for decoration and representing the flavour. Bake the envelopes for 20 minutes until puffed and golden.

LAYERED ONION AND POTATO

- Potatoes
- Single Cream
- Large Onions
- Black Pepper

The onion and potato are sliced really thin so as to create an elegant dish, which is lighter and more delicate to be served as part of a celebratory meal as opposed to boiled potatoes, which are heavier. Using a ring mould, the onion and potato are layered with the addition of single cream, which provides moisture, as well as black pepper, introducing another flavour to the dish.



RED CURRANT SAUCE

- 100g frozen red currants
- 75g soft light brown sugar
- 1 orange
- 1 shallot
- 25ml red wine
- 2 rosemary sprigs

Place the ingredients in a saucepan and bring to a simmer. Cook gently for approximately 20 minutes until it is a loose jam consistency and the flavours have been released. Once the rosemary and orange zest have been discarded, leave the sauce to cool slightly. By reducing the sauce, the flavour is enhanced and a thicker texture is produced.

POSSIBILITY FOR DEVELOPMENT

The lamb used in this dish is easily changed in order to produce a range of varied dishes. For example chicken can be used or beef to create a beef Wellington. As well as the filling, the accompanying sauce can also be changed in order to complement the flavour of the filling such as the cranberry and currant sauces complemented the lamb. I served the dish with carrots and broccoli in order to bring colour to the dish. However a variety of vegetables could be substituted to bring different colours and flavours to the dish as well as provide nutritional value.

Summary

Overall my client liked the dish as the flavours were strong and complemented each other. Yet there were still several concerns with the dish such as the presentation of the dish and the large amount of carbohydrates, which made the dish too heavy and therefore not that suitable for her needs. However because my client did in fact enjoy the dish, these problems can be solved if it was this dish that was chosen to be developed to the final stage.

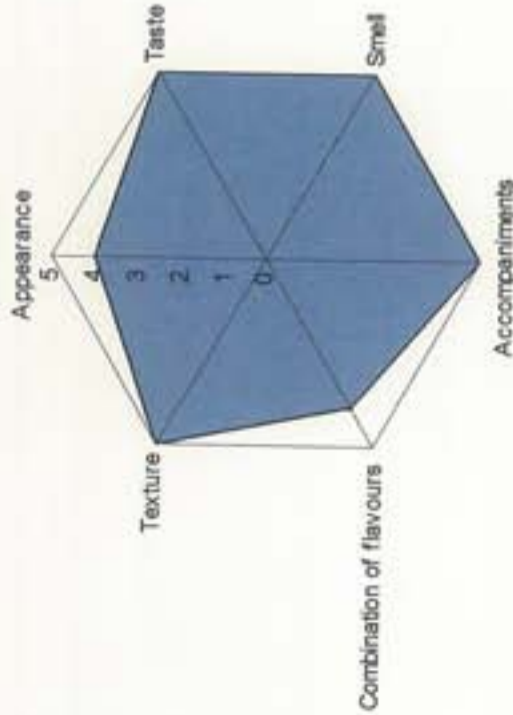


A2 Food Technology

Design Idea 4 Chocolate fondant served with a caramel sauce and vanilla ice cream

Sensory Analysis

My client liked this dish's appearance due to presentation which was elegant and simple. The individual portion meant that the fondant kept its shape and the liquid centre remained warm until just before being consumed. It was this combination of texture that was appealing to my client as the runny centre as well as the sauce prevented the fondant from being too dry and the ice cream made the dish feel less heavy as the vanilla ensured that the chocolate wasn't dominant. After my client interview I discovered that chocolate was her preferred flavour and therefore as chocolate was the main flavour in the fondant, the dish was popular with my client and definitely something that she herself would want to serve at a meal.



My client liked the caramel sauce which was served along side the fondant. At first she thought it would be too sweet however when it was tasted she actually thought that the flavour wasn't too sweet and it complemented the dish extremely well, providing moisture and colour to the dish.

The contrast between the crispier outside and the smooth liquid centre provides a pleasant mouthfeel.



The ice cream was a good accompaniment to the chocolate fondant. The vanilla complemented the chocolate yet wasn't too filling. The cold ice cream was also a surprisingly pleasant contrast to the warm fondant and also provided a varying texture to the dish.

Match to Specification

- **Suitable for a 21st birthday meal-** This dish is elegant and rich which is fancy and popular at dinner parties therefore it will definitely be suitable for this special occasion.
- **High standard of appearance, taste and texture-** The dish is simple yet consequently means that the plate is not overcrowded. The chocolate flavour was rich and yet not too strong and heavy and the texture was of a high standard as the middle was not solid and therefore typical of a fondant.
- **Must be part of a three-course meal-** Although the main flavour is chocolate, the dish as a whole is not heavy which therefore makes this dish suitable to be part of a three course meal.
- **Must meet target group-** As my target group is young professionals, this dish is perfect. The dish is elegant, simple appearance on the plate and is the type of food young adults would like to eat
- **Must have several components -** The main component of the dish is the chocolate fondant. Additionally, the toffee sauce on the side provides flavour and moisture and the ice cream provides flavour, moisture and texture.
- **Has an accompanying sauce -** The toffee sauce provided extra moisture, flavour and colour to the dish.
- **Able to be served as individual portions-** The chocolate fondants were made in individual ramekins which ensured that the portion size was sufficient for one person as well as improved the overall appearance of the dish
- **Be suitable to be made through batch production -**As the dish is cooked in individual ramekins, this dessert was suitable for batch production because many fondants could be made.
- **Locally sourced ingredients-** The cream I used for the ice cream was British and farm assured. Also the chocolate I used was fair-trade.



A2 Food Technology

- Ingredients**
- Chocolate Fondant**
50g melted butter
cocoa powder, for dusting
200g dark chocolate
200g butter, in small pieces
200g golden caster sugar
4 eggs
4 egg yolks
200g plain flour
- Caramel Sauce**
250g caster sugar
150ml double cream
50g butter
- Vanilla Ice Cream**
2 vanilla pods
500ml double cream
70g sugar
3 egg yolks

Design Idea 4 Chocolate fondant served with a caramel sauce and vanilla ice cream

CHOCOLATE FONDANT

50g melted butter
 cocoa powder, for dusting
 200g dark chocolate
 200g butter, in small pieces
 200g golden caster sugar
 4 eggs
 4 egg yolks
 200g plain flour

Melted butter was heavily brushed around the moulds, placed in the freezer then brushed with butter again. Cocoa powder is then dusted over the moulds. This all done to ensure that the shape of the fondant would be easily released from the mould after cooking. Melt the chocolate and butter slowly over a pan of simmering water. In a separate bowl, whisk the eggs and yolks together with the sugar until thick and pale. Sift the flour into the eggs then fold in to add air and create a fluffy, light final texture. Pour the melted chocolate into the egg mixture and tip into the moulds. Heat the oven and for 10 to 12 minutes making sure that the outside is crispy and yet the inside remains liquid and smooth



Rebecca Gilpin

CARAMEL SAUCE

250g caster sugar
 150ml double cream
 50g butter

I placed the sugar in a heavy based pan and stirred in 4 tablespoons of water, over a medium heat in order for the sugar to fully dissolve. I then turned up the heat so that the sugar could begin to caramelize. Once off the heat, I stirred in the cream and butter to form a smooth texture and a richer colour.

VANILLA ICE CREAM

2 vanilla pods
 500ml double cream
 70g sugar
 3 egg yolks

Halve the vanilla pods lengthways and scrape out the seeds. Add the pods to the cream and bring to the boil in order to infuse the cream with a vanilla flavour. Add the sugar, providing additional sweetness and stir to dissolve. Whisk the egg yolk in large bowl then strain the cream into them, stirring constantly. Pour the ice cream into a freezer proof bowl through a fine sieve and whisk in the vanilla seeds, creating a stronger flavour. Place in the freezer until solid. I chose a recipe, which did not contain any milk so that the mixture did not have to be constantly stirred, as crystallisation will not occur

Summary

Overall my client thought the dish was very accomplished. The range of flavours were really enjoyed. The vanilla and toffee flavours went well together. The size was said perfect as it was a suitable individual portion for a dessert. The liquid centre, crispy outside and the ice cream gave the dish a range of textures creating an interesting dessert.

POSSIBILITY FOR DEVELOPMENT

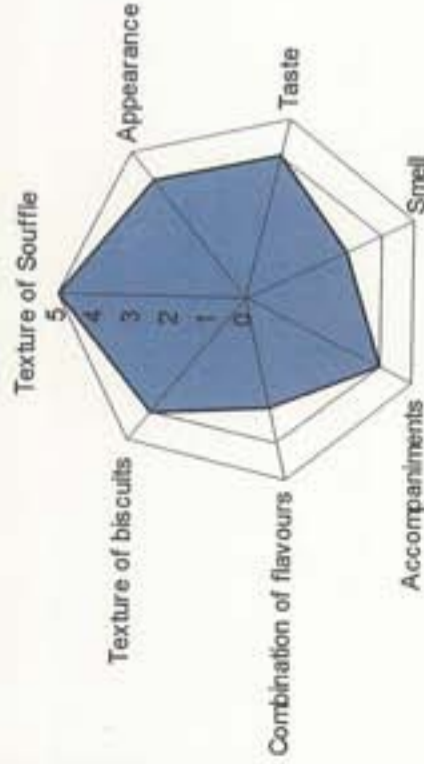
Unlike my previous design ideas, the fondant has to have chocolate as the main flavour. However the dish can be adapted. For example orange can be an additional flavour, which compliments the chocolate well. In turn the accompaniments served could be adapted as long as it represented the flavour. The flavour of the sauce could be altered along with the ice cream. Alternatively a sorbet could be served which will add colour, make the dish feel lighter, fresher and again represent the fondant flavour. If I were to make the dish again, I would ensure that the ice cream was frozen more, as the accompaniment melted rapidly, which as a result affected the texture slightly.



Design Idea 5 Fresh Orange and Lemon Souffle served with orange and hazelnut biscuits

Sensory Analysis

The Fresh Orange and Lemon Soufflé was enjoyed by my client. She thought that the presentation of the dish was good as it was simple yet neat and the plate was not overloaded. She thought that the soufflé was the perfect portion and looked a lot better than if it were to be made in a large soufflé ramekin and divided just prior to eating. My client particularly liked the texture of the soufflé. The use of the egg whites aerated the product, which resulted in an extremely light dish, with a delicate flavour. At first my client wasn't sure if the biscuits would make the dish seem heavier, however in the end she actually thought that the biscuits complimented the flavour of the soufflé well and were in fact very light and delicate themselves so they definitely did not spoil the dish, but enhanced it, and gave a varying texture to the soufflé.



The soufflé was both airy and smooth. This airy texture meant that the dish would not be too filling for guests attending the birthday meal. The use of the orange and lemon juices also provided a lot of flavour which although was strong, was not overpowering. The decoration is simple and not over the top. I chose to use fresh orange segments as opposed to crystallised fruit as I thought that it would enhance the fresh look of the dish.

The biscuits that were served along side the soufflé brought another texture to the dish, which effectively contrasted with the fluffy, smooth texture of the soufflé. However in comparison to other biscuits, the ones I made were still soft and light, as opposed to very crunchy and hard which complimented the soufflé.

Ingredients

Fresh Orange and Lemon Soufflé

- 3 eggs
- 175g caster sugar
- 100ml orange juice
- 50ml lemon juice
- 12g powdered gelatine
- 300ml whipping cream

Decoration

- 1 Large Orange
- Double Cream

Orange and Hazelnut biscuits

- 180g butter
- 150g caster sugar
- 1 large egg, lightly beaten
- 240g self raising flour, sifted
- finely grated zest of 1 orange
- 100g roughly chopped hazelnuts



Match to Specification

- **Suitable for a 21st birthday meal-** The dish's appearance is something that will be expected to be served at a birthday meal. Also individual portions enhance the presentation of the dish and make it more suitable to be served at a special meal.
- **High standard of appearance, taste and texture-** It was the texture of this dish which scored most highly in my clients opinion. However my client also thought that the flavours were strong and pleasant in addition to high quality decoration. So the dish's appearance and taste were also appealing.
- **Must be part of a three-course meal-** After a starter and a main meal, many people would be reluctant to eat a dessert which seemed heavy and filling. With this in mind, a dish such as the soufflé is perfect due to the airy texture, which creates a very light dessert.
- **Must be appropriate for my target group-** This dish is suitable for my target group as I think that they will like the sophisticated presentation of the dish as well as the biscuits served with the soufflé, which is original, and therefore something that would be appealing for young people.
- **Must have several components -** This dish is made up of the soufflé, which provides the bulk of the dish but is also served with orange and hazelnut biscuits, as an accompaniment. However, there is no sauce, which means that the dish doesn't have as many different components to it.
- **Able to be served as individual portions-** The dish is sometimes made in larger portion sizes, however I thought that smaller, individual soufflés will look better on the plate and will still be sufficiently filling.
- **Be suitable to be made through batch production -** This dish is suitable to be made in batch production, as the batches can be made then all placed in the refrigerator until set and needed to be decorated before serving.
- **Locally sourced ingredients -** This dish is not that sustainable due to the fact that the citrus fruits, in this case the orange and lemon, need to be imported which increases the amount of air miles for this dish dramatically. However, in order to make sure this dish is sustainable to a degree, the eggs that I used were both free range and locally sourced.



Design Idea 5 Fresh Orange and Lemon Souffle served with orange and hazelnut biscuits

ORANGE AND HAZELNUT BISCUITS

180g butter
150g caster sugar
1 large egg, lightly beaten
240g self raising flour, sifted
finely grated zest of 1 orange
100g roughly chopped hazelnuts

The butter and caster sugar were first combined, then the egg yolk was beaten into the mixture. Caster sugar was used to mainly provide sweetness but also creates a lighter texture to match the soufflé because of the fineness of the sugar. Self raising flour was then added, providing the bulk of the biscuit. Finally both the grated orange zest and chopped hazelnuts were added. These were extremely important as they added colour, flavour and a range of textures to the biscuits. Once the dough was formed and chilled in the refrigerator, the dough was sliced into discs on a baking tray. They were baked for 12-14 minutes until they were golden and crisp. Once out of the oven and cooled on a wire rack, I used a pastry cutter to measure the biscuits to ensure that they were all consistent so that the presentation of the dish was of a high quality.



FRESH ORANGE AND LEMON SOUFFLE

3 eggs
175g caster sugar
100ml orange juice
50ml lemon juice
12g powdered gelatine
300ml whipping cream
1 Large Orange
Double Cream

Initially the soufflé dishes were prepared by wrapping a band of greaseproof paper to form a collar above the dish. I whisked the egg yolks, which add colour, with the sugar and fruit juice over a saucepan of boiling water until thick and foamy. The orange juice helps give the soufflé flavour and is used to soften the gelatine. The sugar, along with providing sweetness, creates a lighter texture by using caster sugar, which is finer. In 3-4 tablespoons of boiling water, I dissolved the powdered gelatine then stirred into the fruit juice mixture. The gelatine ensures that the product will thicken, set as well as help give the dish a good mouthfeel. I then whisked the egg whites, which are used to aerate the product and create a light texture as the protein albumen holds the air. Once the egg whites are stiff but not brittle and the fruit juice mixture has thickened and started to set, the cream, used to add creaminess to the soufflé and give a luxurious flavour, is folded in. Following this, the egg whites are slowly folded into the mixture, adding more air. After this I whipped the double cream until a soft peak. Then I took the soufflés out of the refrigerator, peeled away the greaseproof paper collar and piped the cream around the edge, with the addition of small segments of orange to decorate.

POSSIBILITY FOR DEVELOPMENT

If this product were to be made again, a few changes could take place. The flavour of the soufflé could be changed. For example, strawberries, raspberries or other fruit could be used as good alternatives, whilst still maintaining the fresh flavour and appearance of the soufflé. In addition to this, the accompaniments could also be changed. This time, I made orange and hazelnut biscuits however the flavour of the biscuits could be changed to bring another texture to the dish as well as reflect the dominant flavour of the soufflé.

Summary

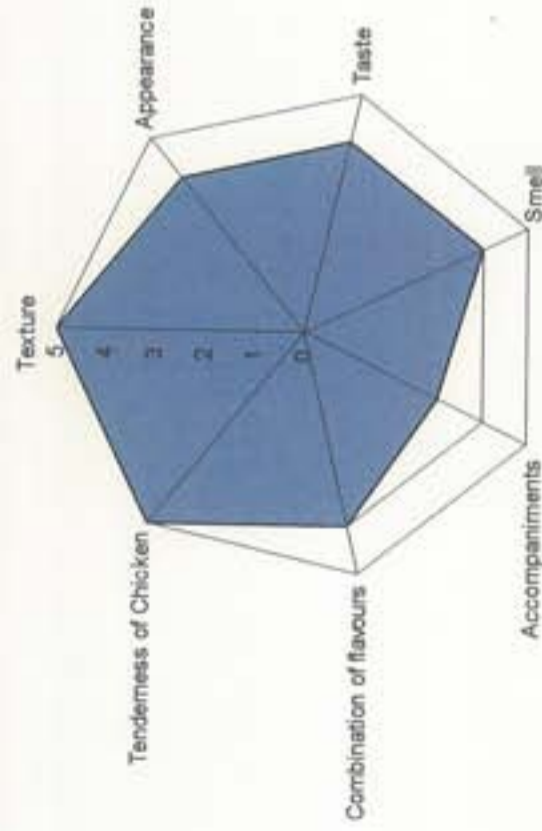
Overall my client thought that the light texture of the soufflé was the best element to the dish. She thought that the flavours were good, as citrus fruits were flavours, which she specified to be favourites of hers. However I do not believe that my client would want this product to be developed as she thought that she thought that other desserts would be preferred to be served as part of her 21st birthday menu.



Design Idea 6 Stuffed Chicken served on a bed of cous cous with a tomato chutney and rocket salad

Sensory Analysis

My client thought that the stuffed chicken was a very good dish. She thought this because I had listened to what she wanted as I served chicken which was her most preferred source of protein. My client especially liked the range of textures in the dish. The contrast of the crunchy vegetables and the smooth cheese and crispy ham helps create a more accomplished overall dish, suitable to be served as part of a dinner party menu. The combination of flavours was also scored high by my client. She thought that every element and component of the dish brought a new flavour to this dish and complemented each other. In particular my client liked the stuffed chicken as the flavour of the herbed cheese mixture was enhanced by the addition of wholegrain mustard.



My client liked the addition of the tomato chutney as it gave the dish flavour and moisture. Although it wasn't a sauce and therefore does not fully meet my specification point of having a sauce, I believe that the chutney suits this dish as the consistency is thicker which meant that it didn't run on the plate and as a result reduce the appearance of the overall dish



The stuffed chicken was the main flavour of this dish. My client liked the contrast of textures between the smooth cheese, tender chicken and the crispy bacon. In particular, my client thought that not only did the cheese provide flavour it also provided moisture and ensured that the chicken wasn't too dry.

Although my client liked the couscous, it was the least favourite part of the dish as she thought rice would taste better with the chicken as she herself prefers the texture of the rice. However she thought that the use of couscous brought even more colour to the dish and went well with the red pepper, courgette and red onion

Match to Specification

- **Suitable for a 21st birthday meal-** I believe that this dish is suitable to be served at a 21st birthday meal because the presentation is colourful which makes the dish more appealing and makes it look better on the plate
- **High standard of appearance, taste and texture-** The range of colours on the plate help make the dish more appealing. In addition to this there are also a range of textures on the plate. The crunchy vegetables in the couscous contrast with the tender chicken as well as the crispy ham and the smooth cheese filling.
- **Must be part of a three-course meal-** This dish is a balanced dish. The couscous is the main source of carbohydrate, with the chicken, ham and cheese as the sources of protein. The vegetables help increase the nutritional content
- **Must be appropriate for my target group-** Although my target group's main priority will not necessarily be whether the dish is healthy or not, I think that the fact that this dish is healthy and light will appeal to my target group. This is because my target group are mainly women aged 17-25 and therefore more likely to be health conscious.
- **Must have several components -** This dish has many components. The bed of couscous contains mixed crunchy vegetables. The stuffed chicken is wrapped in Parma ham served with a tomato chutney and rocket as a garnish.
- **Able to be served as individual portions-** This dish is able to be served in individual portions like in the picture. I thought that the presentation looked better in individual portions as I was able to carefully place the chicken on the couscous and the chutney on the chicken which enhances the appearance of the dish.
- **Be suitable to be made through batch production -** This dish is easily made in large quantities because the individual components are easy to be made in large numbers both quickly and efficiently such as the chicken and the couscous.
- **Locally sourced ingredients -** The vegetables I used were locally sourced which is better for the environment as it reduces the amount of air miles. Also local tomatoes could be used.
- **Meat is farm assured-** The chicken breast I used was farm assured as well as free range which means that I can ensure that the meat is of a high quality.



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Ingredients

Stuffed Chicken
 1 Free Range Chicken Breast
 100g full fat soft cheese
 1 tablespoon mixed herbs
 1 tablespoon wholegrain mustard

Vegetable Couscous

Couscous
 Red Pepper
 Red Onion
 Courgette
 Vegetable Stock

Tomato Chutney

olive oil, for frying
 2 garlic cloves, finely sliced
 3 tomatoes, chopped
 a handful of basil leaves

Rocket for garnish

Design Idea 6 Stuffed Chicken served on a bed of cous cous with a tomato chutney and rocket salad

STUFFED CHICKEN

1 Free Range Chicken Breast

100g full fat soft cheese

1 tablespoon mixed herbs

1 tablespoon wholegrain mustard

First of all I cut a slit in the side of the chicken breast. In a bowl I mixed the full fat soft cheese, the mixed herbs, and the wholegrain mustard. With a knife I stuffed the chicken with the cheese mixture. I used a palette knife for this so the cheese would be able to be placed in the entire chicken breast. I pressed down the edges of the chicken to seal then wrapped a piece of Parma ham around the chicken. I then wrapped the chicken in foil for the first 20 minutes. After the first 20 minutes I removed the foil to brown the top of the chicken and to make the ham crisp.



TOMATO CHUTNEY

3 tablespoons olive oil, for frying

2 garlic cloves, finely sliced

3 tomatoes, chopped

a handful of basil leaves

Firstly I heated the oil in a pan, added the garlic and cooked gently it softened. This ensures that there will not be any hard pieces of garlic in the final product as well as allowing the flavour to be released through cooking. Add the tomatoes, stir, cover and simmer for 20-25 minutes so that the tomatoes have time to be broken down into a thick sauce. Season and stir in the handful full of basil to provide additional flavour, texture and colour.

VEGETABLE COUS COUS

50g Cous Cous

½ Red Pepper

½ Red Onion

½ Courgette

100ml Vegetable Stock

I firstly prepared the vegetables and put them in a little butter over a low heat to soften. I then poured boiling water over the cous cous to separate the grains and sieved the cous cous to remove all the excess water content. I then added the chopped vegetables and used a fork to mix the cous cous to create a fluffier appearance.

Summary

Overall my client liked the way this dish consisted of a lot of bright colours which in turn made the dish look appealing. However my client personally thought that the cous cous would be better replaced with rice. In addition to this she thought that the rocket salad should have a salad dressing in order to avoid it being too plain. However despite the fact that my client liked this dish she didn't think that this was the most successful dish to be served at her celebratory meal. Other stuffings could also be considered to complement the flavour of the chicken.

POSSIBILITY FOR DEVELOPMENT

If it were this dish that's chosen to be developed in the future there could be a few things that could be changed. My client thought that the bed of cous cous could be substituted for another form of carbohydrate to be served along side the chicken. This is because although my client personally enjoyed the cous cous, she thought that a form of carbohydrate such as rice would be preferred by her guests at the birthday meal. If I were to serve the dish with rice, I would still serve crunchy vegetables to maintain the range of colours and textures.



Design Idea Summary

Design Idea	Picture	Strengths	Weakness	Met	Specification Points Not/Almost Met	Batch Production in the kitchen	Development
Chicken Tikka Masala served with Pilau Rice and Naan Bread		The accompaniments were good (the naan bread and rice). The dish's colours were very bright which improved the overall appearance of the dish. The smell of the dish was good - a strong blend of flavours, which complimented each other. The sauce was thick, full of flavours and prevented the dish from being dry and bland.	The presentation despite being good could still be improved. In addition to this, the portion size was large and could be too filling.	<input checked="" type="checkbox"/> Suitable for 21 st birthday <input checked="" type="checkbox"/> Appearance, Taste, Texture <input checked="" type="checkbox"/> Part of a three course meal <input checked="" type="checkbox"/> Appropriate for target group <input checked="" type="checkbox"/> Several components <input checked="" type="checkbox"/> Accompanying sauce <input checked="" type="checkbox"/> Individual portions <input checked="" type="checkbox"/> Batch production <input checked="" type="checkbox"/> Local ingredients <input checked="" type="checkbox"/> Farm Assured Meat	<input checked="" type="checkbox"/> Original and exciting	The sauce of the curry is really easy and quick to prepare. The curry can be made slightly in advance then heated up. The naan bread on the other hand will have to be made just before being served however they are simple to make in large numbers and do not take long to cook. They can also be kept warm.	<ul style="list-style-type: none"> Improve the quality of the presentation Decrease the portion size Change the source of protein Change the amounts and type of spices to alter the colour and spiciness of the dish Serve with alternative accompaniments
Crusu Tart served with a Raspberry Coulis		The presentation of the dish was highly scored. The colours were bright yet still simple, as were the accompaniments of the raspberries and whipped cream. The piped cream and the coulis were good additions to the dish and there was a lot of flavour. The texture of the dish was also good as the pastry was not too dry but also not soggy which meant that it held its shape well on the plate.	The presentation of the dish, despite overall being acceptable, could be improved as the cream was unfortunately over whisked.	<input checked="" type="checkbox"/> Suitable for 21 st birthday <input checked="" type="checkbox"/> Appearance, Taste, Texture <input checked="" type="checkbox"/> Part of a three course meal <input checked="" type="checkbox"/> Appropriate for target group <input checked="" type="checkbox"/> Several components <input checked="" type="checkbox"/> Accompanying sauce <input checked="" type="checkbox"/> Individual portions <input checked="" type="checkbox"/> Batch production <input checked="" type="checkbox"/> Local ingredients <input checked="" type="checkbox"/> Original and exciting	<input checked="" type="checkbox"/> Farm Assured Meat	The pastry can be made in large amounts however it can be prepared ahead as it can be left to refrigerate before being rolled out and used. Although the filling can take a while to prepare and more time is taken during baking, the tart can also be made in advance. It is also easy to make the coulis in large quantities so overall this dish is easy to make in the larger necessary numbers.	<ul style="list-style-type: none"> Change the flavour Change the sauce Serve in small tart dishes rather than as a slice Serve with a different accompaniment e.g. sorbet Enhance the appearance Consider other bases/cases
Lamb and Rosemary Pastry Envelopes		The pastry was extremely crispy and this texture complimented the tender lamb well. The colour of the dish was liked by my client due to the bright vegetables.	The presentation of the dish could have been improved. The sauce served with the dish added colour but was too thick in consistency and could have been served on the plate in an alternative way. Although the potato and onion served along side the dish was liked, the mixture of the potato and the pastry meant that the dish was too heavy and didn't seem as suitable to be served at a dinner party.	<input checked="" type="checkbox"/> Suitable for 21 st birthday <input checked="" type="checkbox"/> Appearance, Taste, Texture <input checked="" type="checkbox"/> Part of a three course meal <input checked="" type="checkbox"/> Appropriate for target group <input checked="" type="checkbox"/> Several components <input checked="" type="checkbox"/> Accompanying sauce <input checked="" type="checkbox"/> Individual portions <input checked="" type="checkbox"/> Local ingredients <input checked="" type="checkbox"/> Farm Assured Meat	<input checked="" type="checkbox"/> Original and exciting	This dish will be more difficult for batch production. The pastry will be able to be made in advance and the vegetables served along side the dish will also be able to be made in large numbers. However the meat will have to be cooked just before serving. This will take some time and the meat will have to be made to order as people like their meat cooked differently.	<ul style="list-style-type: none"> Change the protein Change the sauce Change the vegetables Consider flavoured pastries Change the shape
Chocolate Fondant served with a caramel sauce and vanilla ice cream		The texture of this dish was really enjoyed. The crispy outside of the fondant contrasted with the warm liquid centre and the mixture of hot and cold within this dish was good and contributed to a pleasant mouthfeel.	Although the sauce was liked, the flavour was slightly too sweet and didn't provide a lot of colour.	<input checked="" type="checkbox"/> Suitable for 21 st birthday <input checked="" type="checkbox"/> Appearance, Taste, Texture <input checked="" type="checkbox"/> Part of a three course meal <input checked="" type="checkbox"/> Appropriate for target group <input checked="" type="checkbox"/> Several components <input checked="" type="checkbox"/> Accompanying sauce <input checked="" type="checkbox"/> Individual portions <input checked="" type="checkbox"/> Batch Production <input checked="" type="checkbox"/> Local ingredients <input checked="" type="checkbox"/> Original and exciting	<input checked="" type="checkbox"/> Farm Assured Meat	This dish is also extremely difficult to produce successfully in large amounts. Even though you can make a large number of the fondants as they are cooked in individual ramekins, the fondant needs to still be hot in the middle so will have to be served directly from the oven. This is so the middle of the fondant will still be a liquid and the correct consistency.	<ul style="list-style-type: none"> Alter the flavour. E.g. add orange Change the flavour of the sauce Change the accompaniments
Fresh Orange and Lemon Soufflé served with orange and hazelnut biscuits		The biscuits served along side the dish complimented the soufflé well. The texture of the biscuits was light and fluffy like the soufflé itself yet still had a contrasting texture with the addition of the hazelnuts.	The presentation of the dish could be enhanced by adding more colour to the dish to make the dish look more appetising for my younger target market.	<input checked="" type="checkbox"/> Suitable for 21 st birthday <input checked="" type="checkbox"/> Appearance, Taste, Texture <input checked="" type="checkbox"/> Part of a three course meal <input checked="" type="checkbox"/> Appropriate for target group <input checked="" type="checkbox"/> Several components <input checked="" type="checkbox"/> Individual portions <input checked="" type="checkbox"/> Batch production <input checked="" type="checkbox"/> Local ingredients <input checked="" type="checkbox"/> Original and exciting	<input checked="" type="checkbox"/> Farm Assured Meat	The biscuits accompanying this dish will be extremely easy to make in large numbers and do not need to be served directly from the oven. The soufflé, despite taking some time to make, needs to be refrigerated and therefore can be made in advance in large numbers.	<ul style="list-style-type: none"> Use different flavoured fruit Change the flavour and type of biscuits
Stuffed Chicken on a bed of cous cous with a tomato chutney and rocket salad		The best element of the dish is the range of colour on the plate. Although the client was initially worried that the chicken would be too dry.	There was not a lot of flavour in the cous cous and would have been better if the dish was served with an alternative carbohydrate.	<input checked="" type="checkbox"/> Suitable for 21 st birthday <input checked="" type="checkbox"/> Appearance, Taste, Texture <input checked="" type="checkbox"/> Part of a three course meal <input checked="" type="checkbox"/> Appropriate for target group <input checked="" type="checkbox"/> Several components <input checked="" type="checkbox"/> Individual portions <input checked="" type="checkbox"/> Batch production <input checked="" type="checkbox"/> Local ingredients <input checked="" type="checkbox"/> Farm Assured Meat	<input checked="" type="checkbox"/> Original and exciting	The cous cous is easy to make in large quantities as there are few ingredients needed. Also the chicken breasts and the sauce can be made in large amounts easily however the chicken breast should be served as hot as possible in order to ensure that the cheese remains melted inside to provide the dish with moisture.	<ul style="list-style-type: none"> Change the form of carbohydrate Change the filling Change the vegetables

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Development

Accompaniments

Whipped cream and Raspberries

Shortcrust Pastry



Raspberry coulis

Filling

After consulting with my client we have agreed to develop Design Idea 2, which was the Citrus Tart. The reason why client preferred this dish as she thought that the appearance of this dish was the best. The flavours were well balanced and complemented each other well and the incorporation of fruit was appealing to my client as she previously specified that fruit was one of her favourite flavours when I interviewed her. The design idea met all of the appropriate specification points, which shows that it is an extremely suitable dish for the task. My client also believed that this dish was the best to take forward as we agreed that the tart has many possibilities for development to create a innovative and appealing final product. We agreed that possible developments could be:

- to change the flavour of the pastry
- to change the flavour of the filling
- to change the decoration of the dish
- to change the accompaniments
- to change the sauce/ coulis

Component parts

The Citrus Tart is made up of the following components:

- The pastry base
- The filling
- The accompaniments
- The sauce

The pastry is an important part of the dish as it the main source of carbohydrate, it provides structure to the tart, giving it its shape. The prevent the pastry from being plain, additional ingredients should be added to improve the flavour of the dish however it should not overpower the remainder of the dish.

The filling of the tart provides most of the flavour, colour and makes up most of the dish. Because the filling is an important part of the dish, I need to ensure that it contains a lot of flavour which complements the pastry base. In addition to this, the texture of the filling is also key as it has to have a good mouthfeel and have the ability to set well.

The accompaniments that are chosen should reflect and complement the flavour of the tart as well as contribute to the overall appearance of the dish. It is vital that the accompaniments help make the dish look appealing as it is going to be served at a special occasion.

Finally, the sauce or coulis again has to reflect the flavour as well as add colour to the dish and provide the dish with additional moisture.



Investigation 1 - Pastry

Ingredients
250g Plain Flour
125g Butter
Cold Water

The pastry of the tart is the base an important component to the dish. The pastry base, provides the tart with structure as well as bring additional flavours and textures to the dish as a whole. I am therefore going to develop different flavours of pastry to see which flavours work well, are liked by my client and should be used as part of the final design.

2. Almond Pastry

Additional Ingredients- 2 teaspoons Ground Almonds

Despite the addition of the ground almonds, the pastry still lacked the strong flavour which I desire to be served at the dinner party. My client liked the idea of having an almond pastry however when testing the pastry she agreed that it was plain. The almonds lacked the ability to bring colour to the dish and therefore was not the most appealing pastry to take further. However, my client thought that the texture of this pastry was good as it had a smooth mouthfeel.

3. Chocolate Pastry

Additional Ingredients- 1 teaspoon cocoa powder

The chocolate pastry was one of my clients favourite flavours out of the seven. This isn't surprising as when I initially interviewed her, my client said that chocolate was a preferred flavour to incorporate into a dessert. My client liked that this pastry was a different colour which she thought would look impressive on a plate when served at her celebratory meal, however she also thought that less cocoa powder should be used if this pastry was chosen to be made again. This is because my client believed that the flavour provided by the cocoa was sometimes too strong and would perhaps overpower the filling.

1. Lemon and Lime Pastry

Additional Ingredients- Zest of $\frac{1}{2}$ a lemon and $\frac{1}{2}$ a lime

My client thought that lemon and lime pastry was one of the favourite flavours. She liked the "fresh citrus flavour" of the pastry. However, if my client thought that the lime overpowered the pastry and therefore if this pastry was made again, more lemon will have to be added in order to balance the flavour.

5. Orange Pastry

Additional Ingredients- Zest of $\frac{1}{2}$ an Orange

Similar to the lemon and lime pastry, the orange gave the pastry a fresh citrus flavour which my client liked. Out of the seven pastries that I made, my client believed the orange to be the sweetest which she liked due to her sweet tooth. She also thought that the orange zest not only added a lot of flavour to the pastry, the orange also added colour which helps improve the appearance of the dish overall.



4. Cinnamon Pastry

Additional Ingredients- 1 teaspoon Cinnamon

The cinnamon gave the pastry a unique flavour which although my client liked, she thought it was overpowering. The colour of the pastry was not as appealing as other flavours and she also believed that it would be difficult to find a filling that would complement this pastry well. This is because the cinnamon flavour is particularly strong and similar may overpower the rest of the dish.

7. Hazelnut Pastry

Additional Ingredients- 2 teaspoons crushed hazelnuts

The hazelnut pastry was really enjoyed by my client. The hazelnut flavour was strong and yet was not overpowering and therefore will not overpower a filling. The hazelnuts not only brought additional colour to the pastry, they also made the texture very appealing as it was crunchy. My client thoroughly liked the texture of this pastry and it will contrast well with the smooth tart filling which will give the dish a good mouthfeel.

6. Nutmeg Pastry

Additional Ingredients- 1 teaspoon freshly grated Nutmeg

Similar to the almond pastry, the addition of nutmeg did not bring a lot of flavour to the pastry which means that this flavour pastry will not create a unique dish full of flavour which is what my client wants to be served.

Summary

After testing all seven pastries my client definitely thought that the cinnamon pastry was the worst flavour to take forward because of the extremely strong flavour and the possibility of the pastry overpowering the rest of the dish. However my client struggled to choose a single flavour that she enjoyed the most as she liked the orange, chocolate and hazelnut equally. Therefore it will be these three flavours that I will be considering when deciding which flavour to have for the final dish.



Investigation 2 - Cheesecake Fillings

Ingredients

200g Cream Cheese
 ¼ Pint Double Cream
 50g Caster Sugar
 ½ Teaspoon Vanilla Essence

1. Blueberry Swirl Filling

Additional Ingredients- 1 heaped tablespoon of fresh Blueberries

The blueberries brought colour to the dish and because the fruit was pureed, the texture of the filling was extremely smooth. My client liked the use of the fruit, as it gave a fresh flavour. The swirling effect is difficult to see with such a small sample, however my client also thought that this swirling effect with the fruit would like very effective if used on a bigger scale for the final product.

3. White Chocolate and Raspberry Filling

Additional Ingredients- Melted white chocolate and 2 tablespoons of puree raspberries.

This cheesecake filling was very successful and liked a lot by my client. The main reason it was so popular was because it incorporated two of my clients favourite flavours: chocolate and fruit. Unlike the red currant and orange filling, the colour was a lot brighter and in my client's opinion, more appealing. The melted chocolate gave the filling a smooth mouthfeel and the neither the raspberry or the chocolate overpowered the other, so the balance of flavours was excellent.

2. Red Currant and Orange Filling

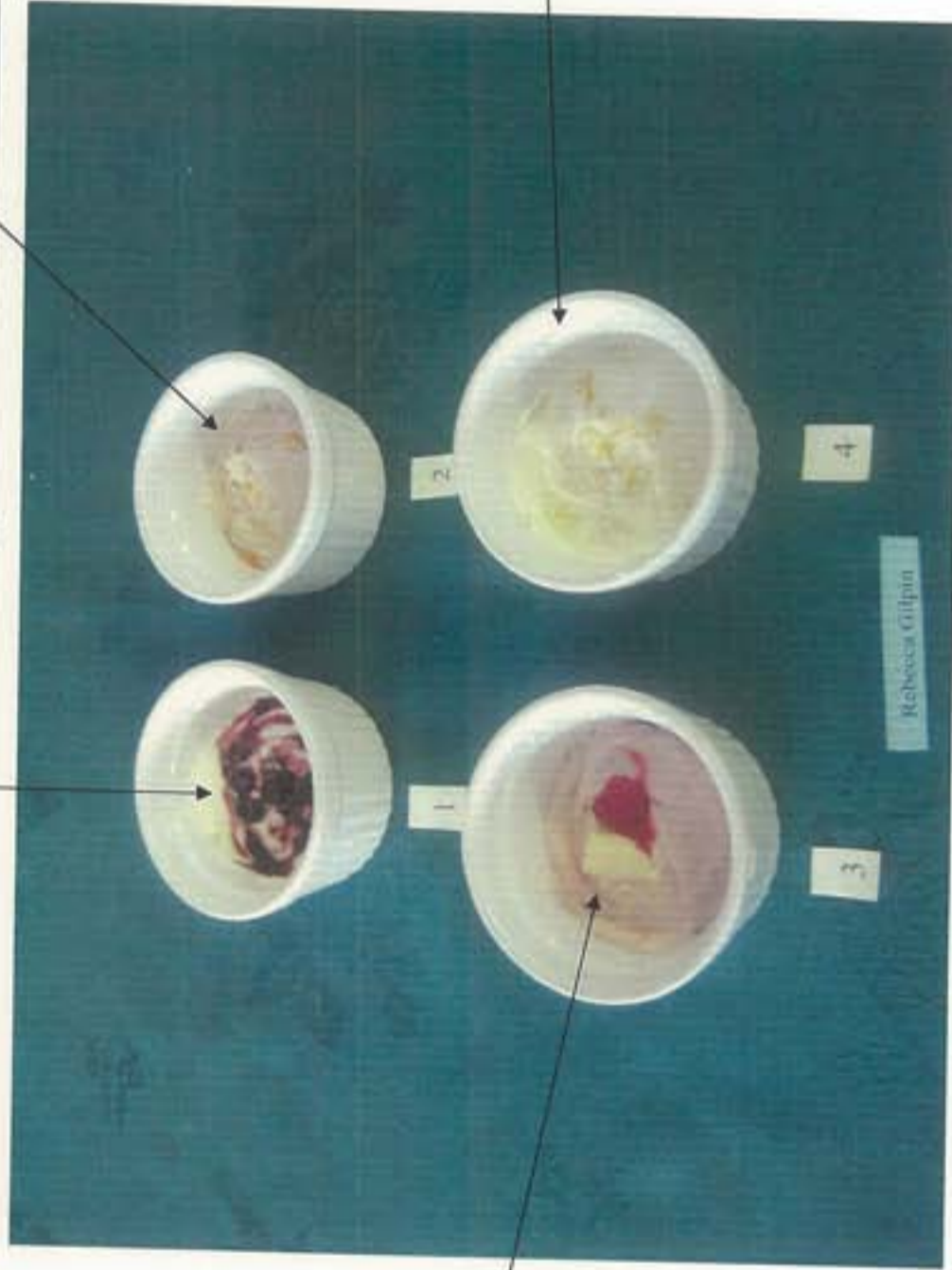
Additional Ingredients- 1 heaped tablespoons of red currant, orange juice and orange zest

My client believed that the colour of this filling was disappointing. Although both the red currant and orange flavours were good, the red currant flavour was disguised by the orange and therefore was not as strong a flavour as the other fillings. Due to the lack of flavour, my client did not feel that this was a suitable filling for her dessert. She wanted a dessert with a lot of flavour and a good appearance, which is not satisfactory enough with this filling.

4. Lemon and Ginger Filling

Additional Ingredients- Lemon juice, Lemon Zest and grated ginger

The Lemon flavour in this filling was very strong and yet was not overpowering, according to my client. For her birthday celebrations my client wanted an innovative dish and the ginger accompanying the lemon made this filling different to what already is available in supermarkets. However, my client did think that the colour was plain and this could mean that the overall appearance of the dish was not as appealing as some of the other fillings.



Summary

After testing all four of the cheesecake fillings, my client definitely thought that white chocolate and raspberry filling was certainly the best filling and therefore should be the one that is taken into further consideration. The bright colour of the dish will make the final product look more appealing and will complement the pastries that I have chosen to investigate further. These being chocolate, hazelnut or orange. The chocolate has the potential to make the dish a lot more luxurious and the raspberries to give more refreshing aspect to the dish to prevent it from being too heavy.



Investigation 3 - Tart Fillings

Ingredients

4 free range eggs
1 free range egg yolk
200g caster sugar
200ml double cream
1 lemon, juice

A. Lemon and Orange Tart Filling

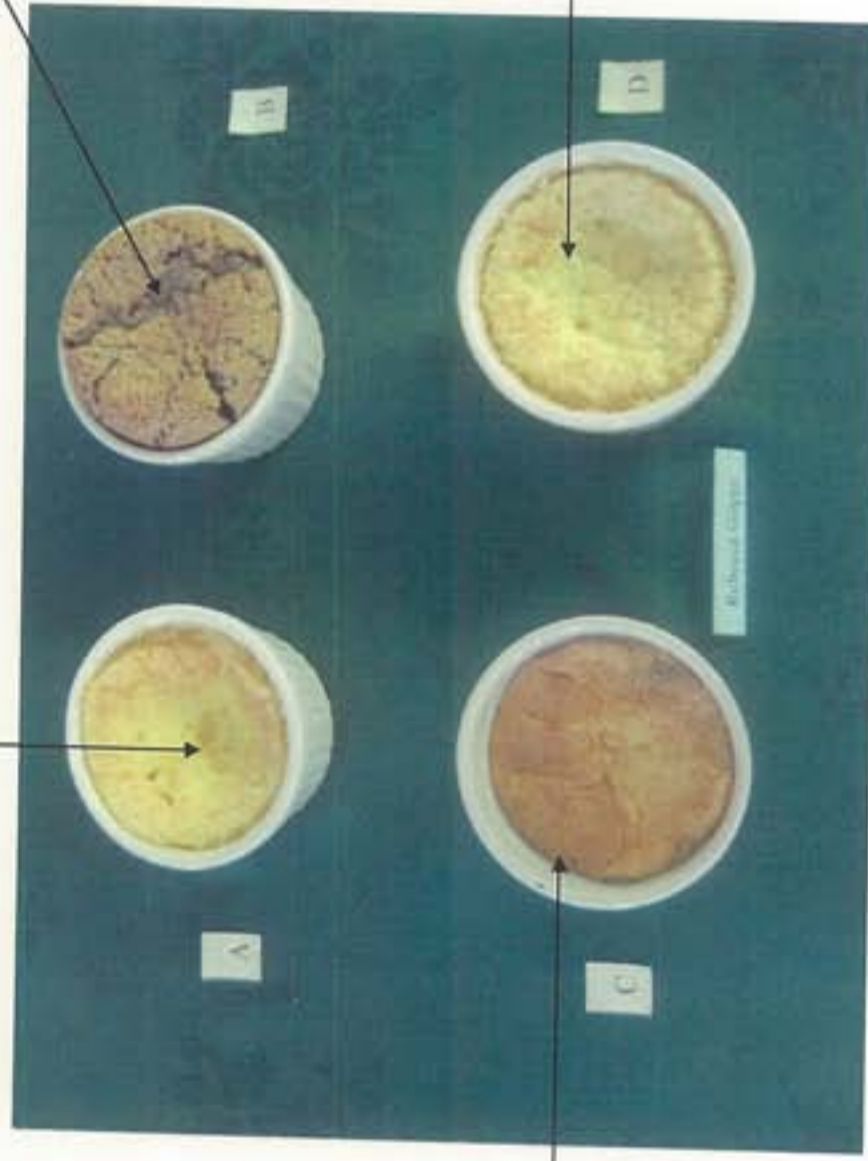
Additional Ingredients- Orange juice, orange zest, lemon juice and lemon zest

This was the filling which I initially used for my design idea. Therefore, because this was my client's favourite design idea, she still liked the citrus flavour of the tart. She thought that the lemon and orange made the filling refreshing, however my client wants a filling that is more imaginative and something different to what she has tasted before. In addition to this, the filling was not as successful as it was before. This was because the filling was undercooked which therefore ruined the texture of the filling as well as the appearance.

C. Hazelnut Tart Filling

Additional Ingredients- Chopped Hazelnuts

My client thought that this filling had a very good flavour. The hazelnuts provided a strong yet not overpowering flavour. Also the hazelnuts in the mixture brought a crunchy texture to the filling. The appearance of the dish did not look appealing and the texture was heavy and therefore my client thought it was not ideal for a birthday meal. The flavour was plain apart from the hazelnuts and my client believed there should be additional flavours in order to enhance the dish. Also this particular filling was lacking colour which again affects the overall appearance of the dish greatly.



The tart filling is the most important component as it provides most of the flavour. I will now investigate different flavours of tart fillings to see which is my client's favourite and see which filling will have the best appearance when used as part of the final design. This tart filling is more widely used and as it includes eggs it will give a completely different texture, taste and appearance to the cheesecake fillings.

B. Chocolate Tart Filling

Additional Ingredients- Melted plain chocolate

My client thought that this tart filling definitely had the best flavour. As my client has said that one of her favourite flavours is chocolate, she thought that the rich chocolate was ideal for an indulgent dessert. The middle had an extremely smooth texture which gave the filling a good mouthfeel. In addition to this the chocolate flavour will complement the chosen pastries well.

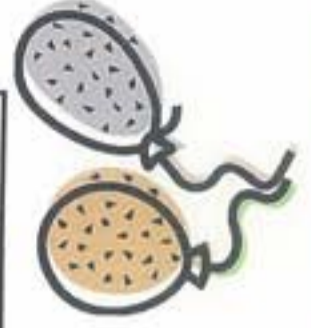
D. Coconut, Lime and Cherry Tart Filling

Additional Ingredients- Lime Juice, coconut and finely sliced fresh cherries

My client liked the idea of the original, unorthodox combinations of flavours. The coconut was the main flavour of the dish and gave the filling a fresh taste as well as altered the texture. However, the coconut seemed to become overpowering and my client thought that if this filling was made again, the amount of coconut should be reduced, so that the remaining two flavours could be tasted more. My client liked the tang of lime aftertaste, however she would have preferred the filling to have a stronger citrus flavour. My client also thought that this filling was successful as the fresh cherries brought colour to the dish, whilst eating, as well as varying the texture.

Summary

After tasting all four of the tart fillings, my client definitely thought that the chocolate flavour was the most successful. Although she thought that the combination of coconut, lime and cherries tasted good, she did not think that the flavours would complement the chosen pastries well. The hazelnut flavour was too plain, in my client's opinion and she did not want a citrus flavour as she wanted the dish to be different to the one she had previously tasted. So I will be taking the chocolate flavoured filling onto the next stage of my development and consider it has a possible component for the final proposal.



Investigation 4 - Filling and Pastry combinations

Orange Pastry with Chocolate Filling

Ingredients

- 125g Plain Flour
- 75g butter
- Zest of 1 Orange
- 4 free range eggs
- 1 free range egg yolk
- 200g caster sugar
- 200ml double cream
- 1 lemon, juice
- 50g melted dark chocolate

Chocolate and Orange is a very popular combination of flavours and my client thought that the flavour of this combination smells and tastes were good. However the appearance didn't seem to match the quality of the flavours and this was a disappointment to my client. When I interviewed her about what she wanted as the final product, she said that appearance was an extremely important factor as the dish will be served at a celebratory meal and therefore should impress the dinner guests. Additionally, the texture was a disappointment as well as it was too crunchy and did not have either the lightness or the smoothness my client desired.

Now that my client has decided which of the pastries and the fillings she has preferred, I am now going to combine the two favourite fillings with the two favourite fillings. By modelling the best fillings with the best pastry will make me able to see which combination works out best by seeing which one has the best appearance, taste and texture.



Orange Pastry with White Chocolate and Raspberry Filling

Ingredients

- 125g Plain Flour
- 75g butter
- Zest of 1 Orange
- 200g cream cheese
- ¼ pint double cream
- 50g caster sugar
- ½ teaspoon vanilla essence
- 25g melted white chocolate
- 25g pureed raspberries

My client liked the use of the fresh raspberries and orange as they were very fresh. The orange pastry was smooth and had a very strong orange flavour. However, although my client likes the orange, she thought that it overpowered the raspberries as well as the rest of the dish. Despite the fact that my client liked the orange, raspberry and chocolate flavours individually, she didn't think all three complemented each other well.

Summary

After tasting all of the combinations my client has decided that the chocolate and hazelnut pastry with the chocolate and raspberry filling was the best as the pastry had a range of texture and the cocoa powder complemented the white chocolate in the filling.

Chocolate and Hazelnut Pastry with White Chocolate and Raspberry Filling

Ingredients

- 125g Plain Flour
- 75g butter
- 25g cocoa powder
- 25g chopped hazelnuts
- 200g cream cheese
- ¼ pint double cream
- 50g caster sugar
- ½ teaspoon vanilla essence
- 25g melted white chocolate
- 25g pureed raspberries

The incorporation of the chocolate pastry and the white chocolate filling go really well together. The appearance was the best as the colours contrasted well. The dark pastry with the light filling. Although the filling was rich, it wasn't too rich like the chocolate filling seemed to be and the raspberries gave it a fresh feel. The use of hazelnuts in the pastry added more flavour as well as make the dish seem different. The hazelnuts gave the product a varying texture as they contrasted with the smooth filling.

Chocolate and Hazelnut Pastry with Chocolate Filling

Ingredients

- 125g Plain Flour
- 75g butter
- 25g cocoa powder
- 25g chopped hazelnuts
- 4 free range eggs
- 1 free range egg yolk
- 200g caster sugar
- 200ml double cream
- 1 lemon, juice
- 50g melted dark chocolate

This combination seemed too rich for my client. She thought that the incorporation of chocolate in both the pastry and the filling made the dish too sweet, too heavy and something that people would not want to eat at a birthday meal. However, my client did think that this pastry was definitely the best due to the crunchy texture provided by the addition of crushed hazelnuts.



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Investigation 5 - Sorbets and Ice Creams

I am now going to investigate what accompaniment should be served along side the tart. Both sorbets and ice creams will provide the overall dish with more flavour, texture and colour which will enhance the flavour.

Ingredients- Sorbet

1 litre cold water
100g caster sugar
100ml lemon juice

Raspberry Sorbet

Additional Ingredients- 50g Fresh Raspberries

My client thought that this sorbet was the most eye catching, due to its very bright colour. My client says that she wants the dish to look appealing and therefore thinks that the bright pink colour will look good on the plate. Also the raspberry will reinforce the flavour of the chosen cheesecake filling which is white chocolate and raspberry. However, despite the fact that my client thought that the colour was very good, she was disappointed by the actual taste of the sorbet. She thought the consistency was good and the sorbet was very refreshing, however it lacked a strong raspberry taste and apparently tasted too watery and plain. This will therefore have to be taken into account and changed if taken forward for further development..

Fresh Orange Sorbet

Additional Ingredients- 100ml freshly squeezed Orange Juice, zest of 1 Orange

My client thought that this was her least favourite flavoured sorbet because she did not believe that it would go with the chosen tart filling and pastry flavours. In addition to this, my client did not think that the orange flavour was strong enough. Also, my client agreed that colour would again, not go with the chosen pastry and filling.

Lemon and Lime Sorbet

Additional Ingredients- 100ml Lemon Juice, zest of 1 Lemon, 50ml lime juice, zest of 1 lime

My client thought that this was her favourite sorbet in terms of flavour. The lemon and lime flavours were strong and extremely refreshing. Although lemon will go with a wide range of flavours, my client thought that the lemon could overpower the rest of the dish although it is just an accompaniment.

Summary

My client said she wants a flavour that will represent and complement the flavour of the tart and therefore an accompaniment with raspberry is necessary. However, the raspberry sorbet, in my client's opinion was too watery and lacked the flavour she wanted. Therefore, my client thinks that the raspberry ripple ice cream should be served along side the tart as it had a good colour and strong flavour. Furthermore, my client thought that ice cream would be more rich, indulgent and therefore more suitable for a celebratory meal.

Ingredients- Ice Cream

1 pint milk
6 egg yolks
1 Vanilla Pod
175g caster sugar
1 pint fresh whipping cream

Vanilla Ice Cream

Additional Ingredients- 1 Vanilla Pod

Although my client thought that the ice cream had a very smooth, appealing texture, she thought that vanilla was too plain and she wanted more flavour. Also, my client thought that more vanilla seeds could have been used, which she thought would enhance the appearance of the dish as well as the flavour.

Raspberry Ripple Ice Cream

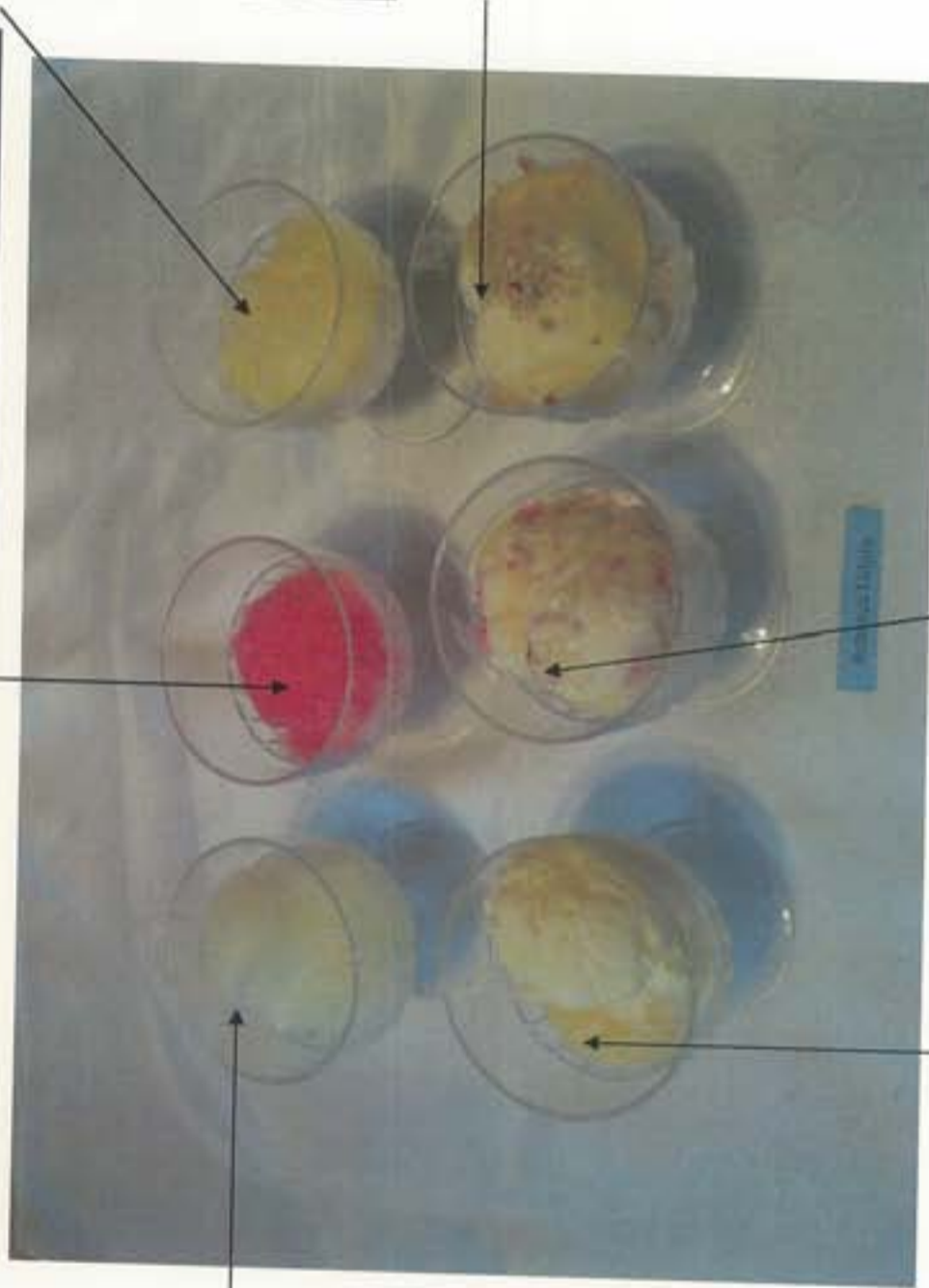
Additional Ingredients- 50g fresh raspberries, 25g icing sugar

My client loved this ice cream as she thought that it had the best appearance. This was apparently due to the flecks of pink which not only gave the dish colour, it also incorporated the main flavour of the tart as well as enhance the flavour of the ice cream. The texture was also good as my client thought it was extremely smooth and creamy.

Hazelnut Ice Cream

Additional Ingredients- 50g Crushed Hazelnuts

My client liked the fact that the hazelnuts matched the flavour of the pastry well and would therefore make a good accompaniment. In addition to this, the crushed hazelnuts improved the texture as the crunchy nuts contrasted with the smooth ice cream, and there was a distinctive nutty flavour.



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Final Design Proposal

White chocolate and raspberry tart in a chocolate and hazelnut pastry case served with a raspberry ripple ice cream in a chocolate box



Method for Making

White chocolate and raspberry tart

For the Filling:

1. In a bowl over a saucepan filled with water, melt the white chocolate until smooth.
2. In a bowl I whisked the double cream until it formed soft peaks
3. I folded in the cream cheese, caster sugar to give addition sweetness and vanilla essence.
4. I then added the melted white chocolate, as well as blended raspberries to the mixture.

For the Pastry Case:

1. Added the cocoa powder and chopped hazelnuts to the flour in order to give the pastry colour and flavour
2. I rubbed the butter into the flour until it formed a bread crumb texture
3. Cold water was then added to the flour mix until a dough is formed
4. The pastry is then rolled out on a floured surface and then shaped into individual pastry cases.
5. Before putting into the oven the pastry was left to relax and then baking beans were added to prevent the pastry rising.
6. The pastry case was put into the oven which was preheated at 180°C for 15 minutes
7. After 15 minutes, the baking beans were removed and the pastry was baked for a further 5 minutes until it became crisp.
8. Once left to cool, the filling was removed from the fridge and spooned into the pastry case.
9. For decoration, whipped cream was piped in an alternate pattern with fresh raspberries to enhance the appearance of the dish and represent the dominant flavour.

For the Raspberry Coulis:

1. In a food processor, blend fresh raspberries with icing sugar in order to make it sweeter.
2. The coulis was then sieved to remove any seeds which would prevent the coulis from being smooth
3. Using a piping bag, the coulis was piped onto the plate, again to reinforce the flavour of the tart.

For the Raspberry Ripple Ice Cream

1. Bring the milk and vanilla pod almost to the boil. Take off the heat and leave for at least 15 minutes
2. Beat the egg yolks and sugar together, stir in the milk and strain back into the pan. Cook gently over a low heat, stirring until it coats the back of a wooden spoon.
3. Pour into a chilled, shallow freezer container and leave to cool.
4. Freeze until firm but mushy
5. Place the raspberries in a food processor until smooth
6. Take the ice cream out of the freezer. Spoon a layer into a freezer proof container followed by a raspberry coulis layer. Continue to make layer the ice cream and raspberry then place back into the freezer until frozen.

For the Chocolate Box:

1. In a bowl placed over a saucepan, melt plain chocolate until smooth
2. Using a plastic spatula, spread the melted chocolate evenly and then set in the fridge
3. Cut 5 equal sized squares and using a piping bag, decorate the individual squares with melted white chocolate
4. Cement the squares together by piping melted plain chocolate around the edges.

Ingredients used and where it is sourced:

White chocolate and raspberry tart

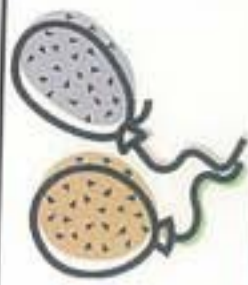
- 125g Plain Flour- Organic
- 75g butter- Locally sourced
- 25g cocoa powder- Fairtrade
- 25g chopped hazelnuts
- 200g cream cheese
- ¼ pint double cream- Locally sourced
- 50g caster sugar- Fairtrade
- ½ teaspoon vanilla essence
- 25g melted white chocolate- Fairtrade
- 25g puréed raspberries – Locally sourced

Raspberry Ripple Ice Cream in a chocolate box

- 50g Dark Chocolate (chocolate box)- Fairtrade
- 25g White Chocolate (chocolate box)- Fairtrade
- 1 Pint Fresh Whipping Cream- Locally sourced
- 1 Pint Milk- Locally sourced
- 1 Vanilla Pod
- 175g Caster Sugar- Fairtrade
- Raspberries – Locally sourced

Raspberry coulis

- Raspberries – Locally sourced
- Icing Sugar



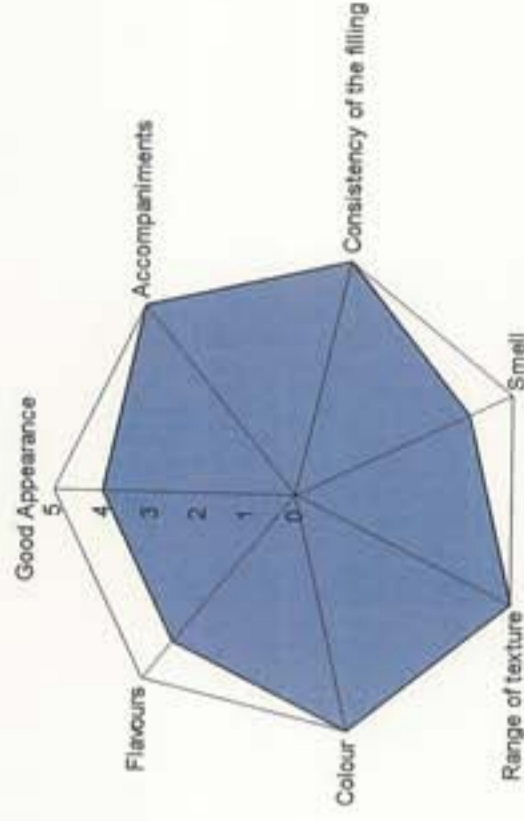
Final Design Proposal

White chocolate and raspberry tart in a chocolate and hazelnut pastry case served with a raspberry ripple ice cream in a chocolate box

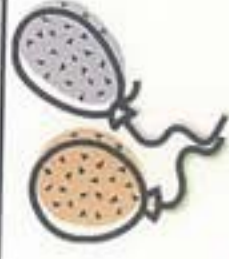
Match to Specification

- **Suitable for 21st birthday-** My client wanted the dish to be sophisticated as yet wanted it to be exciting and innovative as the dinner party guests are all going to be young. Therefore my client thought that the raspberry tart met this description, as a traditional tart filling wasn't used in order to produce a more unique dish.
- **Very high standard of appearance, taste and texture-** When I initially got feedback from my client it had been decided that her favourite flavours in the dessert would be chocolate and fruit. So the fact that both of these flavours were incorporated into the dish meant that the flavours were exactly what my client was anticipated. My client wanted the flavours to be distinctive. My client thought that the raspberry and white chocolate were both distinctive whilst still complimenting each other.
- **Be part of a three-course meal-** In order to be suitable for a three-course meal, the portion size obviously had to be taken into consideration. In addition to this the dessert could not be too heavy so that the dinner party guests will be able to finish the dessert even after the starter and main course.
- **Meet the target group of the age range 17-25-** My client specified that there would be ten guests attending her 21st birthday meal all between the ages of 17 and 25. Seeing as this age group is young, they will want the dishes to be both innovative and original. My client thinks that the dessert is an opportunity to be more creative and this dessert includes the use of bright colours from the raspberries and the decoration of the coulis and the chocolate box made the dish look more innovative and less traditional.
- **Must contain at least 3 components-** A dish consisting of more than three components enables the dish to be more complicated, have a range of textures and flavours as well as enhancing the presentation. The final product is made up of the tart, the raspberry coulis, the chocolate box and the ice cream so therefore the dish has four components.
- **Have an accompanying sauce-** The raspberry coulis acts as the accompanying sauce within the dish. As the coulis was sieved, the texture of the coulis is very smooth and provided moisture as well as colour to the dish as a whole.
- **Be served as an individual portion-** As the meal is to celebrate a 21st birthday, it seems to be more elegant and look more professional and restaurant quality for the desserts to be served individually. My client thought that the individual tarts worked well as it meant that the guest did not have too much to eat and the food could be presented on the dish a lot more effectively, than if a larger tart was made then divided and plated at the table.
- **Be suitable to be made by batch production-** This dish is very suitable to be made through batch production as individual tart cases are used and the pastry, filling and chocolate boxes can all be made in large numbers, consistently, meaning that all the guests are getting the same quality of food.
- **Ingredients should be locally sourced-** As many ingredients as possible were locally sourced such as the cheese, cream and raspberries.
- **As sustainable as possible-** In order to be as sustainable as possible food miles have to be kept to a minimum so it is fortunate that some of the ingredients could be locally sourced. However for those ingredients that aren't local, some are fair-trade such as the chocolate they are more beneficial.

Sensory Analysis










By looking at the sensory analysis, it is clear to see that my client thought that the final product was very good. When asked to mark the appearance of the dish, my client gave it 4 out of 5. The tart consisted of extremely bright colours which my client thought enhanced the appearance of this dish. And because the colour scheme was restricted to pink and brown, the dish was able to be bright, yet elegant and simple, which my client thought was definitely suitable for a twenty-first birthday meal. My client thought that the accompaniments served with the tart were extremely good and were scored 5 out of 5. The raspberry ripple ice cream reinforces the flavour of the tart as well as give the dish with a different texture. The consistency of the tart filling was also scored 5 out of 5. The cream cheese made the filling smooth and my client thought that the addition of the white chocolate enhanced the mouth feel. My client also thought that the smell was good and made the dish even more appealing. The use of the cocoa powder and chopped hazelnuts in the pastry gave the dish a rich aromatic smell. In addition to this the chopped hazelnuts improved the range of textures to the dish as the hazelnuts made the pastry crunchy and contrasted with the smooth tart filling. Also my client liked the crunchy texture the chocolate box gave to the dish once broken open and thought that it complemented the ice cream well. Therefore my client scored the range of textures top marks. As said before my client thought that the overall appearance of the dish was good and this was mainly due to the bright colours. The cheesecake filling provided a light pink colour, which contrasted well with the dark pastry. The contrast between the dark and white chocolate as well as the ice cream maintained the colour scheme well. The use of simple colours, my client thought, made the dish look more professional as it wasn't too complicated. My client also thought that the colours were enhanced by the raspberry coulis on the plate. Finally my client scored the flavours 4 out of 5. This was again scored high by my client, who thought the creamy flavours of the chocolate, cream cheese and the ice cream made the dish seem very indulgent and the strong raspberry flavour made the dish fresh and prevented it from being too heavy.










Final Design Proposal

White chocolate and raspberry tart in a chocolate and hazelnut pastry case served with a raspberry ripple ice cream in a chocolate box

Processes and Techniques used in making	How they effect they outcome	Picture/evidence
1. Whisk the cream until firm and soft peaks occur	Whisking the cream means that it becomes thicker to create the bulk of the cheesecake filling. Using an electric whisk enables the cream to thicken at a significantly quicker speed because of the fast rotation. Whisking the cream not only produces the bulk of the filling but the whisking helps incorporate air into the cream which will affect the outcome as it will produce a lighter texture.	
2. Fold the caster sugar and cream cheese into the cream	The cream cheese is folded into the cream, which thickens the mixture and provides the main flavour. The sugar, which is also folded into the mixture, provides the sweetness, which will enhance the overall flavour of the final product. The sugar and cream cheese are folded into the mixture using a metal spoon. They are folded into the mixture slowly using a figure of 8 motion, which incorporates even more air into the mixture. Caster sugar has fine grains to ensure the texture of the filling is not coarse and granular.	
3. Melt white chocolate	The white chocolate is melted in a glass bowl over a saucepan, which was filled with water. As the water boils, the chocolate gradually melts. Because it happens gradually, the chocolate will remain smooth without the presence of lumps, which will enable the cheesecake filling to be smooth as well. As a result, the filling will have a pleasant mouthfeel.	
4. Rub in the butter into the flour and cocoa powder	The butter was rubbed into the flour mixture with hands until a breadcrumb consistency is achieved. The fat from the butter provides the dry flour mixture with moisture, colour as well as improve the mouthfeel and texture of the pastry. In addition to this it extends the shelf life of the pastry. Rubbing the fat into flour incorporates air to make a light, short texture.	
5. Stir in cold water into the flour mixture	Cold water is then added to the mixture. The water helps to combine all the dry ingredients as well as prevent the mixture from being too dry. The amount of water used has to be considered carefully. Not enough water will mean that a crumbly texture is created. However too much water will mean that it would not be able to be rolled out, and the pastry would be tough.	
6. Roll out the pastry	The pastry was then rolled out using a rolling pin. Both the rolling pin and the surface were floured before hand to avoid the pastry from sticking to the work surface and also help retain a smooth even thickness. However, the minimum amount of flour had to be used to ensure that the moisture in the pastry is not reduced which could result in a dry, crumbling texture. If this were to happen, the pastry case would not remain in one piece when removed from the tin. The pastry is left to 'relax' after rolling to ensure that the gluten is not overstretched resulting in shrinkage when cooked.	
7. Spread melted dark chocolate onto a baking tray	A piece of greaseproof paper was placed on a baking tray. The baking tray was used to enable the chocolate to remain a consistent thickness. The melted chocolate was poured onto the baking tray and spread using a rubber spatula which can mean that the chocolate was the same thickness as well as making sure that the chocolate was completely smooth so that it could be decorated easily, and cut to shape when required.	

Final Design Proposal

White chocolate and raspberry tart in a chocolate and hazelnut pastry case served with a raspberry ripple ice cream in a chocolate box

Processes and Techniques used in making	How they effect they outcome	Picture/evidence
8. Place the pastry in the pastry cases	Once the pastry was rolled out until an even texture is formed, the pastry was left to relax. The pastry was then placed over the top of an individual tart tin. A rolling pin was rolled over the top until the edges of the tin cut through the pastry. Using a rolling pin allows the pastry to be cut evenly, which is more difficult to be achieved by using a knife.	
9. Place baking beans into the pastry cases	Scrunched up greaseproof paper and baking beans were placed into each of the tart cases. The baking beans are used to weigh down the product to avoid the base from rising in the oven. If the baking beans were not there, the pastry could rise which would lead to an uneven texture and there is less room for the filling. The pastry cases are cooked for 15 minutes then the baking beans are removed so that the cases can be cooked for an extra 5 minutes until the base is cooked throughout.	
10. Put the raspberries and icing sugar in a food processor	The raspberries and icing sugar are combined in a food processor. Enough icing sugar is used to provide sweetness to the coulis. Once the sugar and fruit were combined, the mixture is put through a sieve to remove any lumps. The sieving means that a smoother coulis is produced which will improve the presentation of the dish.	
11. Bring the cheesecake filling out of the fridge to soften	The cheesecake filling is removed from the fridge so that it can soften. The correct consistency of the filling has to be achieved so that the filling can be spread into the pastry cases. The mixture has to be soft enough so that the topping can be smooth. However the filling also has to be thick enough so that there is a good, smooth mouthfeel without the filling leaking out of the pastry.	
12. Cut squares out the chocolate and pipe design on squares with melted white chocolate	Once the melted chocolate on the baking tray is completely set and removed from the fridge, equal sized squares are cut out. After creating a paper piping bag, melted white chocolate is used to pipe a decorative on all of the squares. The same pattern is piped on all sides so that they are consistent. A paper piping bag is used so that the chocolate is delicately piped on.	
13. Decorate the tart	Cream is whipped until firm. A piping bag is used to create equal rosettes of cream to decorate the out side of the tart. Raspberries are used also decorate the outside of the tart so that more colour is brought to the dish as well as to reinforce and show the dominant flavour of the tart.	
14. Assemble the chocolate box	Another paper piping bag is used to pipe melted chocolate on the edges of the chocolate squares. This had to be quickly to ensure that the chocolate didn't set before the squares stuck together. However, the minimum amount of chocolate had to be used so that the chocolate box remained neat and presentable.	

Final Design Proposal

White chocolate and raspberry tart in a chocolate and hazelnut pastry case served with a raspberry ripple ice cream in a chocolate box

Function of Ingredients

White chocolate and raspberry tart

- **125g Plain Flour**- The flour provides the bulk of the pastry. The plain flour, with the absence of a raising agent prevents the pastry case from rising whilst in the oven.
- **75g butter**- The fat of the butter provides flavour, colour and moisture to the pastry, and ensures a short, rich texture.
- **25g cocoa powder**- The cocoa powder, when added to the plain flour, gives the pastry the desired dark brown colour. In addition to this, the cocoa powder provides the pastry with the distinctive chocolate flavour, which will complement the chocolate in the cheesecake filling.
- **25g chopped hazelnuts**- The addition of the chopped hazelnuts allows the pastry to have a varying texture. The hazelnuts will make the pastry crunchy, as well as add a contrasting colour to the pastry as well as add a nutty flavour.
- **200g cream cheese**- The cream cheese makes up the bulk of the cheesecake filling. The cheese provides flavour as well as help to create the texture.
- **¼ pint double cream**- The cream is whipped to create an airy texture and provide the filling with a rich creamy flavour.
- **50g caster sugar**- The caster sugar provides the filling with additional sweetness and prevents the filling from being too sour. The fineness of the sugar granules ensures a smoother texture.
- **½ teaspoon vanilla essence**- The essence, along with the sugar, gives additional sweetness as well as introduce another flavour to the dish
- **25g melted white chocolate**- The melted white chocolate, when added to the cheesecake filling, slightly thickens the mixture as it sets. It brings another flavour as well as make the dish more luxurious
- **25g puréed raspberries** - The raspberries help bring colour to the filling which contrasts well with the dark pastry case. The raspberries give the filling a strong fruity flavour which complements the white chocolate well and prevents the filling from tasting too heavy and rich from the use of the chocolate.

Raspberry Ripple Ice Cream in a chocolate box

- **50g Dark Chocolate (chocolate box)**- The dark chocolate is used to create the chocolate box so that the colours matched the dark chocolate and hazelnut pastry case. The chocolate had to have enough fat or oil content to ensure that the chocolate could be cut without breaking or snapping.
- **25g White Chocolate (chocolate box)**- The white chocolate is used as a direct contrast in colour to the dark chocolate box. In addition to this, the white chocolate is used as decoration to reinforce the flavour of the tart.
- **1 Pint Fresh Whipping Cream**- The whipping cream creates the bulk of the ice cream. As it is thicker than milk, a more luxurious, creamy texture is produced.
- **1 Pint Milk**- In addition to the whipping cream, the milk provides the bulk of the ice cream.
- **1 Vanilla Pod**- The vanilla pod is used to infuse the milk so that the vanilla flavour is distributed throughout the milk. The vanilla seeds make the flavour more intense as well as change the appearance of the ice cream.
- **175g Caster Sugar**- The caster sugar provides additional sweetness.
- **Raspberries** - The raspberries are used to provide a strong, bright colour as well as give the ice cream a raspberry flavour which not only complements the vanilla but also matches the dominant flavour of the remainder of the dish.

Raspberry coulis

- **Raspberries** - The raspberries match the flavours present in the rest of the dish. They provide colour which is used to decorate the plate and enhance the overall presentation of the dish
- **Icing Sugar** - The icing sugar is used to make the coulis sweeter, and the fineness of the powder ensures a sweet yet smooth finish.



Production Plan

In order to meet my task and my specification, the dish that I have produced needs to be able to be made in a larger amount in order to feed the guests at my clients 21st birthday meal. Because my client has stated that there will only be ten guests, the product will be made easily and conveniently by batch production. Batch production is possible as the tarts are made in an ordinary household kitchen so most of the cooking will be done by hand with minimal use of electric equipment. In order to ensure that all the products are consistent and of a high enough quality to eat at the celebration, quality control checks will need to take place. In addition to this HACCP checks will need to take place at all stages throughout production to prevent any possible hazards that could occur. The table below shows what hazards could arise and any actions that need to take place in order to result in consistent, high quality products.

Quality Control	Process- with timings	HACCP
All ingredients must be checked that they are within their expiry dates with a high quality and contaminant free	1. Receiving Raw Ingredients	All the ingredients should be bought from a reputable supplier so that the food is free from contaminants and if possible be from local businesses to make the product more sustainable.
Prevent the growth of microbes and moulds by storing those ingredients in suitable places.	2. Store ingredients in correct conditions	The cream, cheese and milk should all be stored in refrigerated conditions between 0 and 5°C. This prevents microbial growth on such perishable goods. The dry ingredients such as the flour need to be stored in dry, cool conditions and on a shelf high off the ground.
Check that all ingredients are of a high quality	3. Weigh/ measure ingredients for the cheesecake and ice cream and prepare	Make sure that all perishable goods remain in the refrigerator until they are needed to ensure that there is no contamination.
Make sure that the milk doesn't boil, as this will make the milk curdle which will lead to a lumpy texture and will alter the flavour. Alternatively a skin could form which again will affect the presentation of the dish.	4. Place the milk in a saucepan, add the vanilla pod and bring almost to the boil (5 minutes)	
Make sure that the eggs and sugar are beaten well so that the sugar had dissolved and make sure that the milk and egg mixture are combined thoroughly so that the texture is smooth.	5. Take off the heat and leave to cool (15 minutes)	Make sure that the saucepan is covered to ensure that nothing can get into the mixture
Keep stirring the mixture at regular intervals to avoid large ice crystals from forming to create a smoother, creamier ice cream.	6. Beat the egg yolks and sugar together, stir in the milk and strain back in pan (2 minutes)	The quality of the eggs has to be checked so that the chance of food poisoning is lowered significantly.
Mix the raspberries until the mixture is smooth and at the correct consistency to be spread over the ice cream	8. Freeze until firm but mushy (3 hours)	Make sure that ice cream is stored in a freezer set to the correct temperature - 18°C
Spread equal amount of pureed raspberries to provide consistent layers which will enhance the appearance of the ice cream	9. Place the raspberries in a food processor (2 minutes)	Make sure all equipment is clean from previous use
Stir constantly until the chocolate has become silky and without lumps	10. Layer the ice cream and raspberries (1 minute)	Make sure that the ice cream is quickly returned to freezing conditions so that it doesn't defrost completely which could enhance the levels of microbes
Whisk the cream until there are soft peaks. Whisk sufficiently until the cream is thick however do not over whip, as this will make the cream lumpy which will damage the quality of the texture and appearance.	11. Melt white chocolate over a saucepan of boiling water (5 minutes)	Check that the cream is fresh before use as it is a perishable high-risk dairy product.
Ensure that all ingredients are fully combined together.	12. Whisk the double cream (5 minutes)	Check that the cream cheese is fresh before use
Make sure that there is not too much cocoa powder and hazelnuts are added to the flour, as this will make the pastry taste too bitter and crunchy.	13. Fold in cream cheese, caster sugar and vanilla essence, white chocolate and raspberries (5 minutes)	
Ensure that the fat is blended into the mixture so that all of the pastry will be of the same quality and flavour. Make the pastry in a cooler environment as this affects the quality of the pastry	14. Add cocoa powder and chopped hazelnuts to the flour (1 minute)	
Ensure the dough is rolled to the same thickness so when the tarts are cooked, they will be of the same quality.	15. Rub the butter into the flour and add water to make a dough (5 minutes)	Check that the butter is fresh and free from contaminants.
Cook at the correct temperature to ensure that there is no overcooking or undercooking. Pastry must be cooked to the same colour and placed on the same oven shelf to ensure that all the tarts are cooked the same amount so they are a consistent quality.	16. Roll out the dough using a rolling pin (5 minutes)	Roll the pastry on a clean surface so that no contaminants enter the food
Use a rubber spatula to spread the chocolate so that the thickness is always the same.	17. Put the pastry cases in the oven and bake (20 minutes)	The oven should be clean before being used.
Use the same amount of raspberries and cream rosettes to achieve consistent quality.	18. Place melted chocolate on a greased baking tray and set in fridge (30 minutes)	Make sure the fridge is constantly set to the correct temperature. 0-5° and avoid placing the chocolate near any raw meats which will cause cross contamination.
	20. Decorate the tart with whipped cream and raspberries (10 minutes)	Make sure that both the whipped cream and the raspberries are fresh before use and free from contamination.

Measure the chocolate squares carefully using a ruler or stencil so that all squares are of equal size. The square should be 5 cm in width and length Place through sieve until all lumps are removed so that the coulis is smooth Line up the squares carefully to make neat, equal sized boxes	21. Cut squares out of the chocolate and decorate with melted white chocolate (15 minutes) 22. Place the raspberries and icing sugar in a food processor and place through a sieve (5 minutes) 23. Assemble the chocolate box (5 minutes)	Knives should be used carefully as a sharp blade is necessary to create straight lines whilst cutting the chocolate. Ensure that the equipment is clean before using.
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Commercial Equipment Used for my Final Product



An Electric Mixer

An electric mixer like this would be used to make the pastry as well as the cheesecake filling. Using an electric mixer will enable the pastry and filling to be made in large quantities easily. As the mixer can be used to make larger amounts, it ensures that all the pastry and the filling is the same consistency.



Digital Scales

Digital weighing scales will be used when making a larger amount of tarts as these scales are more accurate. In addition to this, these scales will involve less cleaning than regular weighing scales which will be extremely beneficial when preparing a more ingredients.



Ice Cream Maker

An Ice Cream Maker will be used when making the Raspberry Ripple Ice Cream as it can make a larger amount of Ice Cream at the same time. The Ice Cream Maker will churn the cream which will mean that all the ice cream will result with being the same texture and colour.



A Food Processor

A Food Processor will have to be used when making the raspberry coulis. Using a food processor will mean that all the raspberry coulis could be made at the same time as well as ensure that all of the coulis will be of a consistent consistency.



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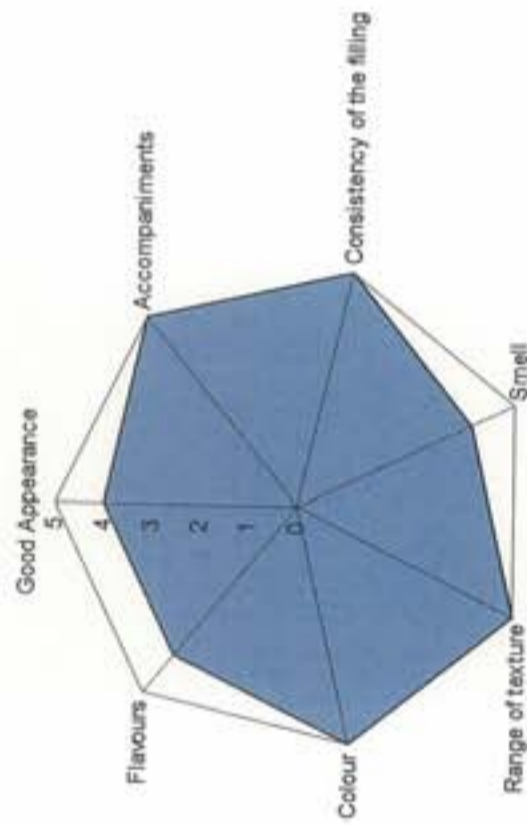
Testing and Evaluation

Testing Against Specification

Specification Point	How it was met
Served at 21 st birthday meal	The dish was original and innovative and therefore would appeal to be served at a 21 st birthday.
High standard appearance, taste and texture	My client decided that her favourite flavours in the dessert would be chocolate and fruit and these were both incorporated. My client wanted the flavours to be distinctive. My client thought that the raspberry and white chocolate were both distinctive whilst still complimenting each other.
Be part of a three course meal	The dessert could not be too heavy to enable the guests to eat all three courses. Although the cheesecake filling had cheese, it wasn't too heavy and the fruit made the dish feel fresher. In addition to this I tried to make the pastry as thin as possible to create a more delicate dish.
Meet the target group	My target group was between the ages of 17 and 25. To meet this group, the dish is bright, original and creative which will appeal to a younger group of people.
Contain at least 3 components	The dish consists of the tart, ice cream, chocolate box and raspberry coulis. All these components were necessary in order to create a successful dish as it introduced a range of textures, colours and flavours to the dish which kept the dish interesting.
Accompanying sauce	A raspberry was needed in order to bring a bright colour to the dish as well as enhance the presentation and provide moisture.
Individual portions	This specification point was met really well as individual tart cases were used. In addition to this, the chocolate boxes are small to prevent the dish from being too filling.
Batch Production	As the tarts are individual, they are perfect for batch production as you can make the exact number you want at the same time.
Be as sustainable as possible	As many of the ingredients as possible came from sustainable sources and minimum packaging was used.

Testing- Sensory Analysis- Star Diagram testing

In order to measure the quality of the final product sensory analysis is an effective way to do this. Sensory analysis allows you to assess the different aspects of the product to ensure that the product is as good as it could be. I used a star profile to see if the appearance, accompaniments, consistency, smell, range of textures, colour and flavour are all of a high quality. A star diagram marks each aspect being tested out of 5. Star diagrams enable detailed descriptions to be collected about a variety of aspects of a food product. In my case, I have chosen to assess the quality of the accompaniments, consistency, range of texture and colour. These were all scored top marks, so by looking at the star profile it is easy to see that the appearance, flavour and smell could all be improved slightly in order to produce the best possible dish to be served at the dinner party. I chose to use a star profile rather than an alternative method of testing e.g. the triangle test as I thought that this was a simple and effective way of gathering vital information about the quality of the dish and how it could be improved to the highest possible standard when made at the meal. I chose to get my client to score the final product on accompaniments as the dish needs to have a range of textures and colours which the accompaniments such as the ice cream provided. The consistency of the filling is important as it needs to have a pleasant mouth feel in order for the dish to be an indulgent, luxury dish that the guests will enjoy. Smell is also an important factor as it needs to entice the guests to want to eat the dish. A range of texture is needed in order to make the dish more interesting to eat as the chocolate box will be crunchy and will contrast with the smooth tart filling and the ice cream. The colour and appearance of the dish needed to be scored as the appearance needed to be approved by my client in order to ensure that the dish is elegant enough to be served at the meal. Finally, flavour is another important descriptor as the flavours need to be different yet complementary to produce a high quality dish. Detailed feedback and summary from my client is given previously in my work.



Testing- Consistency Viscosity Test

In order for the dish to be successful at the 21st birthday party, all the tart cheesecake fillings have to be of the same consistency so that all the final products are of equal high quality. A test which can be done in order to check the consistency of the filling is a viscosity test. A viscosity test is a simple way to measure the viscosity of a liquid mixture, using a viscosity chart. The chart consists of concentric circles which are used to measure the viscosity of a mixture. When I measured the thickness of the cheesecake filling, I wanted the mixture to not go over the number two marked line as I believe that this would be too runny. When I tested it, the mixture did not exceed the number 2 circle which means that it was the consistency that I wanted. Therefore, when making the filling in larger quantities I can ensure that the filling is always a consistent texture and consistency.



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Testing and Evaluation

Possible development

Even though my client is thoroughly pleased with the choice of flavours, ingredients, and presentation, my client has agreed that there could still be more improvements or modifications made to the dish to enhance the overall quality of the dish. Even though the combination of white chocolate and raspberry seemed to work very effectively, my client also thinks that orange would work extremely well with the chocolate pastry and it would bring another bright colour to the dish. In addition to this, the pastry could be changed from the cocoa powder and hazelnuts to create a different texture and flavour. Also the ice cream flavour could be changed to reflect the flavour of the tart and the chocolate box could be changed to another form of decoration. For example spun sugar which will make the dish look interesting yet delicate.

Target Market

This product is aimed at people who are celebrating a twenty-first birthday meal. In order to meet my target market group's needs I needed to create a dish which was innovative and original. This was achieved by the use of a cheesecake filling in a pastry case as well as the chocolate box to hold the ice cream. My product also had to be luxurious in order to be suitable to serve at a celebratory meal. This was done by the use of dark cocoa in the pastry as well as the white chocolate in the filling. As chocolate is seen as very indulgent, the dish would be enjoyed by my target group, however I made sure that the chocolate was balanced with the fruit to make sure the dish wasn't too rich. The complete dish will be suitable for my target group as it was tested throughout the development process, to ensure that the texture, flavour and colour all suited my clients needs.

Ingredients Quality

Quality of ingredients can be ensured by taking certain precautions such as these:

- **Using a reliable supplier-** ingredients such as the chocolate and the fruit need to be of the highest quality possible and therefore the sources of these ingredients are vital in order to produce a high quality dish.
- **Check ingredients before use-** Some ingredients, particularly perishable goods must all be checked before use to ensure that all ingredients are fresh and high enough quality to use. The flour should be sieved thoroughly to ensure that it is free from contaminants. In addition to this, ingredients in air tight packaging should be checked to ensure high quality ingredients. Also the fat used in the pastry should be sealed to prevent rancidity.
- **Ingredients need to be stored correctly-** The dry ingredients such as the flour need to be stored in a dry, cool place off the ground, whereas perishable foods will need to remain in refrigerated conditions of 0-5°C

Client's Opinion

My client ate my final product and gave their opinion. It was said that the appearance of my dish was of a high quality and the flavours all complemented each other well. My client was impressed with the incorporation of their favourite flavours and thought the chocolate box was a clever addition to the dish. My client liked the way the coulis was presented on the plate but thought that more would have been preferred. Overall the tart was good and would be a very suitable dessert as part of a birthday menu.

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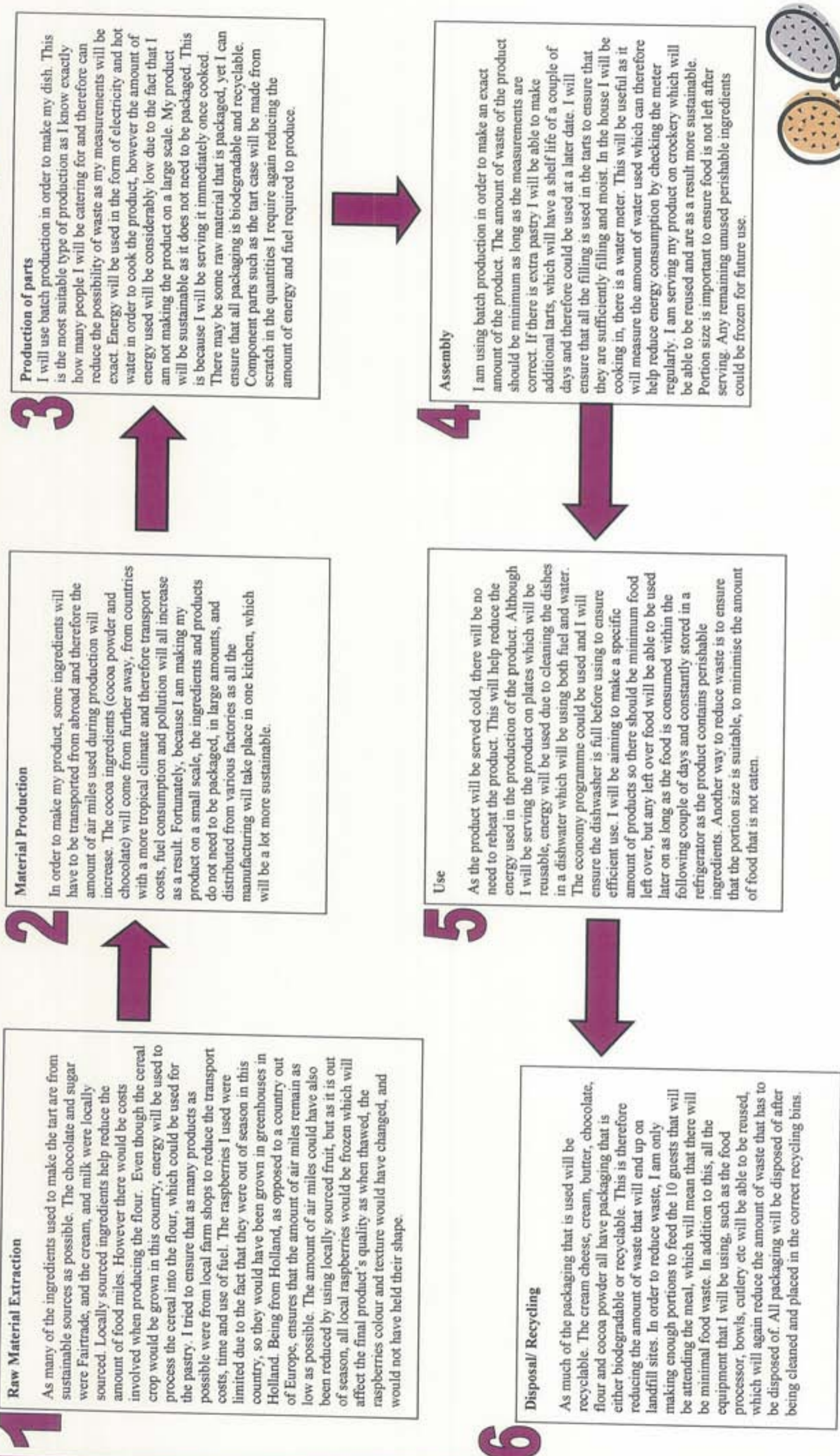
A2 Food Technology



Evaluation- Summary

The task to create a dish to be served at a 21st birthday meal has been very successful and I have produced a final product which meets the needs of my client. The product will be popular with the target group as the dish is bright and appealing. The product is also suitable to be served at a dinner party as the presentation will reflect the elegant dinner party theme. The product can be easily made in advance as the dish is best served cool, which means that it will be very convenient to be made at a dinner party. The product has a wide range of textures, colours and smells, which worked well together and will be more appealing to the guests. It matched my specification well, as shown in the table, due to the product being tested by my client at all stages of development. The tart contains as much local produce as possible in order to create a sustainable dish and is a suitable size to be an individual portion. So, overall the project has been successful as it has resulted in a final product that achieved the task and could easily be served and enjoyed at a birthday celebration.

Life Cycle Assessment of white chocolate and raspberry tart



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