

Website Exemplar

GCE D&T Food Technology

Unit: 6FT04

Topic: Themed Food for Local Pub.

Commercial Design

A2 Food Technology



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A2 Food Technology



Design context

My local pub is having a cheese themed week in conjunction with the Cheese Society and have asked me to design and develop a range of different high quality dishes containing different cheeses which are suitable to serve in their restaurant as part of this promotion I will consider both sweet and savoury products.

Design brief

Design and make a range of dishes containing cheese as part of a themed week at my local pub which could be included in their main menu. Develop one dish to the prototype stage.

Research on cheese

Soft cheeses such as feta, Brie and Camembert, have been ripened for a short time. Usually soft cheeses are used in desserts like cheesecakes.

Hard cheeses are ripened for various lengths of time and range from semi-hard to hard. They include Cheddar, Gouda, Muenster, Parmesan and Romano.

Blue cheeses are ripened by green molds and include Gorgonzola, Roquefort and Stilton. Normally only used as a flavor or topping only a small amount needed as it is very strong.

Research methods

- To find out what customers like and would want to eat at the promotion I am going to produce a questionnaire so my target group can fill it out so I get a better idea of what they would like to see served in their restaurant
- I am going to investigate a range of products containing cheese as an ingredient which could be possible to make so I can see what component parts my dishes need
- I am going to plan some questions to ask my client to identify any factors I need to take into account when designing and developing my ideas
- Analyse existing menus

My target group

As the pub will be used throughout the week I will get a wide selection of customers this means my target group may be children right through to the elderly. However the pub is popular with young adults and professionals as it is located in the centre of Lincoln and customers are likely to be adults. The dishes which I design and make will have to be suitable for a wide range of customers.

Analysing the need

- I need to think about the cost of my dishes as my target group will want value for money
- I need to think about my timings as if it is cooked, I will have to consider preparation and cooking time to ensure a prompt service
- I need to think about the different cheeses available which I could possibly use in different dishes
- I need to consider a range of sweet and savoury dishes as the pub serves desserts and main courses
- The dishes must be suitable as they need to be prepared and cooked in the kitchen of the pub.
- High quality flavour and appearance

Feedback from questionnaire

- Most of my target group which I asked eat out every two weeks and they eat out mostly with family and friends
- They don't eat only for special occasions and the most important factors for them are quality, service and menu choice. £9 to £13 is the most that my target group would pay for a main course and they would pay £4 to £7 for a dessert
- Most of my clients like eating different cuisine foods. Also the most popular meat they would eat is poultry and the most common carbohydrate to be eaten with their meal is pasta or potatoes
- Customers enjoy a range of vegetables with their meal
- The most likeable cheese is cheddar or smoked cheese
- People like tomato, creamy and cheesy sauces more than traditional sauces like gravy
- Fruit coulis and cream were the most popular accompaniment to be served with a dessert
- Most of the clients I surveyed are not vegetarians
- My clients favourite cheese dishes are cheesecakes, carbomara dishes and Lasagna

Feedback from client

- Would like main dishes and desserts to be considered when designing
- Would like different dishes from different cultures to be considered
- The existing menu has 3 or 4 dishes which already contain cheese these include lasagne, pasta, Fajitas.
- Takes 20mins at the most from ordering to serving the food.
- Most popular dishes are the homemade pie of the day and the homemade fruit crumble
- £7.95 is the average cost of a main dish
- £3.50 is the average cost of a dessert
- Existing vegetarian dishes are Mushroom fajitas, Bean goulash and tomato pasta. However none of the vegetarian dishes contain cheese just in case they have to cater for a strict vegetarian.



Royal William pub

Sustainability

What is it?

Sustainability is where food businesses try and be environmental when cooking and preparing food this means they try and reduce their air miles by only using locally sourced meats and only using seasonal vegetables in their food as this means they can locate it in this country and do not have to get it from another which also reduces their air miles.

What does it include

There are seven principles to sustainability these are

- Use local and seasonal ingredients
- Chose farming systems that cause little harm to the environment Limit foods of animal origin
- Do not use fish which are at risk
- Choose fair-trade products
- Do not use food products which have excess and unnecessary packaging
- Use lots of fruits and vegetables for a healthy life style

How am I going to be sustainable when designing and making my food?

Sustainability helps the environment by reducing air miles and buying local foods as much as possible and reducing packaging in food products. Fair trade is being sustainable as it means the poorer producers of food get a proper wage packet and get paid a fair amount for what they do. When designing and producing my dishes I am going to be as sustainable as possible this means I am going to buy fair-trade products and locally sourced meats which will reduce the air miles. When I use vegetables I will only use what is in season which means it will be easily sourced in this country. If I choose to cook any fish I will make sure that it has come from a sustainable farm and the fish specie is not in danger of being extinct.

Vegetarian - Royal William

Bean Goulash

Traditional Hungarian stew, slightly mild to taste, served with rice or chips

£7.45

Vegetarian - Royal William

Bean Rigatoni

Traditional Italian pasta with bean sauce topped with parmesan cheese

£6.95

Vegetarian - Royal William

Bean Rigatoni

Traditional Italian pasta with bean sauce topped with parmesan cheese

£6.95

Non-Vegetarian - Royal William

Beef Chilli

Served with rice or chips

£7.45

Non-Vegetarian - Royal William

Fish and Chips

Freshly beer battered fish served with chips and mushy or garden peas

£7.45

Non-Vegetarian - Royal William

Pie of the Day

Served with vegetables and with chips or mash

£7.45

Non-Vegetarian - Royal William

Chicken Curry

Served with a soft white naan bread and with rice or chips

£7.45

Non-Vegetarian - Royal William

Beef Chilli

Served with rice or chips

£7.45

Non-Vegetarian - Royal William

Whitby Scampi

Served with chips and salad or peas

£8.45

Non-Vegetarian - Royal William

Sausages & Mash

Quartet of Lincolnshire sausages served with mash and vegetables topped with gravy

£7.45

Non-Vegetarian - Royal William

Sizzling Prawn

Served on a hot skillet with onions, peppers and pineapple, with salad and chips or jacket potato

£7.45

Non-Vegetarian - Royal William

Sizzling Sweet & Sour King Prawns

Served on a hot skillet with onions, peppers and pineapple, with salad and chips or jacket potato

£7.95

Non-Vegetarian - Royal William

Sizzling Prawn

Served on a hot skillet with onions, peppers and pineapple, with salad and chips or jacket potato

£7.45

Red Lion Dunston

Chefs "Soup of the day" with roll and butter	£2.95
Garlic Mushrooms with Salad Garnish and Crusty Bread	£3.80
Pate Maison with Salad Garnish and Toast	£3.70
Deep Fried Baby Camembert In Seasoned Toasted Breadcrumbs with Redcurrant Jelly	£3.95
Goujons of Lemon Sole with Salad Garnish, Lemon Wedges and Tartare Sauce	£4.30
Garlic Bread	£2.70
garlic Bread with Cheese	£2.95
Warm <small>Goats Cheese</small> Salad on a bed of Crispy Lettuce with Balsamic Vinegar & Honey Dressing	£4.10
Prawn Cocktail, North Atlantic Prawns on a bed of lettuce with Marie Rose Sauce	£4.40
Beef Pie, tender chunks of beef with rich gravy and shortcrust pastry	£7.40
Fillet of Pork Roulads, with Mushroom and Herb mix and a Brandy and Cream sauce	£7.95
Lasagne Verdi, Pasta, Mince, Bolognese Sauce topped with a <small>Cheese Sauce</small>	£7.60
Chicken Italiane, Chicken Breast in Bacon, Tomato, Wine and Oregano Sauce, topped with <small>Mozzarella Cheese</small>	£7.60
all above served with Saled or Vegetables and one of Chips, Jacket Potato or New Potatoes	
Chicken Curry with Rice or Chips	£7.35
Chicken Curry Smaller Portion with Rice or Chips	£6.35
Chill Con Carne with Rice or Chips	£7.35
Chill Con Carne Smaller Portion with Rice or Chips	£6.35
Deep Fried Whole Tail Breaded Scampi	£7.50
Smaller Portion Whole Tail Breaded Scampi	£6.30
Smoked fillet of Scottish Trout	£6.50
Grilled Fillet of Salmon with Mustard and Herb Crust	£7.50
Lemon Sole with Lemon Butter	£7.60
Breaded Plaice Fillet	£6.95
Garlic & Herb Butterfly Chicken Breast	£7.35
Generous Gammon Steak	£7.70
Smaller Portion Gammon Steak	£6.35
Spinach and <small>Mascarpone</small> Lasagne	£7.20
Mushroom & Nut Fettucine	£7.20
Homemade Nut loaf with Port & Cranberry Sauce	£7.20

Royal William

Starters

Soup of the day Served with bread and butter	£3.50
Breaded Garlic Mushrooms Served with a lemon mayonnaise dip	£4.95
Salmon Fishcake Served with cherry tomato salsa and balsamic dressing	£4.95
Black Pudding & Beetroot Salad With a light vinaigrette dressing and croutons	£4.75
Chicken Strips Served with a BBQ sauce dip and salad garnish	£4.45
Chicken Liver Pate Served with toasted ciabatta and a salad garnish	£4.45

Both pubs serve the similar types of food in both of their pubs for example they both serve pie and they also both serve chicken curry. These types of food are commonly served in pubs like these. Both vegetarian dishes are pasta based or made with foods which are likely to fill people like the bean goulash from the Royal William.

Both pubs have the same amount of dishes containing cheese. However the red lion use a wider variety of cheeses where as the Royal William only use cheddar and parmesan. The red lion use cheeses like goat's cheese and camembert. Each pub have three vegetarian dishes on offer. Two out of the three dishes served at the Royal William contain cheese however only one out the three contain cheese at the Red Lion. Both vegetarian dishes from both pubs are nearly the same prices. The Red Lion dishes are slightly more expensive this maybe because they use more expensive ingredients like cranberries. The starters at the Royal William are slightly more expensive than the ones served at the Red Lion this could be also because the ingredients they use a more expensive so they will need a higher price to make a profit. This could be because of the location of the pub. The Royal William is located in the centre of town where as the Red Lion is located in a small village.

The main course dishes are near enough the same price for both of the pubs this could be because the menu is very similar to each other. None of the starters served at the Royal William contain cheese where as two contain cheese at the Red Lion.

Product disassembly

Chicken en Croute with creamy bacon cheese and leek sauce

Tender mini British chicken breast fillets with bacon cheddar cheese and leeks in a béchamel sauce encased in a butter enriched puff pastry.

Portion size

349g 2 chicken en croutes 1 Chicken encroute serves one person individual portion

Cost

£4.99

Component parts

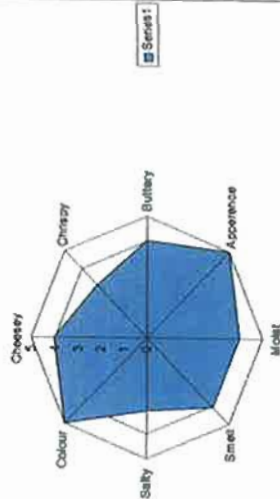
50% puff pastry

40% chicken

10% bacon cheese and leek sauce

Appearance taste texture

Star Profile to show appearance, taste and texture of my product disassembly



Summary of product

The colour of my product on the outside was golden brown when you cut in to the middle it was pink due to the bacon inside and pale green because of the leeks. It was not a cheesy as I thought it would be it had quite a mild cheese flavour as a mild cheddar was used in the sauce. The pastry was buttery as it was made with butter. It looked very appealing as it was golden brown and sprinkled with black pepper on top of the pastry. The chicken inside was very moist and juicy and it smelt quite nice. The sauce inside the pastry had quite a lumpy texture.

How suitable is it to my task and client group

This product is quite suitable to my task as this contains cheese which can be referred to my cheese themed week. It was also a luxury product which could be served in a pub like the Royal William. I would consider cooking something similar to this which could be served at the cheese themed week located at the Royal William pub.

Summary of Research

My questionnaire helped me find out what people normally order when they eat out in pubs and how much they are willing to pay for a dessert and main dish. I also found out what type of carbohydrate and vegetables they would choose to be served with there dishes if they were to order a meal. I also looked at existing menus and compared there range of dishes served and the price they were charging this helps me with my price range when I design my dishes to be served to my target group. I had an interview with the manager and the chef of the Royal William to see what they would like to be served at the cheese themed week I also asked about there existing menu and how much the prices ranged for main dishes and desserts.

My product disassembly will help me with my research as this is a similar product that I will be designing for the cheese themed week this showed me what % component parts were in the dish and how they presented it. As this was a luxury cook chill product I can relate to this as I will be making luxury food to be served at the Royal William. This product also so contained cheese. When I am designing and producing my dishes this product disassembly will help me to compare the taste and texture of my dishes against shopped brought products.

The sustainability research has shown me how I can be sustainable when designing and producing my dishes for the Royal William, this has taught me that I should use British meats and locally sourced vegetables as this reduces the air miles I use also I should use fair-trade products where ever I can as this provides a fair price for farmers for their produce and crops.

I did research on the types of cheeses I could possibly use when producing dishes for the Royal William. I now know how much cheese I should use in my dishes for example I should only use a little amount of strong cheeses like blue cheese as this can be overpowering if used to much.

There were very few exciting and original dishes served using cheese as an ingredient. This gives me the opportunity to design and develop some ideas that could be considered for incorporating into the menu at the Royal William. Hopefully these ideas will appeal to the chef and the target group to enhance the choice of dishes available as well as promoting the use of cheese as an ingredient.



Environmental and sustainability issues

British chicken was used in this product it also states on the packaging that British pork belly was used when the bacon was produced. Waitrose says "Using Waitrose meat poultry and fish from our selected producers and dedicated farmer groups we work in partnership with ensuring the highest standards of quality animal welfare and traceability." The tray film and cardboard sleeve used to package the product is all recyclable.



Specification

Purpose

1. Food designed and produced must be to a very high Standard – The food I produce will be served in a pub for a themed week this means that food should be presented well as this is what is going to be served to my target group. Consumers are paying for food and as they are eating out they will expect high quality food
2. The food I design and produced must be able to be served at a cheese themed week in conjunction to the cheese society – this means that the dishes I produce should contain cheese as an ingredient

Form and Function

1. I must consider designing and producing both main dishes and desserts- as this is what my client suggested I should do as he wanted a range of main dishes and dessert's producing containing cheese. The dishes should be suitable for serving in a restaurant of a public house to clients who eat out on a regular basis and have experience of a range of flavors and textures in food dishes.

User Requirements

1. Dishes I make must be suitable for a wide range of people- My target group consist of a wide range of different people ranging from children to the elderly I have to make sure dishes I make will be suitable for all of these people as this is who I am targeting. However My target group are likely to be young professionals.
2. Dishes I design and make will be hot or cold –As I am making main dishes and desserts my dishes may be hot or cold depending on the ideas I generate
3. Dishes must be prepared well in advance – This is so I do not hold up service while I am cooking. If I am prepared I will serve the food after it has been ordered. Consequently some of the component parts of the dishes will have to be prepared in advance of ordering and serving.

Size

1. The food I serve must be individual portions – As the themed week is going to be held in a restaurant it is going to be a sit down event so food will be served individually to the tables this also makes it look more appealing as it can be presented well, and individual portion sizes are more appealing.
2. Dishes I make will be batch produced - This is so I can be prepared and I know how many people I will be serving this also saves time as food is already made to be served to my target group. Batch production is the most appropriate method for producing dishes in large quantities in a restaurant environment. This saves time and money.

Components and Ingredients

1. Each dish must contain cheese – As this is what my task asks me to do as my dishes will be served at a cheese themed week at the Royal William
2. Each main dish must be served with vegetables and carbohydrates – This is because my target group likes main course dish served with some type of vegetables and carbohydrate. This also will make it a complete dish. This should also ensure a reassembly well balanced dish in terms of flavor and nutrition.

Cost

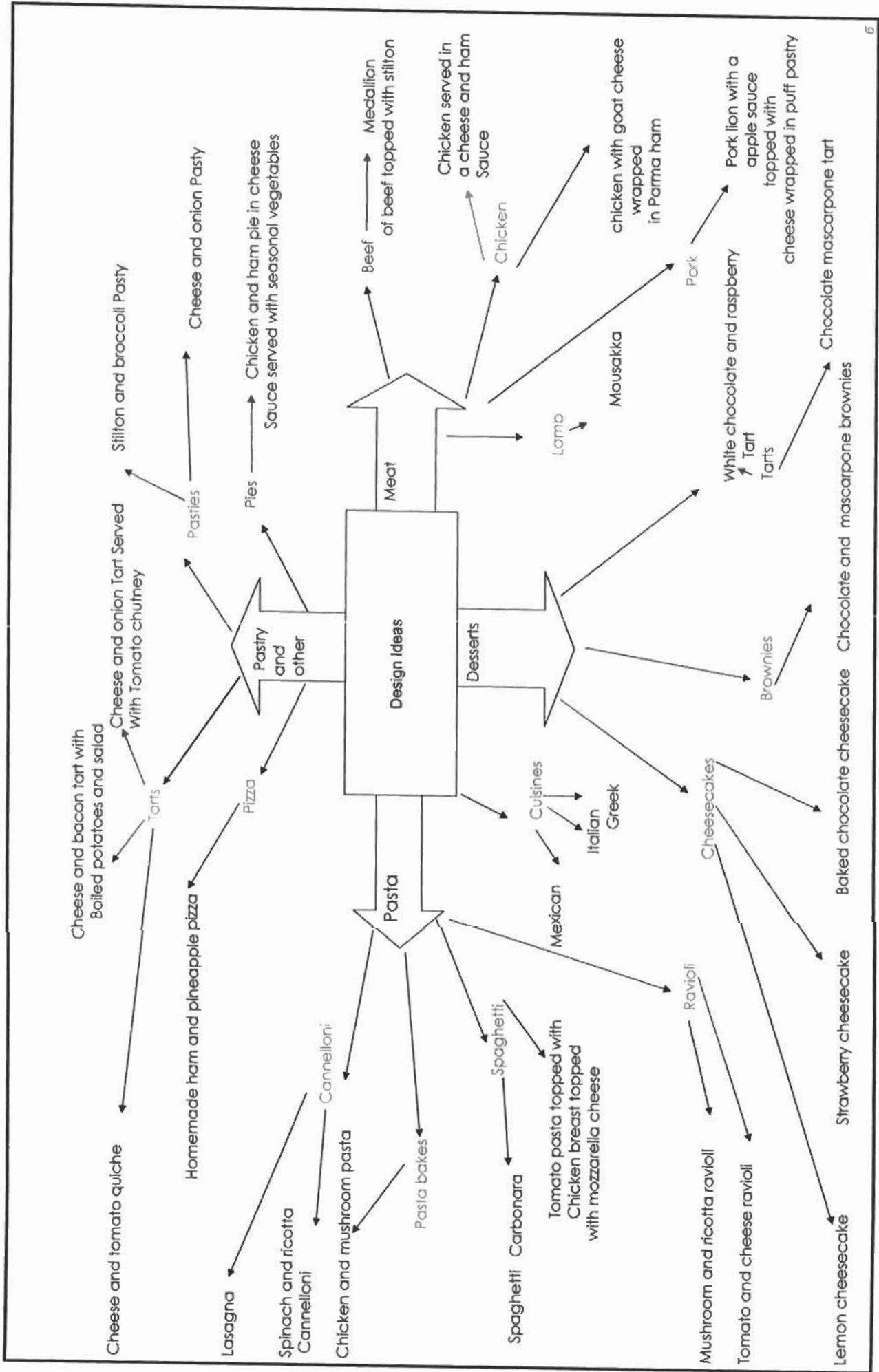
1. Food must be of a luxury standard using high quality ingredients – The food I design will be of a higher quality so this means that cost will be a consideration as I will be using high quality ingredients to produce my food dishes for the Royal William. Dishes must cost between £9 -£13 as this is what my Target group are willing to pay for a main dish. Desserts must cost between £4-£7, as this is what my Target group normally pay for a single portion dessert

Performance Requirements of the dishes

1. Needs to be of a good standard to be served in a restaurant - This means food should be presented well as this will appeal to my target group when food is served
2. The dishes produced should be suitable for storing as a cook chill, so food can be prepared ahead of time and stored in the chiller until required

Sustainability

1. I must use local produce and fair-trade products where possible- This reduces the air miles I use and using fair-trade products gives farmers a fair wage for there crops this means I can trace my ingredients and it is better for the environment using locally produced ingredients is also appealing to customers in the community as they feel like they are supporting local farmers and suppliers and the produce is likely to be fresh.





Egg cheese and bacon filling

Short crust pastry

Cheese and Bacon quiche

This is a suitable product for my client as it contains cheese and it is suitable to be served as a main dish in a pub. This has three component parts the egg and cheese mixture, Short crust pastry and the bacon which is in the filling. If I was to present this as one of my ideas for my task I would serve it with a side salad and boiled potatoes. My client thinks this is an appropriate product to produce as it is classic pub food and it could be part of the themed week which was organized by the cheese society. This also could be served as an individual portion



Cheese Soufflé

Salad enhances colour flavour texture and presentation of the dish

Cheese and eggs mixture decorated with herbs

Crisp brown top with softer texture inside

This is a very skillful dish and a classic on menus. This contains cheese so this will relate to my task. However it does not have many component parts but it could be served with an accompaniment. My client said that this would be suitable to make as it is quite unusual and it could be popular with the target group as they are mostly young professionals who eat in pubs.



Spaghetti Carbonara

Spaghetti coated in creamy cheese sauce

Vegetables for colour and flavour and texture

Bacon pieces

This relates to my task as it has creamy cheese sauce and it can be served as a main dish at the Royal William. This has three component parts pasta, Bacon and cheese sauce. This also can be served with homemade garlic bread. My client says this would be a good idea to serve this as they do not have a wide range of pasta dishes on their existing menu. It also meets the needs of my target group as most of the people I surveyed would like to see dishes from different cuisines.



Baked chocolate cheesecake

Appearance could be improved to appeal to diners

Chocolate and cream cheese mixture

Biscuit base gives a variety of texture

My client wanted desserts included at the design ideas stage. The dessert contains cheese and it is a pub dessert which is widely popular. This is easily made by batch production and can contain good quality ingredients. This could be served with a fruit coulis and vanilla cream.



Chicken breasts popular with clients

Parma ham to give colour ,texture and flavour

Goat's cheese stuffing gives an interesting texture and flavour

Goat's cheese stuffed chicken

This can be produced to a luxury standard and this relates to my task as it contains cheese. I think this would appeal to my target group as goats cheese has become more popular giving a distinctive flavor to the dish. This has three component parts which are the stuffing, Parma ham and the chicken. This could be served with creamed potatoes and fine beans with a tomato sauce to give more flavor and texture also this enhances the appearance.



Moussakka

This is a Greek classic dish which can be related to my task as my target group wanted food to be served from several different cuisines. This has several component parts firstly the tomato and meat sauce. There is also a cheese sauce then the layer of aubergines. My client thought this could be good produce make as it is interesting and different to what they normally serve on the menu.

Baked chocolate cheesecake served with vanilla cream and raspberry coulis



Design Idea 1

Method

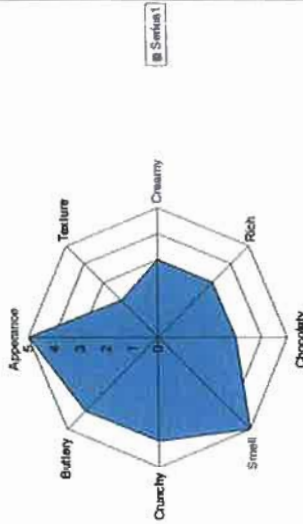
- Preheat oven to 170c
- Melt the butter on medium heat while butter is melting crush biscuits up in to a bowl then add the melted butter and mix until it is coated evenly
- Press into a greased cake tin of 20cm
- Beat the Philadelphia cheese and sugar together until it is smooth and add the soured cream 3 beaten eggs sieved flour and cocoa
- Melt the chocolate and cool it slightly until you mix it with the cheese filling then chop up the remaining chocolate and add to the mix
- Pour on top of the biscuit base and cook for 45 minutes until it is firm
- Meanwhile whip up the double cream and separate the vanilla pods and to the whipped cream put in the fridge until serving
- Crush the raspberries to a pulp and add the icing sugar for sweetness.
- When cheesecake is cooked decorate with cocoa cream and the raspberry coulis made earlier.

Ingredients

- 50 g (2oz) unsalted butter
- 100 g (3½ oz) digestive biscuits, crushed
- 400 g (14oz) Philadelphia
- 100 g (3½ oz) caster sugar
- 142 ml carton soured cream
- 3 medium eggs, beaten
- 25 g (1 oz) plain flour
- 25 g (1 oz) cocoa powder
- 75 g (3oz) dark chocolate, melted
- 25 g (1oz) dark chocolate chopped into pieces
- cocoa powder for dusting (optional)
- Double cream
- 1 Vanilla pod
- 200g raspberries
- 50g icing sugar

The appearance of my cheesecake was very appropriate for a restaurant menu. However I personally did not like the texture I thought it was too solid. It did taste nice and the chocolate complemented the buttery biscuit base. I also liked this as it was not too rich. The raspberry coulis complemented the chocolate as it cut through the sweetness of the chocolate

Star Profile



This meets my client's needs as this firstly contains cheese which is needed as it is being served in conjunction with the cheese society. It is also suitable to be served in a restaurant as it is quite a popular dessert which is widely served throughout different restaurants. My client did not want to just serve main dishes so this is why I designed a dessert to be served so it shows that cheese can also be used in sweet dishes as well as savory dishes. My client wanted to use different cuisines when designing and making my dishes, cheesecake is American so this relates to what my client has requested. However this dessert was quite expensive to make so this may not fit in the average price range of a dessert which was £3.50. This was because it used vanilla pods and fresh raspberries which will make the dessert more costly also it had 70% cocoa chocolate in the product which is also quite expensive.

Match to specification

Food designed and produced must be to a very high Standard- My client thought the cheesecake was to a very high standard as it contained good quality ingredients and was presented well on the plate. He liked the way I used vanilla pods instead of vanilla essence in the cream as he thought it gave it a better flavour.

The food I design and produce must be able to be served at a cheese themed week in conjunction to the cheese society- My client thought my cheesecake matched this specification point as it contained cream cheese so this makes my product relate to the cheese society. It is also stated in my task that each dish must contain cheese

I must consider designing and producing both main dishes and desserts- Although my client wanted to focus mainly on savoury dishes he did not want to leave desserts out as he thought it would be interesting to also produce desserts using cheese

Dishes I make must be suitable for a wide range of people- My client said that Cheesecake is a popular dessert so most people would of tried it before as it is a well known dish

Dishes I design and make will be hot or cold- This relate to this specification point as this product is served cold as a chilled dessert.

Dishes must be prepared well in advance- The cheesecake can be made in advance as you can mix all the wet ingredients together and leave in the fridge until it is needed. You can also make the base in advance. It can be cooked before serving as it is served as a chilled dessert even though it has to be baked. My client also said that this is easy to prepare when the restaurant is busy.

The food I serve must be individual portions—this can be served as an individual portion as it can be sliced. You could also make them individual in ramekins so you do not have to slice a large cheesecake. My client said this is easy to make as an individual portion.

Dishes I make will be batch produced-My client said This product is simple to make in batch production as everything can be made in advance and can be stored in the fridge until it is needed to be served.

Each dish must contain cheese- This is stated in my task that each dish should contain cheese my client thought it would be necessary to produce a cheesecake as this is popular in restaurants and my target group will be familiar with the dish **Each main dish must be served with vegetables and carbohydrates-** This is not applicable to this design idea as this is a dessert and this specification point is targeting main dishes that I may produce later.

Food must be of a luxury standard using high quality ingredients- My cheesecakes contained 70% cocoa chocolate also I used vanilla pods to give the cream a natural vanilla flavor rather than a false additives like vanilla essence or flavorings. My client thought that using natural flavors will interest the target

Needs to be of a good standard to be served in a restaurant- I used good quality products to make my dish to a good standard. I used fair-trade 70 % cocoa chocolate which is also sustainable as it gives farmers a good wage for produce. I also used good quality local eggs sourced in Lincolnshire. My client would like to produce further dishes which use fair trade products as he believes this will also appeal to the target group.

The dishes produced should be suitable for storing as a cook chill- This can be stored in the fridge once it has been cooked as it is served cold after it has been cooked

I must use local produce and fair-trade products where possible- I used local Lincolnshire eggs in the chocolate filling and the chocolate I used was fair-trade which is sustainable for farmers



To make the chocolate filling I had to beat the cream cheese and sugar together to make sure it was smooth with no lumps as this would not have had an overall good mouth feel. Then I added the sour cream and the beaten eggs so all the wet ingredients were combined. I melted the 70% fair-trade chocolate over a bain-marie slinging all the time making sure that I didn't burn the chocolate. Then I added chopped chocolate to the mix.

To make the Raspberry coulis I washed then slightly crushed the raspberries then I blended them to make a smooth sauce then sieved in the icing sugar making sure that there would not be lumps of icing sugar in the sauce. The purpose of the icing sugar is to take the bitterness of the raspberries away but to still have a fruity taste to cut through the rich chocolate cheesecake. Using icing sugar ensures a smooth texture for the coulis

I thought about presentation when it came to serving the dessert I decided it would look more attractive using a fork and spoon as a stencil. I used cocoa powder to do this as I thought it would look more effective on a white plate as it will make it stand out.

For the biscuit base I crushed the digestive biscuits with a rolling pin to give it a sandy texture but with a few larger chunks of biscuits to give it a chunkier texture. Also the biscuit form better if they are different sizes and textures. I melted the butter on a medium heat stirring all the time to make sure it was not burning, and then I added it to the crushed biscuits. I formed the biscuit mixture in to the tin to make sure it was compressed enough so it would not crumble when it came to serving the product.

I whisked the double cream than split a vanilla pod and added the seeds to the double cream. I thought it would be better to use fresh vanilla flavours than the unnatural flavours as this gives more flavour and is natural rather than using additives in food. I shaped the cream with two spoons to make it look more presentable.

What my client thought

My client thought this was a very good dish to be served in his pub/restaurant as this is very popular which will attract people. He really liked the raspberry coulis with the chocolate cheesecake as it cut through the richness of the cheese and sweetness of the chocolate. He likes the presentation of this dish especially the fork and spoon stencil. He said that using natural vanilla pods gave a really nice flavour to the cream.

Organoleptic qualities

- 50 g (2oz) unsalted butter

This contributed to my dish as this forms the biscuit base so it does not crumble when being cut to be served to my target group. This contributes to the standard as it forms the base. If the butter was not there then the base would not form and would reduce the standard of the product as it would not look as presentable. This also gives the Cheesecake a overall good mouth feel as butter is a type of fat which produces a smooth texture to the base. It also creates a slight richness to the cheesecake.

- 100 g (3½ oz) digestive biscuits, crushed

This is the bulk ingredient to the base of the cheesecake. This creates the crumbly texture to the base which contrasts with the smoothness of the chocolate filling. The digestives give the base a golden colour to the dessert.

- 400 g (14oz) Philadelphia

This is the main ingredient to the chocolate filling of the cheesecake. This gives the cheesecake a rich cheesy flavor which contrasts to the sweet chocolate. This also gives a smooth texture to the filling and a overall good mouth feel as it is smooth and soft on the palette.

- 100 g (3½ oz) caster sugar

This is used to complement the high % chocolate used in the filling. As the dark chocolate has a bitter taste the sugar is used to complement it so it is not too bitter on the palette. This contributed to the standard as it improves the taste on the chocolate filling. Caster sugar is finer to give a smoother texture

- 142 ml carton soured cream

This contributes to the smooth texture of the cheesecake and this will also contribute to the overall mouth feel.

- 3 medium eggs, beaten

The 3 eggs are used to set the filling as it cooks so it is set and not too wet to serve. This contributes to the standard as these forms the structure of the filling. Without the eggs it would not have a nice set to it and it would be still liquid which means it would be unable to be served

- 25 g (1 oz) plain flour

This is used to thicken the filling so it is not too wet. It also will soak up any liquid which is not needed in the chocolate filling. Gelatinisation occurs when filling is coxked.

- 25 g (1 oz) cocoa powder

This gives the cheesecake its colour and a slight chocolate flavor.

- 75 g (3oz) dark chocolate, melted

This is used for the main chocolate flavor and is also used for the colour of the cheesecake.

- 25 g (1oz) dark chocolate chopped into pieces

As you cut in to the cheesecake this gives the cheesecake a speckled look as the filling is a light brown and the chopped chocolate is darker. This improves the look of the dish and also the texture of the filling

- cocoa powder for dusting (optional)

This was used for presentation to make the dessert look more appealing on the plate. I used a fork and a spoon as a stencil on a white plate and dusted the cocoa over the fork and spoon which left a white stencil this improved the look and standard of the dish.

- Double cream

This is served as an accompaniment to the cheesecake this complements the chocolate flavor as I added vanilla to the cream.

- 1 Vanilla pod

This is used to flavor the cream. I used natural vanilla flavor to increase the quality of the dessert this also gives makes the cream more presentable on the plate as you can see the vanilla seeds in the cream.

- 200g raspberries

This was used as an accompaniment to the cheesecake I made a raspberry coulis as this would cut through the sweetness of the cheesecake. I thought this would cut through the richness of the cheese and chocolate used in the filling. This also made the dish look more colorful as raspberries give a pink/red colour to the dish to make it look more presentable.

- 50g icing sugar

This was added to the raspberry coulis to sweeten the raspberries so it would not be too sour on the palette. This improved the flavor of the raspberries.

Development

Cheesecake provides me with a wide range of development ideas. I can change the filling to a different chocolate for example white chocolate. I can also change the base by changing the biscuits used. I could also change the base altogether by using a brownie base instead of a biscuit base to give a different texture to the dish.

Moussakka



Design Idea 2

Ingredients Moussakka

500g lean lamb mince
 3 Aubergines
 4tbsp Tomato puree
 1 can of chopped tomatoes
 3 Garlic cloves
 1 onion
 Oregano
 150g Parmesan
 100g Flour
 50g Butter
 500ml milk
 1 egg
 50g Cheddar Cheese
 Salad to serve

This meets my clients needs as it is a main dish and this is what my client wanted me to concentrate on. This dish is also from a different cuisine which my client wanted as he believed that more people now are trying dishes from different cuisines. My client wanted something which was easy to prepare in case the restaurant got busy. For one portion of Moussakka it costs £5 this will then be served at about £7.50 in the restaurant as they have to make a profit on what they sell. This is about the same amount which they currently charge for a main course.

What my Client thought

My client thought that this was a dish which could be served in a pub/restaurant as it looked like food which would expect to be served. He like the way that the cheese sauce had a slightly set texture to it which meant it did not run out of the individual dishes. He also liked the richness of the meat sauce he said this flavoured the aubergines

Method

- Fry off the chopped garlic and Onion until soft, then add the mince and fry off until brown.
- Slice and salt the Aubergines so they do not have a bitter taste
- Drain off any excess fat which has come out of the meat, then add the tomatoes and tomatoes puree and the herbs simmer for 30 minutes. This allows the meat flavours to come out and the meat to absorb the other flavours
- Rinse the aubergines and start to fry in a pan with olive oil
- In another sauce pan add flour and butter mix until this comes to a paste then add the milk and whisk until it has a thick consistency but do not let it boil. Then add the Parmesan to the sauce of the heat. When the sauce has cooled add the egg to give the sauce a glossy finish
- Start to layer the component parts in a dish starting with the meat sauce then layer aubergines on top of that then add the cheese sauce keep repeating. finish with a layer of cheese sauce the grate the cheddar cheese on the top and bake for 30 minutes.

Food designed and produced must be to a very high standard. My client thought the Moussakka was to a very high standard as it contained high quality ingredients and it was presented it well on the plate. He liked the way it was presented because he said it looked rustic. The food I design and produced must be able to be served at a cheese themed week in conjunction to the cheese society. The Moussakka is made with in conjunction with the Cheese Society as it contains more than one cheese

I must consider designing and producing both main dishes and desserts. Moussakka is a main dish and not a dessert however I can still design desserts later to be sold in the restaurant. Dishes I make must be suitable for a wide range of people. My client said that Moussakka will appeal to most of the target group as this dish is from a different cuisines which appeals to people to try it as an unusual dish. However this dish is now becoming more popular on existing menu's. Dishes I design and make will be hot or cold. The Moussakka is served hot as it is a main dish. Dishes must be prepared well in advance. The Moussakka can be made in advance as you can cook the dishes as they are individual and leave them in the fridge until someone has ordered. My client also said that this is easy to prepare when the restaurant is busy.

The food I serve must be individual portions—this is served as an individual portion as it is baked in individual dishes. My client said this is easier to make as a individual portion.

Dishes I make will be batch produced—My client said this product is simple to make in batch production as the dish can be made in advance and can be stored in the fridge until it is needed to be served.

Each dish must contain cheese. This dish contained two types of cheese this was cheddar cheese which was grated on top for decoration and parmesan cheese which was added to the cheese sauce for flavor.

Each main dish must be served with vegetables and carbohydrates. My dish was served with a side salad of mixed leaves and in the moussakka was sliced aubergines. I did not see the need to serve any carbohydrates with this dish. My client thought it could be quite filling without.

Food must be of a luxury standard using high quality ingredients. I used high quality ingredients in this dish. Firstly I used lean lamb meat which I sourced from my local butcher. I used organic chopped tomatoes in my tomato sauce as my client believed it is better to use organic produce and locally sourced meat.

Needs to be of a good standard to be served in a restaurant. I used good quality products to make my dish to a good standard. I used Local lamb mince from my local butcher. I also used local eggs in my cheese sauce. This makes my dish to a good standard as my target group will want to eat dishes made with local produce

The dishes produced should be suitable for storing as a cook chill. This can be stored in the fridge once it has been cooked then this enables the chef to put it in the oven when it is ordered as they are made individually. I must use local produce and fair-trade products where possible. I used local Lincolnshire eggs in the cheese sauce and the chopped tomatoes I used were organic. This appealed to my client. I also used British cheese and local milk

Organoleptic qualities

500g lean lamb mince

This is the main ingredient which is in my tomato sauce this gives a meaty flavour to the dish and texture. If the lamb was not there it would lack in flavour and texture this would also have a lack of bulk products and it will not be as filling

3 Aubergines

These act as a barrier to separate the two sauces they have a similar function as pasta would have in Lasagne. These add colour and a soft texture to the dish. This is also the bulk of the dish which makes it filling. The aubergine is essential in this dish as this contrasts with the two sauces.

4tbsp Tomato puree

This adds richness to the meat sauce this also complements the cheese sauce as this cuts through the richness as tomato puree is quite sour in taste.

1 can of chopped tomatoes

This is also the main bulk of the tomato sauce, this adds liquid to the sauce and richness of the tomatoes. If there was no tomatoes their would be a lack of flavour and nothing to complement the strong lamb flavours in the sauce

3 Garlic cloves

This adds flavour to the meat sauce this also complements lamb flavours in the sauce. This also adds aroma to the Moussakka. Garlic and lamb are good together as they complement each others flavours.

1onion

This adds texture to the meat sauce and flavour onion complements meat flavours. This is quite a subtle flavour when cooked so it does not taste as bitter as it does when eaten raw.

Oregano

This is added for flavour and colour in the meat sauce. This complements the tomato and the meat in the sauce.

150g Parmesan

This is used as the main flavour in the cheese sauce, parmesan is quite a strong cheese so this gives the cheese sauce a nice flavour which complements the tomato sauce

100g Flour

This combines with the butter to act as a thickener in the cheese sauce this gives the cheese sauce a nice smooth texture and soaks up any excess liquid in the sauce.

50g Butter

This adds a glossy look to the cheese sauce and this also reacts with the flour to make a thickener for the sauce. This also adds richness and seasoning as it has a salty flavour

500ml milk

This is the main liquid ingredient for the cheese sauce this combines the cheese flour and butter together which makes it thick.

1 egg

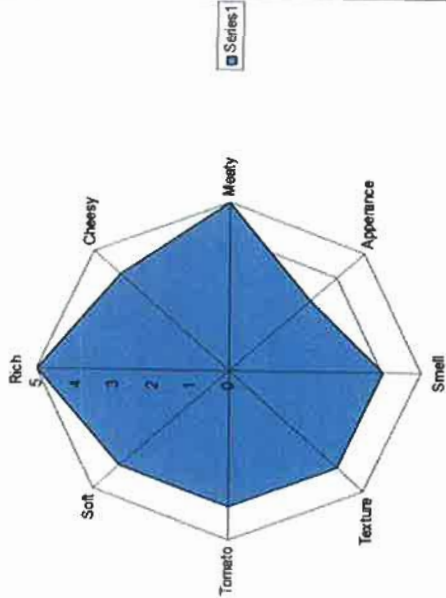
This adds glossiness to the cheese sauce, when the Moussakka bakes this slightly sets the cheese sauce which gives it a good mouth feel and texture to the dish.

50g Cheddar Cheese

This is used to decorate the top of the Moussakka when it bakes it melts the grated cheese on top which makes it look appealing

Salad to serve

This is served for presentational reasons, this adds color to the dish. This makes the dish look more presentable on the plate. If I did not serve salad the Moussakka would look boring on the plate.



My Moussakka looked appealing when I presented it as it was served in a individual dish with a side salad. It smelt meaty which gave of a nice aroma. The texture of the Moussakka was really nice, the aubergines gave a soft texture which complemented the smoothness of the cheese sauce. The meat sauce also complemented the cheese sauce the tomato sauce cut through the richness of the cheese sauce. The cheese sauce had a appealing mouth feel this was because of the egg added gave it a smooth texture. The lamb mince gave a richness to the tomato sauce which complemented the aubergines as aubergines have a lack in flavor.

This dish applies to my task as it firstly contains two types of cheeses to promote the cheese society. I used mature cheddar and parmesan in this dish. This meets the needs of the task I have been set. My client wanted something easy to prepare in order to have a prompt service in the restaurant. As these are made individually they can be stored ready made in the fridge until it is ordered. This means less preparation when food is ordered so there is no delay

Development

This is limited to development ideas however I could present this differently for example serving each component part separately rather than all together. I could also use a different vegetable to layer in the dish like courgette or I could even use potato. I could use a different cheese in the cheese sauce to improve the flavour.



The Moussakka had a crisp top as I added grated cheddar cheese for color and texture. As the cheese sauce sets, the egg in this enables the sauce to set slightly which is good for presentation as it stops it running and bubbling over the sides of the dish. The cheese sauce was made by a roux sauce this is where you combine flour and sugar in a pan then this acts as a thickener when you add the liquid

The meat sauce is the main bulk of the dish as it contains the lamb mince which gives the flavor. The meat sauce also contains chopped garlic and onion and tomatoes. I also added oregano for color and flavor.

The aubergines are sliced salted washed and fried to give them color before they are layered to separate the meat and cheese sauce. These add color to the dish and texture.

I also added slices of tomato to the salad to add additional colors to the plate to make it look more attractive and appealing to the customers.

The salad adds color to my dish. This also increases the nutritional value of the dish. I did not want to serve vegetables with this as it already has aubergines inside. I used a variety of lettuce leaves on the plate as I think this makes it look more attractive as it gives a variety of different colors instead of just using one type of lettuce

Design idea 3

White chocolate and raspberry tart served with chocolate hearts and whipped cream



Ingredients

Pastry
 175g plain flour
 30g cocoa
 50g caster sugar
 ¼ of a teaspoon salt
 125g unsalted butter
 1 large egg yolk
 1 tablespoon of iced water

Filling
 50g white chocolate
 250g mascarpone
 100ml double cream
 500g raspberries

Decoration
 100g raspberries
 25g icing sugar
 100ml double cream
 50g milk chocolate

This meets my clients needs as it is firstly a dessert and this is what my client wanted me to include and desserts when designing my dishes. This dish is not that popular which gives the target group something different to try which may appeal to them more. This also meets my client's needs as this product contains cheese which is needed as it is being served in conjunction with the cheese society. My client did not want to just serve main dishes so this is why I designed a desserts to be served. This dessert fitted in with the Royal William's average price range for a dessert which was £3.50. This was because there was not a lot of really expensive ingredients however there might be a slight increase in the price as raspberries are more expensive when they are not in season.

What my client thought

My client thought that this dish was well presented. He liked the way I used chocolate shapes to make the plate look presentable. He said that the pastry was crisp and complemented the soft sweet filling. He said that the raspberries cut through the sweetness of the filling as the white chocolate gave it the sweetness.

Method

- Put flour cocoa salt and sugar in food processor and pulse to blend. Cut up the butter and add until the mixture goes clumpy. Beat iced water and the yolk together add slowly until it all binds equally.
- Work dough together and make two balls wrap them in cling film let it rest in the fridge for 30 minutes.
- Roll out and shape the pastry in the individual tins then freeze them for 30 minutes this stops the pastry rising when it is cooking.
- Pre heat oven at 180c and cook for 10-15 minutes
- Melt chocolate and in a separate bowl bind the mascarpone and cream together then add the cooled chocolate.
- Add to the pastry tarts and place the raspberries on the top a store in the fridge.
- Melt the milk chocolate and then spread it out on non stick baking paper and chill until it is hard.
- Whip up the double cream
- Put raspberries in the blender then add the icing sugar and pulse.
- Pipe the cream on to the plate. When the chocolate is hard get a heart shape cutter and cut the chocolate. Then place these on to the piped cream.
- With baking paper make a funnel add the coulis in to this and dap droplets on to the plate for presentation.

Food designed and produced must be to a very high Standard- My client thought the white chocolate tart was to a very high standard as it contained high quality ingredients and he also said that I presented it well on the plate. He liked the way I used chocolate hearts as this made the dessert look more interesting. He also liked the way I piped the cream on the plate instead of just placing it on the plate. This added technique and this also makes the dish look more presentable. He thought the raspberry coulis made the plate look appealing as I dotted it instead of just placing on the plate.

The food I design and produced must be able to be served at a cheese themed week in conjunction to the cheese society- My client thought my mascarpone tart matched this specification point as it contained mascarpone cheese so this makes my product relate to the cheese society. It is also stated in my task that each dish must contain cheese.

I must consider designing and producing both main dishes and desserts- Although my client wanted to focus mainly on savory dishes he did not want to leave desserts out as he thought it would be interesting to also produce desserts using cheese as he thought he might attract more of a target group if he included desserts as well as main dishes.

Dishes I make must be suitable for a wide range of people- My client said that my white chocolate and mascarpone tart is a dessert which is not that common so people will be more likely to try something new. This is suitable for most of the people who eat in the restaurant except for vegans as it contain dairy products such as cheese and chocolate.

Dishes I design and make will be hot or cold- This relates to this specification point as this product is served cold as a chilled dessert.

Dishes must be prepared well in advance- The White chocolate tart can be made in advance you can make it and leave in the fridge until it is needed, this only leaves you to decorate the plate to serve it on. My client also said that this is easy to prepare when the restaurant is busy.

The food I serve must be individual portions—this can be served as an individual portion as it is made in individual pastry tins, you could also make this larger and slice it however this does not look as attractive.

Dishes I make will be batch produced-My client said this product is simple to make in batch production as everything can be made in advance and can be stored in the fridge until it is needed to be served.

Each dish must contain cheese- This is stated in my task that each dish should contain cheese my client thought it would be necessary to produce desserts containing cheese as well as main dishes. Each main dish must be served with vegetables and carbohydrates- This is not applicable to this design idea as this is a dessert and this specification point is targeting main dishes that I may produce later.

Food must be of a luxury standard using high quality ingredients.- My White chocolate tart contained Green and blacks cocoa which is classed as a high quality chocolate producer.

Needs to be of a good standard to be served in a restaurant- I used good quality products to make my dish to a good standard. I used green and blacks cocoa which is a good chocolate producer I used local eggs sourced in Lincolnshire. My client would like to produce further dishes which use local products as he believes this will also appeal to the target group as they would be supporting local farmers.

The dishes produced should be suitable for storing as a cook chill- This can be stored in the fridge once it has been cooked as it is served cold.

I must use local produce and fair-trade products where possible- The egg I used in the pastry was from my local butchers which gets their eggs from a nearby local farm.

Organoleptic properties

Pastry

175g plain flour

This is the main bulk ingredient in many pastries this provides gluten to make the dough form together. This also forms the structure of the dough when wet ingredients are added. This makes it become elastic.

30g cocoa

This provides the flavour of the chocolate pastry this also adds the brown colour to the pastry to reflect the flavour

50g caster sugar

This provides the sweetness to the pastry which counteracts the bitterness that the cocoa provides. Caster sugar is finer so it is not gritty in the pastry this provides a better texture to the pastry

¼ of a teaspoon salt

This is added for flavour

125g unsalted butter

This adds the richness to the pastry as it is high in fat this also gives a good mouth feel to the pastry this binds the dry ingredients together and sticks them together when it melts when the pastry is cooking

1 large egg yolk

This adds wetness to the pastry so everything can bind together. This can also add to colour if you are making a plain pastry however because my pastry was chocolate flavoured you would not see this colour in the pastry as the cocoa is a darker colour.

1 tablespoon of iced water

This binds the dry ingredients together to form dough so that the pastry can be formed in to shape and that it is kept together and does not break when being handled

Decoration

100g raspberries

The main flavouring to the coulis this provides tartness and a red/pink colour to the coulis which looks appealing when placed on a white plate. This also provides texture as there are seeds in the raspberries

25g icing sugar

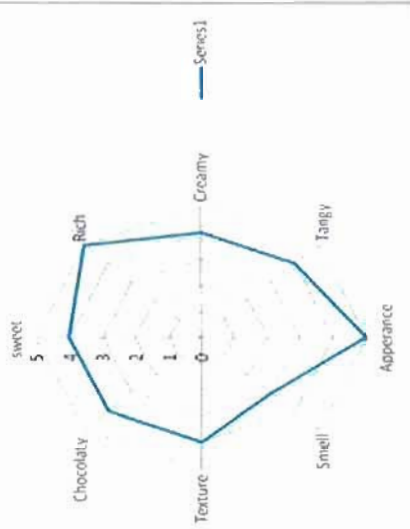
This sweetens the coulis so it is not too tart and overpowering the rest of the dish. Icing sugar is used instead of ordinary sugar as it is finer and gives the coulis a smoother texture

100ml double cream

This is used as an accompaniment to the tart this also can be used for presentational reasons as I piped it on to the plate to make it look more attractive. This also gives a good mouth feel as cream is high in fat content

50g milk chocolate

I used this to make my heart shapes to make the dish look more appealing this adds colour flavour and texture to the overall dish.



My tart was very rich this was because it has quite a lot of dairy products in it like mascarpone and the double cream. As these are high in fat this gave it a nice mouth feel. The crunchiness of the pastry complemented the soft texture of the filling. The raspberries cut through the sweetness of the filling as raspberries have a tart flavour to them. The appearance of my dish was appealing as I added chocolate shapes and piped cream to make it look more appealing to the target group. The pastry had a slightly bitter taste to it as I used strong cocoa this complemented the sweetness of the filling.

50g white chocolate

This is the main flavour for the filling; this also adds to the colour of the filling this gives a pale cream colour which is contrasted by the dark brown pastry. This also gives the filling sweetness.

250g mascarpone

This is the main ingredient for the filling this adds texture and flavour to the filling. This gives a good mouth feel as it is smooth which is created by the fat content of the cheese

100ml double cream

This is added for texture and flavour; this gives a nice mouth feel as this also has a high fat content. This is also used as a thickener for the filling

500g raspberries

The raspberries are used for decoration on the top of the tart. This provides a tart flavor to contrast with the sweetness of the chocolate. This also gives the dish color which looks appealing when served on the plate

Development

This has lots of ways in which it could be developed. Firstly I can change the flavour of the filling to milk chocolate or a different flavour like lemon. I can also change the fruit which is served on top of the tart. I can change the flavour of the pastry by adding orange zest in to it. I could also use different coulis to present by dish.



To make the chocolate shapes I melted the chocolate and placed it on baking paper which I then put in the fridge to set the chocolate. I then cut out the hearts with a cutter. This makes this dish look more appealing to my customers and this also makes it look more exciting.

Once I whisked up the double cream I decided to pipe it on to the plate as this makes it look more interesting and more presentable then I placed my chocolate shapes upon the cream to make it look appealing. The cream creates a good texture as it is high in fat.

I decided to dot my coulis around the tart as this looks interesting and adds more excitement on the plate. I created this by using greaseproof paper and making it into a funnel this then allowed me to dab small dots of coulis on to the plate rather than a line of coulis or serving it in a dish

The dark coloured pastry was created by the cocoa which I added this provided a bitter chocolate flavour to counteract the sweetness of the white chocolate in the filling.

The raspberries add colour to the dish which will attract my target audience. This also counteracts the sweetness of the filling as raspberries are quite sour this also cuts through the richness of the cheese and cream.

Design Idea 4

Goats cheese stuffed chicken breast wrapped in Parma ham served with tomato salsa and duchess potatoes



Ingredients

- 1 chicken Breast
- 2 slices of Parma ham
- 75g goat's cheese
- Thyme
- 1 can of tomatoes
- 1 onion
- 2 gloves of garlic
- Sugar
- Salt
- Pepper
- Fine beans
- 1 carrot
- 50 ml milk
- 50g Butter
- 2 potatoes

Method

- Pre heat oven at 180c
- Prepare the vegetables by washing a chopping the carrots in to batons top and tailing the garlic and fine beans. Chopping the onion finely. Peel wash and chop potatoes in to cubes.
- Make a pocket in to the chicken breast then stuff it with the goat's cheese and thyme. To make sure the cheese does no escape wrap the 2 slices of Parma ham around the chicken breast then place in a tin foil parcel drizzled with olive oil this makes sure the chicken is kept moist.
- Place in the oven for 20 -25 minutes
- Put potatoes on to boil on a medium heat once cooked drain them and mash with the butter then add the milk to make the potatoes smooth.
- Fry off the onion and garlic until soft then add the tomatoes and sugar and simmer for 20 minutes until thick.
- Boil beans and carrots
- Place the mash potatoes in to a piping bag and pipe on to a baking tray put these in a coven at 200c until golden brown.
- To serve place sauce in to a round cutter so that it forms a shape on the plate. Stack the carrots and beans on the plate then place the chicken and the duchess potatoes on the plate to serve.

This dish meets my client's needs firstly because it contains cheese which is needed as I am promoting the cheese society at a themed week. He also wanted me to concentrate on main dishes more than desserts as he says these are sold more than desserts in his restaurant. This dish cost me £5.45 to make so this is within the average cost of a main dish served at the Royal William. This dish is also becoming increasingly popular in restaurants which will attract my target group. This dish is Italian, my client wanted me to design dishes from different cuisines so that it makes the themed week more interesting

What my client thought

My client thought this dish was suitable to be served in his restaurant as it is suitable for pub food. He said that the tomato salsa complemented the goat's cheese stuffing well and gave the chicken more flavour. He liked the way a presented the potatoes as it made the dish look more interesting n the plate.

Food designed and produced must be to a very high Standard- My client thought that this dish was to a high standard because it was presented well and was tidy on the plate. He also said that stacking the vegetables made the dish more appealing. The food I design and produced must be able to be served at a cheese themed week in conjunction to the cheese society- My client thought this dish matched this specification point as it contained goats cheese so this makes my product relate to the cheese society. It is also stated in my task that each dish must contain cheese.

I must consider designing and producing both main dishes and desserts- My client wanted to focus mainly on savory dishes as he believed that main dishes are more popular than desserts. However he still wants me to produce desserts in this design section.

Dishes I make must be suitable for a wide range of people- My client said that my stuffed chicken is now widely eaten in restaurants so this will appeal to most of my target group and is suitable for most of the people who eat in the restaurants except for vegetarians as it contains meat.

Dishes I design and make will be hot or cold- This relates to this specification point as this product is served hot as a main dish.

Dishes must be prepared well in advance- The stuffed chicken can be made in advance as it can be left in the fridge until it is needed to be cooked, however it is not a dish that can be well prepared in advance as everything needs to be warmed up and cooked correctly.

The food I serve must be individual portions—this can be served as an individual portion as it is served on the plate as an individual portion. It would be unnecessary to serve it other than an individual portion

Dishes I make will be batch produced-My client said this product is simple to make in batch production as most things can be made in advance and can be stored in the fridge until it is needed to be served. However some components need to be prepared fresh

Each dish must contain cheese- This is stated in my task that each dish should contain cheese my client thought this dish matched this point well as it contained goat's cheese

Each main dish must be served with vegetables and carbohydrates- This dish contains vegetables and carbohydrates this makes this dish nutritionally balanced as it contains little fat. Food must be of a luxury standard using high quality ingredients.- The chopped tomatoes I used were organic which makes them a better quality as they have not been sprayed with pesticides. This appeals to most people as they believe organic is better as no chemicals have been used free range chicken ensuring quality.

Needs to be of a good standard to be served in a restaurant- My client thought this dish was presented well which would be good enough to be served in his restaurant. He liked the way the vegetables were stacked and the way the sauce was served

The dishes produced should be suitable for storing as a cook chilli- This can be stored in the fridge before everything has been cooked, however most components of this dish have to be prepared and cooked fresh

I must use local produce and fair-trade products where possible- The chicken was sourced from my local butcher which always appeals to people as they believe they are supporting the community by eating local meat. The tomatoes I used were also organic as I have mentioned above

Organoleptic Properties

1 chicken Breast

This is the main component part to the dish. This provides HBV protein and this also holds the goat's cheese stuffing inside of it. Once the Parma ham is wrapped around the chicken it adds colour to the dish.

2 slices of Parma ham

This adds colour and flavour to the dish. Parma ham has a distinctive salty taste to it as it is a cured meat this complements the chicken as chicken can lack in flavour. This also complements the cheese stuffing.

75g goat's cheese

This is the main ingredient for stuffing the chicken; this provides texture and a creamy flavour to the dish. The creamy flavour is from the fat content from the milk which is produced in to cheese; because of this fat content it also gives an appealing mouth feel as it has a smooth texture

Thyme

This is added for fragrance and colour when you cut in to the centre of the chicken you see the green thyme leaves. The thyme leaves have a distinctive herby taste and fragrance which complement the goats cheese

1 can of tomatoes

This is the main ingredient for the tomato sauce this gives the tomato flavour and this also adds a bright red colour to the dish.

1 onion

This adds texture to the tomato sauce this also adds to the flavour. When onions are cooked down they have a slightly sweet taste to them which complements the richness of the tomatoes

2 gloves of garlic

This is used to flavour the tomato sauce as this gives a sweet flavour to it.

Sugar

The sugar brings out the flavour of the tomatoes this also complements the other flavours in the tomato sauce

Salt /Pepper

This is to season the sauce so that it increases the flavour

This dish was very highly flavoured by the tomato sauce this complemented the saltiness of the ham. The goat's cheese went well with the tomato sauce as these two ingredients work well together. This dish had a variety of textures, the potatoes were very smooth where as the ham was crispy as it has been baked in the oven. The vegetables gave a slight crunch to the dish and the tomato sauce has a smooth mouth feel. I think this dish looked good when presented as I used a variety of different ways to present each component part.

Development

I can develop this by changing the stuffing to a different cheese or flavour. I can also change the meat used for example I could use pork instead of chicken. The sauce could be changed to a different flavour and I could also use different potatoes. I can also use different vegetables, and consider different stuffing for the meat

Fine beans

These are used for colour and accompaniments for the dish. These add nutritional value to the dish, and colour and texture these are also placed next to carrots which also enhanced the appearance of the dish.

1 carrot

I chopped the carrots up in to batons so that they would be able to stack up with the beans so that they were presented nicely. These add nutritional value as carrots are high in vitamin A

50 ml milk

This is added to the potatoes to make them creamy so they have the consistency to be piped through a piping bag, the milk also gives them a nice smooth texture

50g Butter

This is used to flavour the potatoes as this contains salt, this also makes the potatoes richer

2 potatoes

This is used for the duchess potatoes this is used as a carbohydrate in the dish carbohydrates are used for energy and they are a main staple food





I decided to stack the tomato salsa in a circular shape as I thought this would look tidier on the plate. I achieved this by using a tin circular cutter which I compressed the sauce in to make the shape.

I placed parsley on top of the chicken to add some colour so that it looked more presentable

I stuffed the chicken with goats cheese and thyme this adds to the mouth feel and flavour to the chicken the thyme also adds a fragrance to the dish

The Parma ham adds colour and flavour to the dish. Parma ham is salty as it is a cured meat. This added flavour to the chicken as chicken can lack in flavour on its own.

I decided to make duchess potatoes rather than mash potatoes as I thought this showed more skill and look more appealing. I achieved this by piping the mash on to a baking tray and cooking them until they went golden brown. This also added colour to the plate

I stacked the vegetables together so that the colours complemented each other on the plate. I also thought this would look more interesting rather than just placing them as normal

Design Idea 5

Beef stew topped with cheesy bread



Ingredients

For the bread

- 600g strong plain flour
 - 1 packer dried yeast
 - 5 g butter
 - Pinch salt
 - 10g sugar
 - 400ml warm water
- #### Cheese to top
- 200g cheese for the bread

For the stew

- Flour
- 600g Lean beef
- 2 carrots
- 2 parsnips
- 200g mushrooms
- 2 tbsp tomato paste
- 300ml beef stock
- 300ml Red wine
- Bay leaf
- 1 onion
- Green beans

What my client thought s

My client thought this dish was a really good dish to serve in a restaurant as it is popular and appeals to most people as this is a comforting dish. He also said he liked the way I presented it because it looked tidy. He said that the bread complemented the flavors well as it soaked up all the meat juices. He said that the gravy was nice as it was meaty and rich and he liked the wine used in the gravy as it added a nice flavor and complemented the meat.

Method

- Add strong plain bread flour to the bowl rub in the butter and add the salt, yeast and sugar and cheese. Get 400ml of luke warm water making sure it is not too hot otherwise it kills the yeast. Add this slowly to the dry ingredients and mix until it becomes a dough.
- Place dough on a floured board and knead for 15 minutes this activates the yeast and makes the dough glutenous. Make the bread dough in to shapes or roll out in to a baguette shape and leave on the top grill with the oven on this provides enough heat to make the bread rise this needs to be left for at least 30 minutes. After bake at 200oc for 15 minutes until the bread sounds hollow when it is tapped.
- Fry of the meat in oil and flour in batches. Then add the chopped vegetables to the same pan so that the vegetables are enhanced by the meat flavours. Then add the meat back in with the bay leaf and add the stock, wine and tomato paste. This needs to be put in a oven at 160oc for 1,30 hours to stew so the meat is tender.
- To serve grate cheese and top on a slice of bread and grill until golden place this on top of the stew and serve with green beans



My stew had a very rich and meaty flavor to it which was soaked up by the vegetables in the dish. My dish had a very soft texture as the meat has been stewed which means the meat was very tender. My stew smelt really nice and rich the bay leaf also gave it an aroma when cooking. The bread which was served on top was grill with cheese on top this gave a crunchier texture to contrast with the softness of the meat. My stew was presented well as I decided to serve it in individual dishes rather than just placing it on the plate which may look untidy

Food designed and produced must be to a very high Standard. My client said this was presented to a very high standard. He also said that I used high quality ingredients to make this dish as I used meat from my local butcher rather than from the supermarket

The food I design and produced must be able to be served at a cheese themed week in conjunction with the cheese society. My client said this could be served at a cheese themed week as it contains cheese in the bread and on top of the bread

I must consider designing and producing both main dishes and desserts. My client says that this applies to this specification point as this is a main dish which could be served in his restaurant.

Dishes I make must be suitable for a wide range of people. My client said that this is suitable for a wide range of people as this is quite a popular dish in pubs as it is known as "pub food". He also said that this will appeal to the target group more as it is comfort food

Dishes I design and make will be hot or cold. My client said that this applies to this specification point as it is served hot.

Dishes must be prepared well in advance. My client said that this is good for preparing in advance as the stew can be made and then warmed up when it is needed and the bread can be made in advance.

The food I serve must be individual portions. My client said that this applies with this specification point as this was served in an individual dish which made it look more presentable.

Dishes I make will be batch produced. This can be batch produced as it can be made in large quantities before it is served. This is also good for when the restaurant is busy it can be all prepared ahead of time

Each dish must contain cheese. My client said that this applies as it contains cheese in the bread and I also topped the bread with cheese and placed under the grill

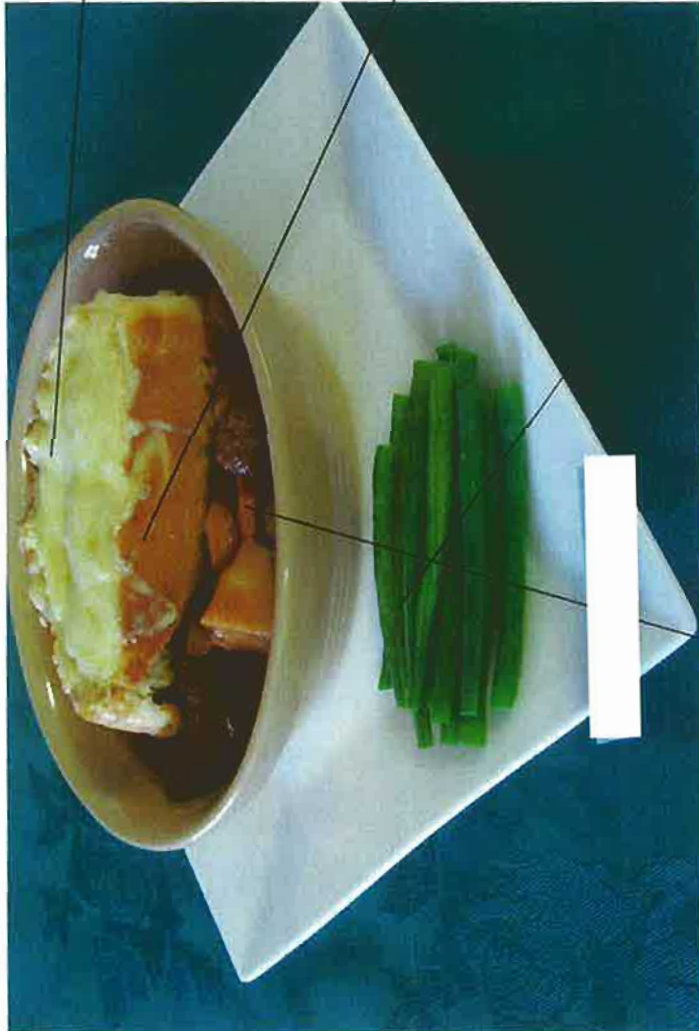
Each main dish must be served with vegetables and carbohydrates. This dish contains both vegetables and carbohydrates as bread is classed as a carbohydrate product and there was vegetables in the stew as well as the green beans which were served on the plate

Food must be of a luxury standard using high quality ingredients. My client said that this is to a luxury standard as I used local meat from my butchers which appeals to my target group. I also used British Cheddar cheese.

Needs to be of a good standard to be served in a restaurant. My client said that this was presented well enough to be served in his restaurant as he thought that the dish looked and tasted to a very high standard

The dishes produced should be suitable for storing as a cook chill. My client said that this dish is suitable for a cook chill dish as this can be made and stored until someone orders it in the restaurant, he also said this is able to be reheated as it is served as an individual portion and will not dry out as it is quite a wet product

I must use local produce and fair-trade products where possible. I used local meat which was supplied by my butcher I also used British cheese.



I decided to top the bread I made with cheese as I thought this may look more presentable than just placing plain bread on the top. This also gave color to the dish. When this was grilled it gave a slightly golden brown color to the bread which looks appealing.

The bread I made has cheese inside it to give more flavor to the dish. I thought plain bread would be a little plain and not give enough flavor. This dish also needs to contain cheese. Making the bread contained a lot of processes like kneading and proving which takes time to get it correct. It is important that the bread rises so it has a light texture and is not heavy.

I decided to serve green beans with my stew as this gives the overall dish color and makes it look more presentable and appealing to the eye. This also increases the nutritional value as vegetables contain vitamins which are needed in our diets.

The stew contains Lean beef, carrots, parsnips, mushrooms, beef stock and red wine and onions. When the stew is cooked slowly the vegetables take in all the meat flavors which made it have a rich flavor. The red wine gives it a slightly fruity flavor which complements the meat well.

For the bread

600g strong plain flour

This is the main bulk ingredient for the bread this make the dough stretch as it contains gluten which provides the dough with elasticity.

1 packet dried yeast

This is the ingredient which makes the bread rise this is activated by the warm water. Without the yeast the bread would be unable to rise and their would be no ingredient to produce the air in the bread to make it light

5 g butter

This is used for flavor so that the bread does not taste plain this also provides salt for the flavor

Pinch salt

This is used for flavor similar to the butter and what it is used for. Without the salt the bread would taste bland and have no flavor to it

10g sugar

The sugar is used to activate the yeast so that the bread is able to rise and produce air bubbles to make it light and not stodgy.

400ml warm water

This binds the dry ingredients together to make dough and this also activates the yeast as yeast needs to be warm to be activated to do its job

Cheese to top

This is used to present my dish. I decided to grill cheese on top of my bread to make it look more presentable when served; this gave it a better flavor which complemented the stew well

200g cheese for the bread

This was used inside my bread to give it a cheese flavor this also gave my bread color which looked appealing.

For the stew

300ml beef stock

This was used for the main ingredient for the gravy this gave the stew a meaty flavor

300ml Red wine

This added the liquid to the gravy this also gave the stew flavor and a richness which complemented the meat flavors. The Alcohol cooks out of the wine and then leaves the rich fruity flavor

Flour

This is used to fry of the meat, this soaks up the meat juices from the pan which is then used in the gravy later. This also will thicken up the gravy.

500g Lean beef

This is the main ingredient of the dish this provides HBV protein and flavor to the dish

2 carrots

This is also used to bulk my dish out the also provides flavor and color to the stew

For the stew

2 parsnips

This is also used to bulk my dish out and also provides flavor and color to the stew

200g mushrooms

This is also used to bulk my dish out and also provides flavor and color to the stew. These also soak up flavors

2 tbsp tomato paste

This adds richness and a deep red color to the gravy

Bay leaf

This is used for fragrance and aroma

1 onion

This is used for texture and flavor in the stew this softens when it cooks and becomes sweet

Green beans

These are served as an accompaniment to the dish to add color to the dish. This also increases the nutritional value as green vegetables contain Vitamin A

This dish meets my client's needs firstly because it contains cheese which is needed as I am promoting the cheese society at a themed week. He also wanted me to concentrate on main dishes more than desserts as he says these are sold more than desserts in his restaurant. This dish cost me £5.45 to make so this is within the average cost of a main dish served at the Royal William. This dish is also becoming increasingly popular in restaurants which will attract my target group. This dish is Italian, my client wanted me to design dishes from different cuisines so that it makes the themed week more interesting.

Development Ideas

I can develop this idea by changing the topping to something different for example cheesy mash or a cobbler topping. I can also change the meat in the stew to something different. If I decide to keep the bread topping I can change the bread flavor. I can also change the flavor of the gravy to something different.

Design idea 6

Mushroom and spinach Ravioli



Method

Add flour to a bowl and mix the six eggs in to the flour then add the olive oil until a dough is formed then leave to rest for 30 minutes. Prepare the spinach and mushrooms. Mix all the filling ingredients together making sure the mushrooms are chopped finely and fried. Roll out the pasta by going through each stage until it is thin enough without it breaking. Cut out circles with a cutter and egg wash the sides add a small amount of filling. Seal together making sure all the air is out of the ravioli. Boil for 2-3 minutes. Add the stock butter and 50g of parmesan to the stock and bring to the boil. To serve place ravioli in a bowl and pour the sauce on top serve with shavings of parmesan.

Ingredients

- 600g Pasta Flour
- 6 eggs
- 2tbsp olive oil
- 400g Ricotta
- 400g spinach
- 200g Mushrooms
- Salt
- Pepper
- 250g Parmesan
- 50g Parmesan
- 50 butter
- 200ml vegetable stock

Client's thoughts

My client thought this was a good design idea as pasta dishes are quite popular in restaurants such as the Royal William. He said that this could be served at a themed week in conjunction with the cheese society. He really liked the way this was presented in a bowl instead of on a plate. He said that the light sauce complemented the richness of the cheese filling. He said that he liked the way that the pasta was al dente and not too soft. He also said that the tomatoes added colour to the dish. The appearance of the dish could have been enhanced with more colour in the sauce, or by colouring the pasta

Summary

My pasta was really nice as I cooked the pasta al dente so it wasn't too soft. The filling was very rich and cheesy this was complemented by the light sauce which was served with it. My pasta looked appealing to the eye when presented on the plate, I added parsley and tomatoes to garnish as I thought this would make the dish look more colourful. The filling had a nice mouth feel as it was smooth in texture and very rich. This is because of the high fat content in the cheese used.

600g Pasta Flour

This is the main bulk which forms the pasta. This produces the gluten and the elasticity of the pasta.

6 eggs

This is used in conjunction to the flour to form dough. The eggs also give the pasta the pale yellow colour.

2tbsp olive oil

This binds the ingredients together and makes sure that the dough is the correct texture for rolling

. This also is used for flavour and colour

400g Ricotta

This is the main ingredient for my pasta filling this provides moisture and the cheese flavour. This also provides a good mouth feel as it is smooth

400g spinach

This was used for colour and flavour in the filling. Spinach is also a good source of iron

200g Mushrooms

The mushrooms flavour the filling and give a nice texture to the filling so it is not too smooth. This is also the main flavour of the filling

Salt /Pepper

This is used for flavour as the filling needed seasoning. Salt and pepper is commonly used to season food

Parmesan

This flavoured the filling as well as the sauce as it was used in both component parts

50 butter

This gave a glossy look to my sauce this also provides flavour and a smooth mouth feel from the fat content.

200ml vegetable stock

This was the main base of my sauce, this provided flavor and the liquid for the sauce

Food designed and produced must be to a very high Standard. My client said that this was produced to a high standard as I used good quality ingredients. He also said that this was presented to a high standard.

The food I design and produced must be able to be served at a cheese themed week in conjunction with the cheese society. My client said that this can be produced in conjunction with the cheese society as this contains ricotta and parmesan cheese in this dish.

I must consider designing and producing both main dishes and desserts. This applies to this specification as pasta is served as a main dish in a restaurant.

Dishes I make must be suitable for a wide range of people. Pasta is a popular dish in restaurants this means most of my target group would have tried a similar dish before. This is also a vegetarian dish.

Dishes I design and make will be hot or cold. This dish is served hot so this applies to this specification point.

Dishes must be prepared well in advance. This dish can be made in advance as the ravioli can be prepared before it has to be served. This is good as the restaurant can get busy.

The food I serve must be individual portions. This is served in individual portions when served pasta cannot really be served anyway else

Dishes I make will be batch produced. This can be batched produced before the dish needs to be ordered as everything can be made in advance.

Each dish must contain cheese. This dish contains cheese as it contains ricotta and parmesan in the dish. This means it can be served in conjunction with the cheese society

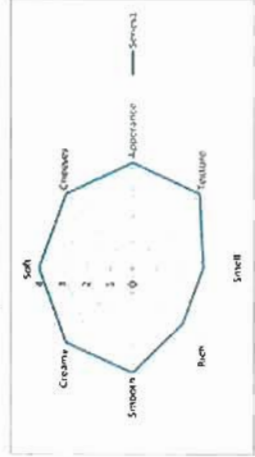
Each main dish must be served with vegetables and carbohydrates. Pasta is classed as a carbohydrate, this dish also contains spinach and mushrooms in the filling which are classed as vegetables however you would not serve vegetables on the side of a pasta dish

Food must be of a luxury standard using high quality ingredients. My client said that I used high quality ingredients to make this dish as I used two types of cheeses and I used local eggs to make my pasta

Needs to be of a good standard to be served in a restaurant. My client said that this was presented to a good enough standard to be served in the restaurant

The dishes produced should be suitable for storing as a cook chill. This dish is not really suitable for cook chill as the pasta is fresh so it cannot be recooked

I must use local produce and fair-trade products where possible. The eggs I used to make my pasta were local from Lincolnshire this appeals to my target group



The pasta is the main ingredient of this dish as it is a carbohydrate which provides energy. The Ravioli is filled with ricotta, mushrooms spinach and parmesan. This is sealed in by an egg wash which seals the pasta circles together to prevent them from splitting and leaking the filling when they are cooked.



The Tomato is used for presentational reasons; this gives colour to the dish and makes it look more appealing to the eye of my target group. Without colour this dish could look plain and not look attractive. It is therefore important to consider how more colour can be incorporated in the pasta or sauce.





I used parmesan shavings to present my dish as I thought it would make it look more appealing to my target audience and represent the flavour of the filling.



The parsley was used to give my dish more colours to make it look more appealing to the target audience. Without the colour of the parsley and tomatoes this dish would look rather plain and bland

The sauce I made was made from vegetable stock parmesan butter and seasoning this was warmed together until it thickened slightly this had a light texture and was not too rich as it needed to complement the richness of the filling

Development
I could develop this dish by changing the filling to something different for example using meat in the filling rather than vegetable based. I could also use a different vegetable like butternut squash. I could develop the sauce by changing the flavour to a tomato sauce instead of a stock based sauce. I could add different flavours to the pasta like spinach this will also make the pasta a green colour.

Client needs
This meets my client's needs as he wanted me to concentrate on main dishes more than desserts. He says that he sometimes gets vegetarians eating in the restaurant and this dish can be served to a vegetarian as it contains no meat. This dish contains cheese this means it can be served in conjunction with the cheese society to promote different cheeses. Pasta is also a popular dish so this means that my target group may try this as they are familiar with this type of dish. This dish also lies between the average price range that my client had in mind.

Design Idea	Picture	Strengths	Weaknesses	Meal specification points	Nutritional	Batch production in the kitchen	Development
Baked Chocolate cheesecake served with vanilla cream and raspberry coulis		Product had a good flavor. The raspberry coulis complemented the chocolate cheesecake well as it complemented the richness of the cheese used in the dish. Each component part complements each other and it looks appealing on the plate which is important as this will attract my target group. This is easy to serve up when the restaurant is busy	This dish had a slightly hard texture rather than it being soft over too long so it had set too much. This also takes a long time to cook in the oven.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Good standard <input checked="" type="checkbox"/> Served in conjunction to the cheese society and mains <input checked="" type="checkbox"/> Design both desserts and mains <input checked="" type="checkbox"/> Suitable for a range of people <input checked="" type="checkbox"/> Prepared in advance individual portions <input checked="" type="checkbox"/> Batch produced <input checked="" type="checkbox"/> Contain cheese <input checked="" type="checkbox"/> Luxury Standard <input checked="" type="checkbox"/> Fair-trade local produce <input checked="" type="checkbox"/> Cook chill 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> carbohydrate and vegetables 	This can be made in advance as this can be cooked then stored in the fridge until it is ready to be served to the customers	This can be developed by changing the flavor of the filling to a different chocolate flavor for example white chocolate or dark chocolate. This also could be fruit flavored with a lemon filling. Also accompaniments can be considered
Mousabka		This product contained a variety of component parts. This also looked appealing as it looked like something you would be served in a similar pub like the Royal William	This takes time to make as you have to layer everything. You also have to wait until your cheese sauce has cooled until you add the eggs as this can scramble them if it is hot	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Good standard <input checked="" type="checkbox"/> Served in conjunction to the cheese society and mains <input checked="" type="checkbox"/> Design both desserts <input checked="" type="checkbox"/> Suitable for a range of people <input checked="" type="checkbox"/> Prepared in advance individual portions <input checked="" type="checkbox"/> Batch produced <input checked="" type="checkbox"/> Contain cheese <input checked="" type="checkbox"/> Luxury Standard <input checked="" type="checkbox"/> Fair-trade local produce <input checked="" type="checkbox"/> carbohydrate and vegetables <input checked="" type="checkbox"/> Cook chill 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> carbohydrate and vegetables 	This can be batch produced as everything can be done in advance then be cooked later when it is ordered this also makes it easier as it is in individual portions. This will be stored in the fridge when cooled until it is needed later on.	I can develop this by layering with a different product like potato or corgetta. I can also use different cheeses in my sauce to give a stronger or milder flavor. I can also use a range of vegetables and vary the meal
White chocolate, raspberry and mascarpone tart		Each component part works together and complements each other. This looks presentable on the plate when it is served which appeals to my target group	It is difficult to see when the chocolate pastry is cooked as you can't see when it is golden as it is dark because of the cocoa this makes it easy to burn	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Good standard <input checked="" type="checkbox"/> Served in conjunction to the cheese society and mains <input checked="" type="checkbox"/> Design both desserts <input checked="" type="checkbox"/> Suitable for a range of people <input checked="" type="checkbox"/> Prepared in advance individual portions <input checked="" type="checkbox"/> Batch produced <input checked="" type="checkbox"/> Contain cheese <input checked="" type="checkbox"/> Luxury Standard <input checked="" type="checkbox"/> Fair-trade local produce <input checked="" type="checkbox"/> Cook chill 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> carbohydrate and vegetables 	This can be done as batch production as these can be made in a large batch and then stored in a fridge until they are ordered these also do not need any cooking as they are assembled, and can be eaten cold	I can change the flavor of the pastry by adding lemon zest or orange zest. I can also change the flavor of the cheese and chocolate filling by adding milk chocolate. I can consider different accompaniments for my dish and different ways of decoration
Goats cheese stuffed chicken wrapped in Parma ham served with tomato salsa and piped potatoes		All the component parts worked well together especially the stuffed chicken with the tomato salsa. The duchess potatoes had a nice smooth texture which worked well with the chicken	Timing was quite difficult with this dish as many component parts were involved I had to time everything to make sure that things were cooked correctly.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Good standard <input checked="" type="checkbox"/> Served in conjunction to the cheese society and mains <input checked="" type="checkbox"/> Design both desserts <input checked="" type="checkbox"/> Suitable for a range of people <input checked="" type="checkbox"/> Prepared in advance individual portions <input checked="" type="checkbox"/> Batch produced <input checked="" type="checkbox"/> Contain cheese <input checked="" type="checkbox"/> Luxury Standard <input checked="" type="checkbox"/> Fair-trade local produce 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Prepared in advance 	Some of the component parts can be made early like the tomato salsa and the vegetables and chicken can be prepared however you cannot cook these until ordered	I can change the filling in the chicken to a stronger or milder cheese. I can also develop the types of potatoes I use. The salsa has also a chance of being developed I can also investigate different stuffings for my chicken

<p>Beef stew served with cheesy bread</p> 	<p>This appealed to my target group as it was more of a rustic pub dish. My client also liked this as it tasted nice and he liked the way it was presented on the plate.</p>	<p>This takes a long time to stew as it is a slow cooking dish. It also takes a long time to prove the bread.</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> carbohydrate and vegetables <input checked="" type="checkbox"/> Cook chill <input checked="" type="checkbox"/> Good standard <input checked="" type="checkbox"/> Served in conjunction to the cheese society <input checked="" type="checkbox"/> Design both desserts and mains <input checked="" type="checkbox"/> Suitable for a range of people <input checked="" type="checkbox"/> Prepared in advance <input checked="" type="checkbox"/> Individual portions <input checked="" type="checkbox"/> Batch produced <input checked="" type="checkbox"/> Contain cheese <input checked="" type="checkbox"/> Luxury standard <input checked="" type="checkbox"/> Fair-trade local produce <input checked="" type="checkbox"/> carbohydrate and vegetables <input checked="" type="checkbox"/> Cook chill 	<p>This can be produced in batch production as the bread can be cooked before the dish needs to be served and the stew can be kept in the oven on low as it will not dry out.</p>	<p>This can be developed by using different cheeses to flavor the bread or flavoring the bread differently by using herbs. I can also consider different meats and toppings.</p>
<p>Ricotta Spinach and Mushroom Ravioli</p> 	<p>This looked appealing on the plate when it was. This also had complementary flavors which went well together. The pasta was a dentle with a flavosome filling.</p>	<p>I thought that the pasta was too thick around the edges as it was difficult to judge the thickness when rolling the dough out. Also some of the ravioli fell as some were too thin.</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Good's standard <input checked="" type="checkbox"/> Served in conjunction to the cheese society <input checked="" type="checkbox"/> Design both desserts and mains <input checked="" type="checkbox"/> Suitable for a range of people <input checked="" type="checkbox"/> Individual portions <input checked="" type="checkbox"/> Contain cheese <input checked="" type="checkbox"/> Luxury standard <input checked="" type="checkbox"/> Fair-trade local produce 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Prepared in advance <input checked="" type="checkbox"/> Batch produced <input checked="" type="checkbox"/> carbohydrate and vegetables <input checked="" type="checkbox"/> mCook chill <p>This cannot be produced really as batch production as pasta has to be made fresh as it can dry out, however the filling can be mad in advance</p>	<p>I can develop this by changing the filling by adding meat or using a different flavor for a filling. I can also change the sauce to a tomato based one or a cheese sauce. I can also change the color of the pasta or even the flavor. As pasta can be formed in different shapes I can change the shape of the pasta I make.</p>

Summary

I have decided to develop my beef stew topped with cheesy bread as this meets the most of my specification points and my client thought that this was the best dish out of my six ideas to be served in the pub as it is very rustic which appeals to most of my target group who eat in the Royal William. This also gives me a lot of ideas which I can develop for example I can model and trial different flavours in the bread. I can also change the fillings in my stew for example I can change the meats which I use in my stew I can use lamb, chicken. I can also use vegetables as this will cater for vegetarians. It is also possible to use fish. I can develop some accompaniments to go with my stew as I did not serve any with my original design idea. My client enjoyed this dish and he rated this the highest out of all the dishes I have made. I can totally change the toppings I use in my stew however the dish will have to still contain cheese as the dish I design and develop has to represent the cheese society. I can produce a crumble topping, a savory muffin topping and can also use a cobbler topping which contains cheese.



I can develop different accompaniments for example I can produce a potato side dish.

This can be changed to a different topping like a crumble or cobbler topping or the flavours could be changed in the bread

With the filling I can change the meat I use and I can also change the flavors of the sauce.

Feedback from client

My client said that this dish was the best dish out of all six design ideas as this met all the specification points and appealed to my target group the best as it is seen as a rustic pub dish. He also said this dish gives me a variety of different ways in which I can develop this dish to improve it. My client said that he liked this dish as it was comforting to eat and very rich and tasty. He also added that I can use more local produce with this dish as the meat can be sourced locally and so can the cheese which I use

Possible ideas

1. Different proteins used in the filling (Fish, Pork, Lamb, Chicken) I can also use vegetables for a vegetarian dish
2. Change the sauce used with the meats I decide to use for example a mint gravy with lamb, white sauce with chicken and fish
3. Develop accompaniments to be served (Duchess potatoes used in design ideas 4 cheesy masi)
4. Change bread flavours (by using stronger or milder cheeses, adding other flavors to bread)
5. Change toppings used (Savory cheese muffin , crumble topping, Cobbler, dumplings)

Investigation in to fillings

Development 1

Pork stew
My client thought this was rich and had a very flavoursome gravy which complemented the pork. He said the pork was very tender and soft. He liked the way I incorporated vegetables in this as he said these soak up the juices and give the stew a very rich and flavoursome gravy. He also said the colour of the stew was very appealing.

- C. Ingredients pork stew filling**
- 1 Onion
 - 1/2 carrot
 - 1/2 Parsnip
 - 200ml beef stock
 - 200ml red wine
 - Salt
 - Pepper
 - 1 table spoon of tomato puree
 - 1 pork steak (175 g)

Method for the white sauce dishes
Dice the chicken up and chopped the mushrooms fry off in a pan until brown. For the fish place in a tin foil parcel and bake for 10 minutes. To make the white sauce place butter and flour in a pan and cook off until it shoves in to a ball it is important that you cook this off as it will give a floury texture to your sauce if you don't. Add the milk and whisk all the time until it thickens add seasoning. Dived the sauce in to half and add the fillings to this.

- B. Ingredients fish and white sauce filling**
- 250 ml milk
 - 25g butter
 - 25g flour
 - Pepper
 - Salt
 - Plain white Haddock steak

Stews can have many different flavours so I am going to decided to develop different flavours of stew which I may take further in to my investigation. I also decided to make fillings as I could have taken these further.

Method for the stew
Dice the meat up and coat in seasoned flour Fry off then add the chopped vegetables fry off then add the stock and red wine for the lamb dish also add the mint sauce at the is point. Add in a table spoon of tomato puree. Place in the oven for 1 1/4 hours until meat is soft



Fish and white sauce filling
This was my client's least favourite development idea. He said that the fish was moist and went with the white sauce but he said it needed something adding to the sauce to flavour it more as it was a little plain and bland. He said he would have liked the sauce a little thinner as he thought it was too thick. I can achieve this by adding more milk to the sauce to thin it down

Sustainability
The meat that I brought from my local butchers was local meat from Lincolnshire. However the fish I brought was from a supermarket so this was not sourced locally. I could improve the sustainability by making sure I buy as much as possible locally as this reduces air miles. However this can be difficult with some ingredients like wine as this is produced in different countries.

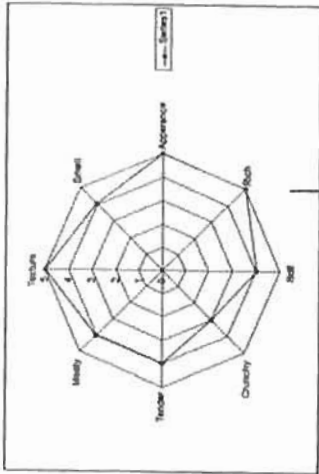
Modifications and improvements
The filling have can be improved by making sure the meat is stewed longer for more tender meat as this will slowly break down the structure of the meat and the gelatine in the meat makes it soft. My client thought my vegetables could be chopped a little finer as they were quite large chunks. To improve the white sauce dishes I would add more seasoning to the white sauce as I and my client thought it was a little bland. I could also add different flavours into the white sauce to complement the other components. For example I can add lemon and parsley to the fish filling as these flavours are used to complement white fish.

- D. Ingredients chicken and mushroom filling**
- 100g Mushrooms sliced equally
 - 25g Flour
 - 25g Butter
 - 250 ml Milk
 - Pepper
 - 100g Chicken chopped in equal pieces

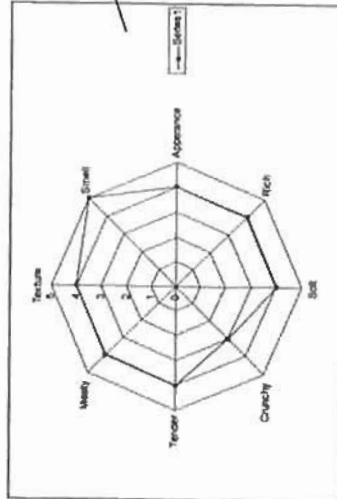
Chicken and mushroom filling
My client liked this development idea as he said that mushrooms and chicken complement each other well. He said the mushroom also gave the white sauce more flavour and colour. He liked the flavour of this idea as he said that the mushrooms gave the dish a lot of flavour which complemented the chicken as chicken has little flavour and can be bland on its own. The texture of the sauce was a little thick however this can be adjusted by adding more of the milk to thin it out.

Lamb stew
My client really enjoyed this filling and he said this was his favourite along with the pork stew. He said he liked the mint sauce I incorporated in to the stew as the mint sauce complemented the lamb flavours well. He said that the lamb was very tender and soft which he would expect in the stew. He liked the flavours from the vegetables I added as this soaked up all the juices from the lamb which made my gravy very rich and flavoursome. He liked the textures of the different vegetables I used in the stew.

- A. Ingredients lamb stew filling**
- Lamb steak
 - 1/2 parsnip
 - 200ml beef stock
 - 200ml red wine
 - 1 Onion
 - 1/2 carrot
 - 1 table spoon of tomato

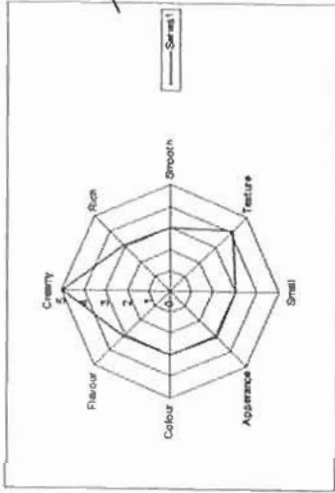


Lamb Stew
 My client really liked this dish as it was very rich and flavoursome as I used the pan to fry off the meat to make my gravy which gives the gravy a rich lamb flavour. He liked the mint sauce that I incorporated as this complemented the lamb flavours in the filling. By using vegetables like parsnip and carrots this allows them to take in the flavour from the gravy and become more flavoursome. The different vegetables in the dish gave the filling a varying texture. By cooking the stew for about two hours it allows the meat structure to break down and gelatinise which makes it tender.



Pork Stew

My client thought the pork filling was rich due to the gravy being rich as I used red wine to complement the other flavours. The vegetables complemented the stew very well as these soaked up the pork flavours of the gravy. However these could have been chopped up finer as the vegetables were too chunky. The textures were very nice in this stew as there was a varying texture due to the vegetables.

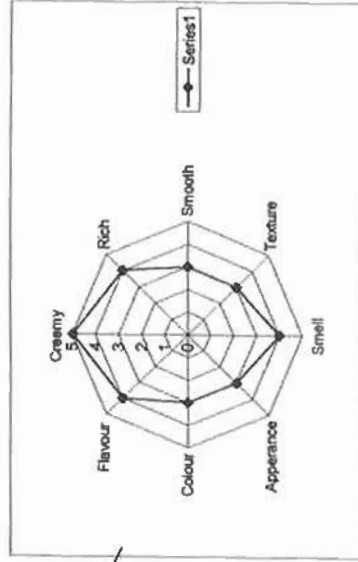


Fish and white sauce Filling

My client thought this was too bland as I do not think I put enough seasoning in it. I could improve this filling if I was to take this further by adding flavours in the sauce like lemon and parsley as this complements white fish well. The sauce was a little thick as I think I did not add enough liquid to thin it down. However this had a good texture and the sauce was very smooth and creamy. This filling did not smell that nice as it contained fish and some people do not like the smell.

Chicken and Mushroom Filling

The sauce was a little bland, my client did not think that I added enough seasoning to this. However the mushrooms flavoured the sauce more and the chicken gave the sauce more flavour. This filling had a good texture because of the mushrooms and chicken both have different textures. This filling smell appealing and looked particularly nice.



Conclusion

My client like both the pork and lamb fillings I made as he thought that these tasted the best and were very flavoursome. He also added that these two fillings would appeal the most to the people who eat in the restaurant. Overall I have decided to take these two fillings further in my investigation.

Investigation in to Breads

Development 2

Method

- Add all the ingredient in to a bowl except for the water and mix
- Add the warm water until it forms a dough and all the mixture comes together making sure it is not to wet
- Knead the dough for 15 minutes to activate the gluten in the flour.
- Divide in to rolls and place on to a greased baking tray and leave in a warm place for 1 hour (in the grill compartment with the oven on below)
- After the rolls have at least doubled in size bake in the oven for 15 minutes at 230c.
- To check they are cooked tap the bottoms if it sounds hollow then they are done

Introduction

I have now decided to investigate different flavors of breads which I could possibly serve with my desired filling from the previous investigation. Bread is a different form of carbohydrate which is not as commonly used in main dishes.

Mature Cheese and onion makes 2 rolls

160g strong plain flour
Pinch of salt
Pinch of sugar
5g butter
warm water
2g dried yeast
50g mature cheddar Cheese
25 g dried onion



Cheese and Rosemary makes 2 rolls

160g strong plain flour
Pinch of salt
Pinch of sugar
5g butter
warm water
2g dried yeast
50g Cheddar cheese
15g rosemary

Sustainability

Most of the ingredients used to make the bread were from England however some of the ingredients used were locally sourced. Sun dried tomatoes would have to be imported from a different country like Italy as sundried tomatoes are dried in hot countries in hot conditions so these would have not been manufactured in England, unless they were mechanically dried with machinery.

Modifications and improvements

When I used herbs I used dried herbs as I thought these may work better when making bread. However my client and both I thought they did not release any flavour so if I was to develop the breads which had herbs in them I would use fresh herbs rather than dried as this would give a better aroma and flavor. I also think that I would use less cheese in bread 1 as this was very overpowering as this was stronger than the other cheeses used in the other breads. I thought the tomatoes in bread number 2 were rather large so if I develop this bread forward I may cut them up a little finer so they are not as large.

Client's Comments on bread number 1

My client really liked the flavors and textures in this bread as the onion gave it a nice texture and the cheese gave the bread a strong flavour which complemented the onion flavour. However my client did say the cheese was a little overpowering and a little too rich. If I was to use this bread he feared that it may overpower the filling with its strong parmesan flavour. He also said the colour of the bread was rather plain compared to the other breads I made.

Cheese and Sundried tomato bread makes 2 rolls

160g strong plain flour
Pinch of salt
Pinch of sugar
5g butter
warm water
2g dried yeast
50g Cheddar cheese
25g sundried tomatoes

Cheese sage and Onion makes 2 rolls

160g strong plain flour
Pinch of salt
Pinch of sugar
5g butter
warm water
2g dried yeast
50g Cheddar cheese
25 g dried onion
15g sage

Client's comments on bread number 2

My client said that this bread looked very presentable when it was cut in half as the sundried tomatoes used to flavour the bread gave it colour which made the bread look appealing to the eye. He also said that the tomatoes gave the bread a nice texture as this made it more interesting. He liked the rich tomato flavour that the sundried tomatoes gave when you ate the bread he said this complemented the cheese well which was also used to flavour the bread. My client also stated that the cheese used gave a rich creamy flavour which complemented the sharp tomato flavour.

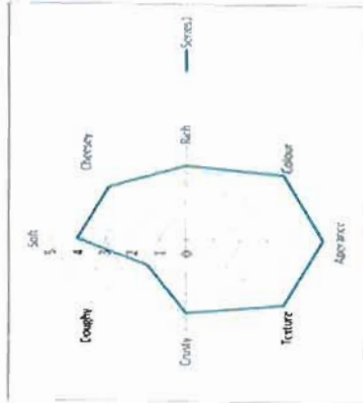
Client's comments on bread number 4

My client thought that this bread had a really nice texture from the onions and the crusty top of the bread. He also said that the herbs gave the bread colour which made it look more appealing. He liked the soft texture and the crusty top. My client also stated that this bread would go well with the pork filling as sage complements pork flavors well. He said that cheese and onion are a good complementation and that there were no overpowering ingredients in this bread.

Mature cheddar cheese and onion
 My client thought this bread was very cheesy as cheese gives a very strong flavour as it is quite a strong cheese. My client and I thought the onions in my bread gave a varying texture which made the bread more interesting to eat and a better mouth feel. Also the bread was crusty on the top which gave a nice texture which complemented the soft inside. I thought this bread was light and not stodgy, my client added that the bread was very nice in texture and light so it was not too filling. However this bread had not as good a color as my other breads so it did look a little colourless. If I was to develop this further I would use less cheese as this as I felt it was a little overpowering.



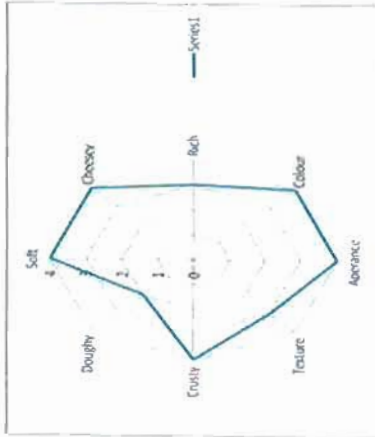
Cheese and sundried tomato
 My client thought this bread looked very attractive to the eye as the sundried tomatoes gave the bread a deep red colour where the tomatoes were. The tomatoes complemented the cheese and the tomatoes were not overpowering in the bread. The cheese gave this bread a rich flavour which contrasted with the sharp tomato flavour. This bread was crusty on top which then had a soft inside. The texture overall was very light and not heavy.



Cheese sage and onion
 My client thought this bread had a nice texture as the onions provided crunch as well as the crispy topping. This contrasted with the soft centre of the bread. The cheese and onion complemented each other well however the sage flavour did not come through the bread as it was dried and not fresh. If I was to develop this bread I would consider using fresh sage rather than dried as this may give a better aroma and flavour.



Cheese and Rosemary
 My client thought this bread was very cheesy however the rosemary did not give a lot of flavour as I used dried rosemary rather than fresh rosemary. However the rosemary did give the bread colour. The bread was very soft and light with a crusty top which gave it a very nice texture.



Conclusion
 In conclusion me and my client have chosen the two best bread made in this investigation which are the Mature cheddar and onion and the cheese sundried tomato bread. We have chosen two incase we want to model these out with the two best fillings later on if we decide to develop bread any further in to my investigation.

Investigation in to pastries

Method

- In a bowl rub the fats and the flour together until it produces a crumb
- Mix in the cheese and other ingredients except for the water.
- Then add the water slowly until it forms a dough.
- Roll out thinly and cut out circular discs.
- Bake at 200c for 10 minutes or until golden brown

C- Sun-dried tomato and cheddar cheese pastry

- 100g plain flour
- 25g butter
- 25g lard
- Water
- 15g Sun-dried tomatoes
- 25g cheese

C- Client's thoughts

My client thought that this pastry was very tasty as he said that the sun dried tomatoes gave the pastry a rich sharp flavor; however he did say the tomatoes needed to be cut up smaller as this would make it look more presentable and neater. He liked the golden color I achieved on the top of the pastry and he also added that the texture was crisp and flaky. He also said the red of the tomatoes made the pastry look more colorful and appealing

A- Cheddar and onion pastry

- 100g plain flour
- 25g butter
- 25g lard
- Water
- 25g cheese
- 15g onion

Introduction

I decided to also develop short crust pastries with different flavors. Pastry is a commonly used topping in main dishes. This gives me more decisions when I decide if I am going to take bread further in to my investigation or pastry.

D- Client thoughts

My client thought this pastry had a really nice short crumb texture. He said that the parmesan gave the pastry a strong cheesy flavor. He said the parmesan pastry disc had a nice appealing golden color which makes the pastry look more presentable when being served. However he added that it was a little strong if it was to be served with something else as it may overpower the other flavors in the dish if I was to bring this idea forward.



B- Client thoughts

My client thought that this pastry had a nice crumbly texture. He said the cheese I used gave a subtle flavor which was not too strong; he also said the onion gave the pastry a contrasting texture to the crumbly texture of the pastry. However he did say he could not taste the sage in the pastry that I used this could be because it is dried and not fresh sage which would have given a better fragrance and flavor. He said the onion used complemented the cheese in the pastry as these two ingredients complement each other well in dishes.

A- Client's thoughts

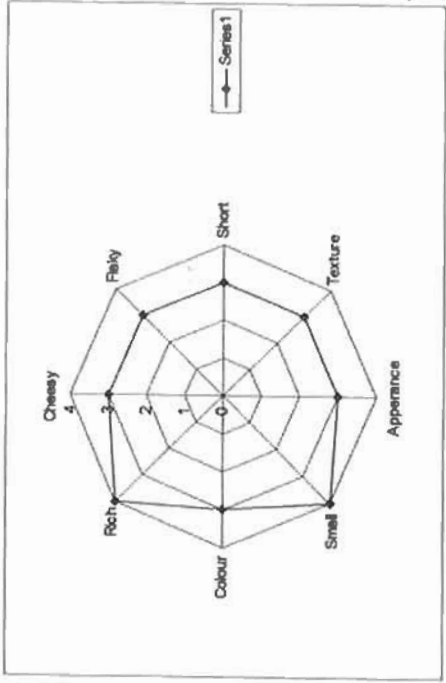
My client thought the cheese I used and the dried onion complemented each other well in the pastry. He also added that the pastry was the correct texture which was flaky and crisp like pastry should be. The pastry disc had a golden color my client said this makes it look presentable. My client said that the onion I used gave it a nice texture and a slight sweetness to the pastry which complemented the rich cheese flavor. He liked how you could see the melted cheese in the pastry he said this makes the pastry look more appealing to the eye.

B- Cheddar sage and onion

- 100g plain flour
- 25g butter
- 25g lard
- Water
- 25g cheese
- 5g sage
- 15g onion

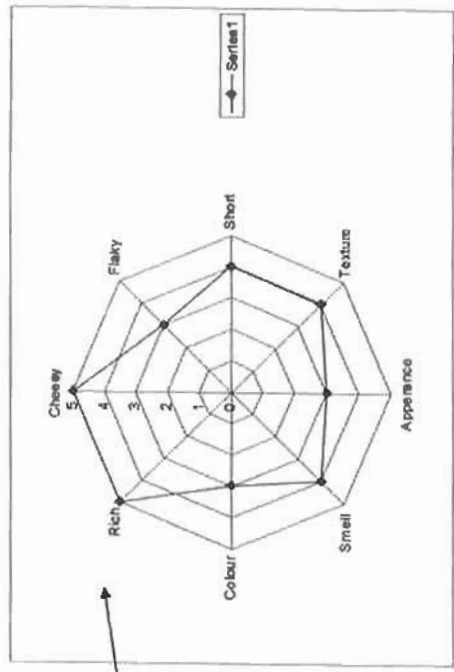
Sustainability

This development overall was not very sustainable as I used sun dried tomatoes which are made in Italy the result of this will increase my air miles this is also the same with the parmesan used as this is also made in Italy. However all my other products which I used were located in the UK which is not too bad. I could have tried to locate some of my ingredients locally like the cheese. However this may be difficult to do in Lincoln although there are some locally made cheeses that I could consider.

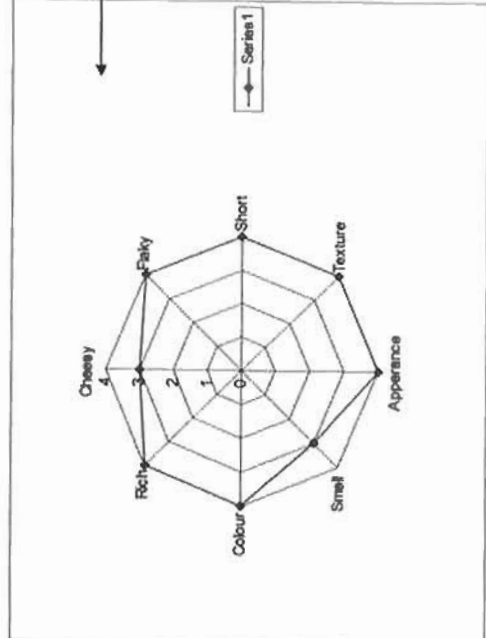


A- My client thought that this pastry was rich with the cheese and the onion together. The onion gave a sweet flavour to the pastry which complemented the rich cheese. My client thought the pastry was very flaky and had a short texture like pastry should have. However my client did say this pastry was lacking in colour as it looked rather plain and lacking in colour. He liked the way that you could see the cheese on the top of the pastry where it had melted when it had been cooking and it had a pleasant smell.

D- My client thought this pastry was very cheesy and a little too overpowering if it was going to be brought further in to my investigation as parmesan has a strong flavor. He also said that by using parmesan it made it very rich. He did not think this pastry was as flaky as the other pastries however it was still short in the texture. He also said this pastry was lacking in color and could have benefited if I left it in the oven a little longer to make it more golden.

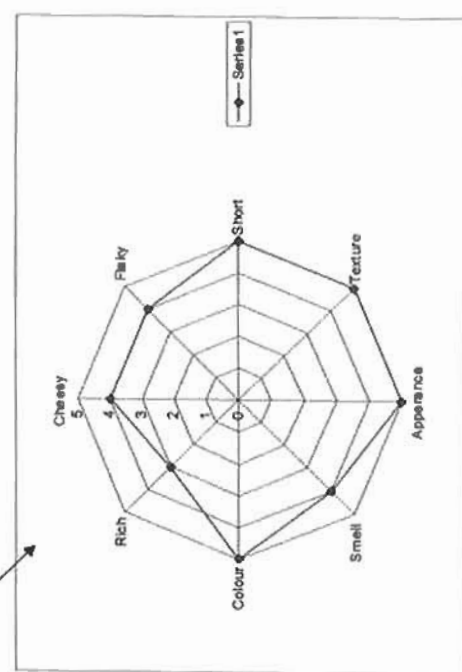


C- My client stated that this pastry was cheesy however it did not taste as rich because of the sundried tomatoes as the sharpness of these overpowered the cheese. He said this pastry had a good texture as it was flaky and short. He liked the appearance of this as it had color from the tomatoes which made it look more appealing than the others; however he said this could be improved by cutting the tomatoes slightly smaller to make it look more presentable to the eye. The tomatoes also gave the pastry a more interesting texture.



B- My client said that this pastry had a nice flaky and short texture. He also like the appearance of this pastry as it had more color as I added dry sage to the pastry. The sage also added color so the pastry which looked appealing to the eye. My client said the cheese and the dried onion complemented each other well however he could not taste the sage in the pastry.

Conclusion
In conclusion my client did not like the pastry toppings as much as the bread toppings made previously therefore I will not be taking these developments any further through my investigation



Investigation in to my two best fillings and two best breads

best breads

Development 4

Basic Method for filling

Dice the meat up and coat in seasoned flour

Fry off then add the chopped vegetables fry off then add the stock and red wine for the lamb dish also add the mint sauce at the is point. Add in a table spoon of tomato puree. Place in the oven for 1 1/2 hours until meat is soft

Bread

- Add all the ingredient in to a bowl except for the water and mix
- Add the warm water until it forms a dough and all the mixture comes together making sure it is not to wet
- Knead the dough for 15 minutes to activate the gluten in the flour.
- Divide in to rolls and place on to a greased baking tray and leave in a warm place for 1 hour (in the grill compartment with the oven on below)
- After the rolls have at least doubled in size bake in the oven for 15 minutes at 230c.
- To check they are cooked tap the bottoms if it sounds hollow then they are done

A - Clients thoughts

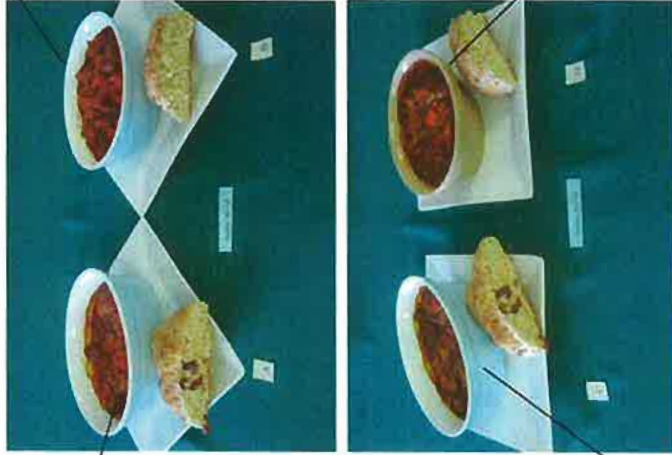
My client thought that the sundried tomato bread went very well with the pork filling as the sundried tomatoes complemented the gravy which had tomato puree and red wine in it. He also said the tomatoes gave more texture when eating the filling and bread together. He also said the filling had a rich meaty flavor which was complemented by the bread and the subtle cheese flavor it gave. However he did say that this bread could have done with more cheese incorporated in the bread as the cheese flavor got overpowered by the rich gravy.

A - Pork filling with cheese and Sundried tomato bread

- 1 Onion
 - 1/4 a carrot
 - 1/4 Parsnip
 - 200ml beef stock
 - 200ml red wine
 - Salt
 - Pepper
 - 1 table spoon of tomato puree
 - 1 pork steak (175 g)
- For the Bread**
- 160g strong plain flour
 - Pinch of salt
 - Pinch of sugar
 - 5g butter
 - Warm water
 - 2g dried yeast
 - 50g cheese
 - 25g sundried tomatoes

C- Lamb filling with cheese and sundried tomato bread

- Lamb steak
 - 1/2 parsnip
 - 200ml beef stock
 - 200ml red wine
 - 1 Onion
 - 1/4 carrot
 - 1 table spoon of tomato puree
 - Mint Sauce
- For the Bread**
- 160g strong plain flour
 - Pinch of salt
 - Pinch of sugar
 - 5g butter
 - Warm water
 - 2g dried yeast
 - 50g Cheddar cheese
 - 25g sundried tomatoes



C - Client thoughts

My client thought that this stew had a really nice flavor he said this came from the mint sauce I added as this complemented the rich lamb flavor of the filling. However he did say the sundried tomato bread was a little too strong in flavor to go with this stew as the sun dried tomatoes have a strong and bold flavor which did not go that well with the mint and lamb flavor of the stew. He liked the texture of the stew as the lamb was really tender and soft which gave a nice mouth feel.

B- Pork filling with Mature Cheddar cheese and onion bread

- 1 Onion
 - 1/4 a carrot
 - 1/4 Parsnip
 - 200ml beef stock
 - 200ml red wine
 - Salt
 - Pepper
 - 1 table spoon of tomato puree
 - 1 pork steak (175 g)
- For the Bread**
- 160g strong plain flour
 - Pinch of salt
 - Pinch of sugar
 - 5g butter
 - Warm water
 - 2g dried yeast
 - 50g mature cheddar cheese
 - 25 g dried onion

D- Lamb filling with Mature cheddar cheese and onion bread

- Lamb steak
 - 1/2 parsnip
 - 200ml beef stock
 - 200ml red wine
 - 1 Onion
 - 1/4 carrot
 - 1 table spoon of tomato puree
 - Mint Sauce
- For the Bread**
- 160g strong plain flour
 - Pinch of salt
 - Pinch of sugar
 - 5g butter
 - Warm water
 - 2g dried yeast
 - 50g mature cheddar cheese
 - 25 g dried onion

Introduction

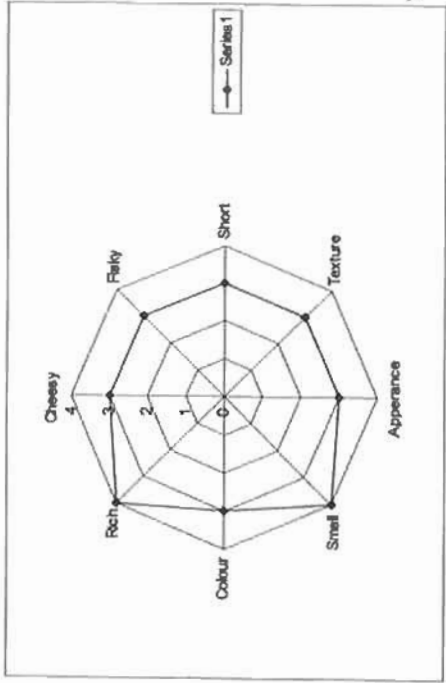
I have decided to model my two best fillings with my two best bread flavors to see which ones complement each other. I have decided to bring my bread developments further rather than my pastries as my client thought these looked better and also said that pastry is commonly used so they would like to try something different.

B-Clients Thoughts

My client thought this stew had a very rich and intense flavor. He said that the meat was very tender which gave a nice mouth feel as the meat was not chewy. He also added that this stew had a nice appealing color to it. My client thought the cheese and onion bread really complemented the rich filling and gave it more of an interesting texture. However he did say that it needed a little more cheese in the bread as the stew overpowered the cheese flavor with its strong meat flavor. He also added that it looked rustic and classic pub food which he would serve in his restaurant.

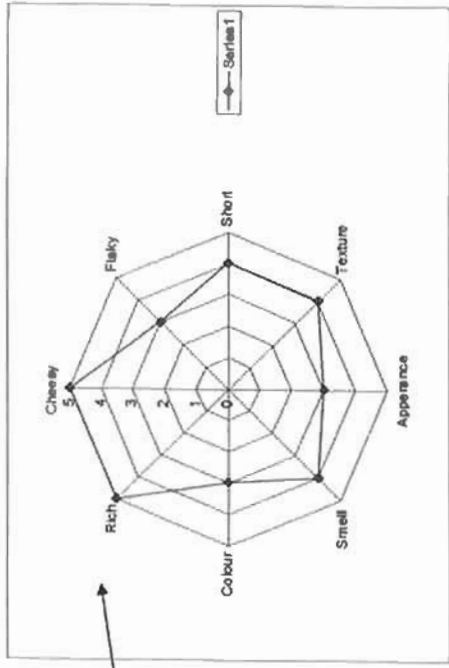
D- Clients thoughts

My client said this stew had a really nice flavor and really liked the way I incorporated mint in to the dish as he said this complemented the lamb flavor really well which enhanced the stew flavor. He also said this stew had a really appealing smell from the mint sauce used in the stew. He said the meat was very tender and soft which complemented the texture of the bread well when eaten together. He also said the cheese and onion bread complemented the filling as the bread had subtle flavors which did not overpower the stew. The onion used in the bread gave a slightly sweet onion taste which also complemented the lamb.

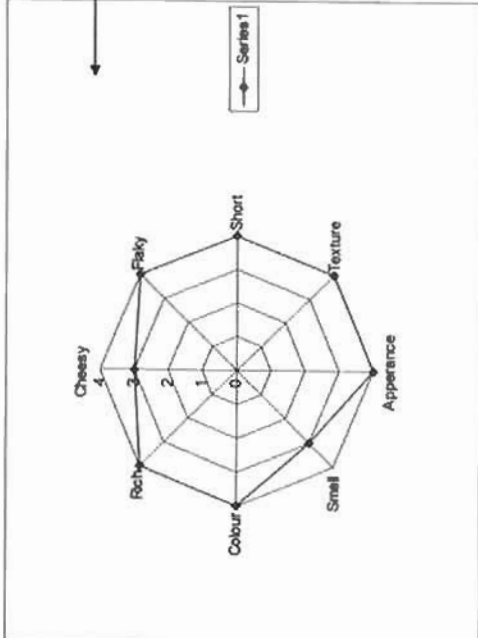


A- My client thought that this pastry was rich with the cheese and the onion together. The onion gave a sweet flavour to the pastry which complemented the rich cheese. My client thought the pastry was very flaky and had a short texture like pastry should have. However my client did say this pastry was lacking in colour as it looked rather plain and lacking in colour. He liked the way that you could see the cheese on the top of the pastry where it had melted when it had been cooking and it had a pleasant smell.

D- My client thought this pastry was very cheesy and a little too overpowering if it was going to be brought further in to my investigation as parmesan has a strong flavor. He also said that by using parmesan it made it very rich. He did not think this pastry was as flaky as the other pastries however it was still short in the texture. He also said this pastry was lacking in color and could have benefited if I left it in the oven a little longer to make it more golden.

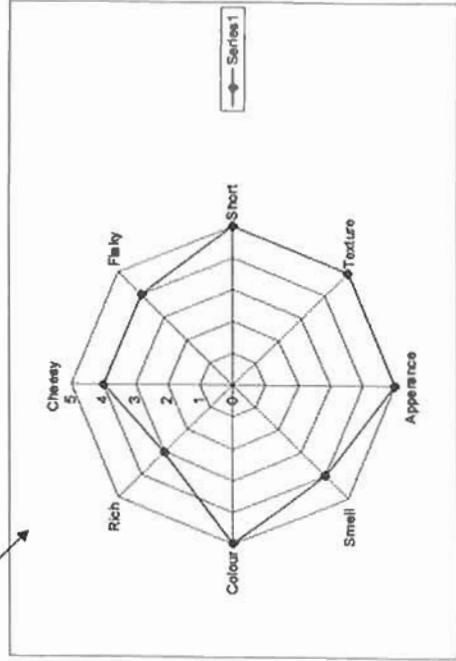


C- My client stated that this pastry was cheesy however it did not taste as rich because of the sundried tomatoes as the sharpness of these overpowered the cheese. He said this pastry had a good texture as it was flaky and short. He liked the appearance of this as it had color from the tomatoes which made it look more appealing than the others; however he said this could be improved by cutting the tomatoes slightly smaller to make it look more presentable to the eye. The tomatoes also gave the pastry a more interesting texture.



B- My client said that this pastry had a nice flaky and short texture. He also like the appearance of this pastry as it had more color as I added dry sage to the pastry. The sage also added color so the pastry which looked appealing to the eye. My client said the cheese and the dried onion complemented each other well however he could not taste the sage in the pastry.

Conclusion
In conclusion my client did not like the pasty toppings as much as the bread toppings made previously therefore I will not be taking these developments any further through my investigation



Final Design Proposal

Lamb and mint stew served in a cheese and onion bread bowl served with baton carrots and sugar snap peas



Method

- Mix dry ingredients and fat in a bowl for the bread
- Add the warm water gradually to the dry ingredients until it forms a dough which is not too soft
- Knead this for 10 minutes until smooth shape your bread in to shape and place on a greased baking tray
- Prove for 1 hour until the bread has doubled in size.
- Bake for 10 minutes until the bread is golden in colour.

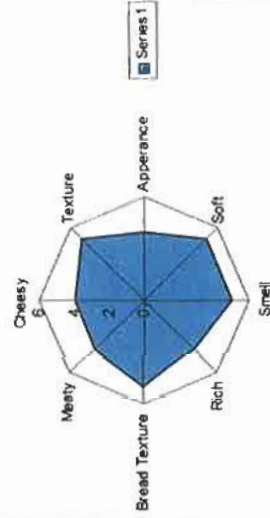
For the stew

- Dice the vegetables up in to small pieces
- Coat the lamb in seasoned flour and fry until brown in colour
- Add the chopped vegetables up and add to the pan with the meat and fry slowly until the onion softens a little
- Add the stock wine and mint sauce to the meat and vegetables and simmer on a slow heat for 1 1/2 hours until the meat is soft and tender and the vegables.

Ingredients

650g strong plain flour British
 7g yeast British
 15g butter Local
 5g salt British
 5g sugar British
 Warm water
 75g mature cheddar cheese British
 50g dried onion British
 1/4 lean lamb meat Local
 5 carrots Local Lincolnshire
 1 parsnip Local
 1 onion Local
 200ml lamb stock British
 50ml mint sauce British
 200ml red wine France
 Sugar snaps Not British, organic

Sensory Analysis of my final product



Client's thoughts

My client thought firstly that this looked very appealing on the plate and very rustic which appeals to him as he serves "classic pub food" in his restaurant. He liked the rich lamb flavour of the stew which was complemented by the mint sauce I added in to the meat gravy. He also said that the vegetables, in the stew were very soft and the lamb was very tender which gave a nice mouth feel as you do not want chewy meat in a stew. He really liked the texture of the bread with the stew as this gave contrasting textures which made the dish more interesting to eat. He thought the bread had a light airy texture and that the onion complemented the lamb very well when the bread was eaten with the stew. He said the cheese complemented the stew as it gave a subtle richness to the dish which did not overpower the stew. He liked the way I decided to serve two different vegetables of a different colour as this makes the dish look more appealing and more colourful.

Match to specification

Food designed and produced must be to a very high standard as it look very presentable on the plate and I used good quality ingredients which will lead to a high quality taste, it also added that the way I presented it in a bread roll makes it look to a higher standard as it is different. The food I design and produce must be able to be served at a cheese themed week in conjunction to the cheese society. My client thinks this dish can be served with conjunction to the cheese society as it contains mature cheddar cheese in the bread this shows how cheese can be incorporated in to different dishes. As it contains cheese this can be served at the themed week my chosen restaurant is holding I must consider designing and producing both main dishes and desserts. My client said that this is classed as a main dish as it is savoury, I decided not to carry on with desserts as I could design and produce main dishes with cheese easier than desserts as this also gave me a variety of development choices which I considered in my development stage.

Dishes I make must be suitable for a wide range of people. Stew is a dish which is very well known so people will be aware of this dish as it is popular so it is suitable for people who do not like cuisines from different countries. However my client said that it is not suitable for vegetarians as this contains meat

Dishes I design and make will be hot or cold. This dish is always served hot as it is a main dish and would not be served cold. This dish would not be nice served cold

Dishes must be prepared well in advance. My client said that this dish can be prepared well in advance as stew can be kept warm for a long time without drying out as it has a lot of moisture and bread can be baked before hand and be hollowed out in advance.

The food I serve must be individual portions. My client said this dish is served as an individual portion as the stew is served in individual bread bowls rather than a shared main. My client also added that individual portions are common in main courses as you do not go to a restaurant and share a main like you would in a sharing dessert.

Dishes I make will be batch produced. My client said that this dish is able to be made in large amounts for batch production as there is not a lot of component parts to make the stew can be made in large quantities and bread is easy to make in large quantities

Each dish must contain cheese. My client said that this dish does contain cheese as it contains mature cheddar which is in the bread so my dish meets this specification point

Each main dish must be served with vegetables and carbohydrates. my client said that this dish contains both vegetables and carbohydrates as vegetables are used in the stew as well as an accompaniment and bread is classed as a carbohydrate.




Food must be of a luxury standard using high quality ingredients. My client said I used high quality ingredients as I used local meat and locally sourced vegetables. Also I used mature cheddar which is to a better standard than normal cheddar

Needs to be of a good standard to be served in a restaurant. My client thought this dish was made and presented to a very high standard. He also said he liked the way I presented the stew as this made it look more appealing on the plate and more interesting

The dishes produced should be suitable for storing as a cook chill. My client said that the stew would be suitable to be stored as a cook chill dish however if you were to chill the dish as itself in the bread this could go soggy and reduce the standard of the dish. However each component can be stored as cook chill

I must use local produce and fair-trade products where possible. My client said that I used local produce where ever possible in this dish. My meat was locally sourced from the butchers and all of my vegetables were locally sourced in Lincolnshire. Every other ingredient was from Britain except for montout as this is not grown in England

Processes and techniques

Process technique	How it effected the outcome	Picture /evidence
Mixing of dry ingredients in to the bread mix	This makes sure that all the salt, sugar, yeast fat and the cheese and onion are mixed evenly throughout the mixture this makes sure that each bread roll has an even amount to ingredients in it	
Mixing the tepid water in to the mix to make a dough	This combines all the dry ingredients together to form a dough. By adding warm water this activates the yeast as it needs warmth to ferment and produce co2 to make the bread rise well.	
Kneading the bread	This develops the gluten so that the bread structure strengthens when it proves and has a light airy texture.	
Shaping/ proving the bread	This makes the bread look more presentable and the proving makes the yeast ferment and produce co2 to ensure a light textured bread.	
Chopping	By chopping up the vegetables small this makes them cook in less time and this looks more presentable when it is served.	
Stewing	This allows meat to tenderise by softening the connective tissue in the meat slowly so the it is not tough when it is eaten	
Baking	This cooks the bread and changes the bread structure so that it has a crusty top and a soft inside this also colours the bread a golden colour which makes it look presentable	

Function of ingredients and components

Bread

Strong plain flour - Main component of bread contains gluten which is developed when kneaded this gives the bread its airy texture
 Yeast - this makes bread rise and produce the light airy texture when activated as it ferments and produces CO₂ which form air pockets
 Water - used to activate the yeast moisture and heat for fermentation
 Salt - flavours the bread and develops the gluten in the flour
 Sugar - feeds the yeast for rapid fermentation and growth
 Fat - keeps the shelf life longer in bread and also used for flavour

Flavourings in bread

Mature Cheddar Cheese
 I added this in to the bread as it gives it a rich flavour and I had to incorporate cheese into my dish somewhere as my task states. This gave the bread a yellow colour and a moist texture.
 Dried Onion I used this as it complemented the cheese and the lamb in my stew it also gave a crisp texture to the bread which contrasted which the soft centre of the bread

Stew

Lamb- this was the main ingredient of the dish. This added the meat flavours and gave a nice texture to the dish as it tenderised
 Vegetables- these also added texture and flavour as the stew is left to simmer these soften and soak up all the juices from the meat which gives them an intense flavour. These also add colour and nutritional value
 Red wine this adds richness and colour to the stew and makes it flavoursome also red wine complements lamb well
 Mint sauce- I used this in my stew as it complements lamb well and adds more flavour to the stew. My client said he liked the mint sauce in the stew as it complemented the meat flavour very well
 Stock - this adds liquid to the stew this is needed so the meat can tenderise without drying out this also turns in to a rich gravy as flavours become more intense when the lamb is stewed



Mint garnish




I used a mint leaf to garnish the plate as it added colour and I used mint in my stew. As my stew was lamb stew I thought I would use mint to garnish as mint and lamb complement each other well. My client said this gave a good finishing touch to my overall dish




Vegetables



I used these to add colour in my dish as it may have looked a little colourless if I did not add them to the plate. This also increases the nutritional value of my dish as carrots contain vitamins C and A and sugar snap peas contain Vitamin B. Vitamins are essential to humans. Also my specification stated that I need to consider serving vegetables

Production Plan

I will be using batch production to produce my final product as I will be catering for a large amount of people for one week.

Picture/evidence	Process and timings	Quality Control	HACCP
	Delivery of ingredients 9.00am to 9.10am	Make sure that all ingredients are in date and that they are at the correct quality	Ingredients need be brought by someone you trust to prevent contaminants in food
	Storage of ingredients 9.10 am to 9.20am	This makes sure that food does not spoil. It is important food is kept at the correct temperature so that bacteria are kept to a minimum.	Food can spoil if not stored correctly meats dairy products and fats should be kept at 0-5c and vegetables and flour should be kept in cool and dry conditions and not low to the ground
	Weighing of ingredients 9.20 am to 9.30 am	This makes sure that everything is the correct weight in order to create the correct characteristics for example bread needs the correct amount of yeast to make it rise and be light and not heavy dough when it is cooked. This also checks for contaminants which could be physical chemical or biological.	Make sure there is no cross contamination between raw meats and other ingredients as this is biological contamination
	Add bread flour, butter, salt and yeast to a glass bowl and rub together 9.30am to 9.35am	This will make sure that all the ingredients are mixed equally so the yeast and other ingredients are equally distributed throughout the mix so that the product tastes the same throughout	Make sure bowl is dry and clean utensils are clean make sure any kitchen chemicals are out the way before cooking and surfaces are wiped down with a non toxic cleaning substance.
	Add warm water to this to forms a dough 9.35am to 9.40am	Make sure that the water is blood temperature any hotter will kill the yeast and will stop the bread from rising as the water if too hot will kill the yeast. Also make sure you add the correct amount for the correct texture for the dough as too much water can make dough sticky and difficult to work with this also will affect the overall quality.	Make sure the warm water is fully boiled before cooling it down as this will kill any bacteria which may be on or in the kettle. Boiled water can also burn so should be handled with care.

	<p>Knead for 10-15 minutes 9.40am to 9.55am</p>	<p>Make sure kneading is done to the correct time as this develops the gluten kneading it too little will make the dough heavy as the bread will not be able to stretch when cooked to develop the light texture.</p>	<p>Make sure your surface is clean before kneading the bread as this may contaminate the food</p>
	<p>Shape on a greased baking tray 9.55am to 10.05am</p>	<p>Make sure the dough has a smooth appearance before shaping. This gives the bread a nice finish and makes it look more presentable.</p>	<p>Make sure that the baking tray is clean and the oil you use to grease is fresh</p>
	<p>Prove for 30 minutes 10.05am to 10.35am</p>	<p>This activates the yeast to rise and gluten stretches this will make the bread light and airy. Ensure you prove it for the time stated as proving too long will make bread collapse and not leaving it long enough.</p>	<p>Using an oven to prove bread is hot so this can burn you</p>
	<p>Bake for 15 minutes at 200c 10.35am to 10.50am</p>	<p>Baking the bread sets the shape and gives the bread a golden colour with a crisp outside. This adds colour and texture. Make sure that you time the bread when it goes in as it can easily overcook which will reduce the quality. Check the bread is cooked by tapping the bottom to see if it sounds hollow.</p>	<p>The oven is set at 200c which is hot so this can be a hazard as this can burn you so ensure you are careful handling the oven</p>
	<p>Chop up all the vegetables 10.50am to 11.15am</p>	<p>Vegetables chopped evenly makes the dish look presentable this also makes sure all vegetables take the same time to soften as they are roughly the same size, this makes sure all vegetables are soft and not hard.</p>	<p>Chopping board needs to be clean before using it.</p>
	<p>Season the lamb in a bowl with flour salt and pepper 11.15am to 11.17am</p>	<p>Seasoning the meat ensures that the stew is seasoned and improves the flavour of the dish. Ensure the salt and pepper is mixed equally in to the flour.</p>	<p>Make sure the lamb is fresh and not contaminated. Before use make sure it has been stored correctly so you know it has not been contaminated by bacteria. There also could be contaminants in flour so also check the</p>

				date on this. Also do not cross contaminate
	Fry the lamb for 10 minutes until brown in colour 11.17am to 11.27am		This adds colour and seals the flavours. Make sure all meat is browned for even colour.	
	Add the chopped vegetables until they have reduced in size and softened a little. 11.27am to 11.40am		The onions should be fried until golden brown and soft and the other vegetables should be slightly softened this makes sure that they will be cooked and soft in texture.	Make sure there is no cross contamination.
	Add the lamb stock red wine and mint sauce to this and bring to a gentle simmer for 1.30 hours 11.40am to 1.10pm		Check the meat is soft and tender. Simmering on a low heat for a long time will soften the meat and make it tender this will also intensify the flavours.	Check ingredients are in date
	Bring a pan of water to the boil 1.10pm to 1.20pm		This will make sure when vegetables are added they will be cooked through	Make sure the pan is free of contaminants
	Add chopped baton carrots after 5 minutes add the sugar snap peas for 5 minutes 1.20pm to 1.25pm		Timing vegetables ensure that they stay colourful and crisp and do not go soft and soggy	Check all vegetables are clean and free from dirt
	Hollow out the bread roll by tearing the top off and hollowing out the middle in a round shape 1.25pm to 1.35pm		Make sure you hollow out in a circular shape and do not make any holes otherwise steam will seep out of the bread	
	Add the stew in the hollowed out bread and place the top of the bread on top of the stew. 1.35pm to 1.40pm		Add the stew carefully in the hollowed out part of the bread make sure you do not drip the stew outside of the hollowed out bit.	
	Serve up the carrots and sugar snaps 1.40pm to 1.45pm		This adds colour to the dish that I am serving and this looks more presentable by using two different colour vegetables. The carrots only want to be boiled for 5 minutes as they want to be served al dente if boiled for too long they will go soggy and colour will be reduced.	

Commercial Equipment



Bread Maker to make the bread

This is a quicker way of making bread as you just add the ingredients and leave it to make the rolls this will save time so that the chef can start to prepare other parts of the dish.

Slow cooker for the stew

This cooks the stew slowly this makes the meat tender as it is cooked slowly for a long time and it does not need to be watched constantly to make sure that it is ok as it is a gentle simmering heat. This keeps this component part moist so it does not dry out and saves the chef time as he does not have to prepare anything more as the stew is just kept warm throughout the service.



Steamer for the vegetables

This steams vegetables which will give them a slightly crunchy texture this is also better in nutritional value because if you boil vegetables in water Vitamin C present in vegetables is a water soluble vitamin



Oven

This will bake the bread rolls an industrial oven gives the chef more space to cook other things as he will be cooking for a large amount of people. This also gives the chef more space to cook food.



Digital scales

This will give the chef an accurate reading when measuring out ingredients these are accurate as they cannot be miss read. This is important when making bread because if ingredients are slightly out this will affect the quality of the bread.



Testing and Evaluation

Marketability in a pub

This product may be introduced in the autumn when it gets colder and people want hearty food. This may be introduced at a themed day like a cheese themed day where dishes contain types of cheese are sold to increase the popularity of the dish. The stew can be made in large batches to save money and can be served up for the next day and still be fresh. A stew is a typical pub dish and it provides comfort as it is a hearty dish. This would usually be eaten in the cooler seasons rather than the summer seasons so this may only be limited on the menu at typical seasons.

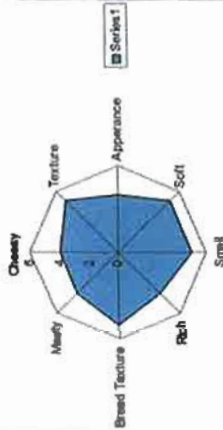
Marketability in a supermarket

I could adapt this product so that it could be sold in a supermarket. This would widen the target audience. Many different flavours may be developed so that this dish will attract a wider audience

Product Profile

A rustic lamb, root vegetable and mint stew served in a cheese and onion crusty roll served with sugar snap peas and mini baton carrots. Not suitable for vegetarians and this product contains gluten.

Sensory Analysis of my final product



Star Profile

A sensory analysis chart is a way of testing the quality of a dish. I use descriptors to describe the taste, texture and smell of a product. I use this test to assess the sensory attributes of the dish. I carried out a sensory analysis chart which is a way of evaluating a product from tasting it. I got my Client to taste my product and rate each descriptor a number 1 to 5, 5 being the best. I also asked him to give me any thoughts that he had about my product and any improvements he may have suggested.

Viscosity Testing

A viscosity chart is a series of circles which get larger as they go out. I put my stew filling on this chart to show the viscosity of it. I did not want my stew to go past the number two ring as this would have been too runny to serve in a bread roll as it would have gone soggy and would have reduced the quality of the overall dish.

To test the viscosity I firstly got a steel ring to place my stew in on the chart next I pulled the ring away to see how much the stew spread on the chart, this shows how runny or solid a component part is. I did this test so that I can test the consistency of my product and I would expect all of my stews to be at this consistency.



Viscosity testing of my stew

Quality of ingredients

When buying my ingredients I made sure that

- I brought my ingredient from a reliable supplier for example the lamb used in the stew was from my local butcher who sells locally reared meat
- I checked my ingredients when they arrived to the kitchen by checking best before/ use by dates. I also checked the temperature of the meat which should be between 0-5 c
- I also made sure packaging on products like vegetables were still sealed so I can be sure they are not contaminated
- When the ingredients arrived I stored them in my fridge until I needed them to prevent any spoilage.
- The fat I used in the bread had to be made sure that it was sealed to prevent rancidity

Quality assurance

To ensure the quality of my product I firstly checked all the use by dates on my ingredients before I started to cook. I also made sure that I chopped the vegetables evenly and the lamb chunks evenly so they cook evenly in the same period of time.

When making the bread I made sure that all the rolls were at an even size so that they cooked equally and this also makes sure that all portion sizes are consistent.

Target Market

This product was aimed to promote the use of cheese in dishes served at the Royal William pub. It was also aimed at people who regularly eat in pubs and enjoy hearty pub food. This product may also be served as a cook chill dish to be served in a supermarket. To attract my target audience I made my product hearty and rustic so that it fitted well in to a typical pub menu. My product was tested by my client which I worked with which was the head chef of The Royal William pub. He said that this would attract many of the people who eat in his pub and said that my final product would go down well as it is hearty food which is popular on their typical menu.

Testing against my specification

Food designed and produced must be to a very high Standard- This product contained quality ingredients and was presented well so this was produced to a high standard. I also decided to serve the stew inside the bread rather than slicing the bread on the side as this looked more presentable and to a better standard

The food I design and produce must be able to be served at a cheese themed week in conjunction to the cheese society. My dish contained Mature cheddar cheese in the bread therefore it can be served at the cheese themed week. I must consider designing and producing both main dishes and desserts – this dish is a main dish as it is savoury and has a main dish portion size. I decided to develop this savoury dish as it was best fitted to pub food.

Dishes I make must be suitable for a wide range of people- Stew is a popular heart dish eaten widely throughout England so people will be aware of the dish as it is nothing different which people are unaware of.

Dishes I design and make will be hot or cold- This dish is served hot therefore this meets this specification point

Dishes must be prepared well in advance- This dish was prepared well in advance as the bread can be made about 2 hours before it is needed and stew can be kept warm in a slow cooker

Each main dish must be served with vegetables and carbohydrates-. This dish was served with carbohydrates (bread) and also with vegetables (carrots and sugar snap peas) therefore my dish matches this point

Food must be of a luxury standard using high quality ingredients. I used local good quality ingredients which

contributed to the final quality of the dish

Needs to be of a good standard to be served in a restaurant- I believe my product was made to a high standard and was presented in a suitable way for "pub food" my client also agreed with this

The dishes produced should be suitable for storing as a cook chill- My stew is suitable as a cook chill dish as it can be reheated however the bread has to be made fresh everyday in order for it to maintain a high standard as it can dry out quickly

I must use local produce and fair-trade products where possible- To the best of my ability I used local and fair-trade products . however I used mostly local produce in my dish did not contain many ingredients which are available as fair-trade

Client's opinions

My client the head chef at The Royal William worked with me to develop this dish. He said that the pie was very good and would be very popular if they were to serve it in their restaurant as it is hearty pub food. He said that the stew had a very distinctive flavour from the meaty lamb chunks ,the mint sauce and red wine gave depth to the rich sauce. He also added that the bread was crisp on the outside but soft inside which gave my dish a varying textures, when eating. My client liked the way I presented my dish in a bread bowl he said this was very inventive and different way of presenting the dish. He felt that it would appeal to a range of customers and could be incorporated as part of the restaurant menu on a regular basis.

Summary

This project has been very successful and I have produced a final product that meets all of my clients needs and it is suitable for this establishment. This product would also be popular with the target audience as my client says that my dish could be served in his restaurant as it is a hearty dish and would be suitable to be served in a pub environment. My product has varying textures from each component part , the bread provides softness and a crusty texture whereas my stew is soft, rich and tender, all of these worked well together. This is a very easy dish to be served in a busy restaurant as the stew can be cooked and kept warm in advance and the bread can be stored once made fresh everyday. Only the vegetables which I serve will have to be cooked to order and the bread will have to be hollowed out when orders come in. The presentation of my dish was inventive and a different way of serving stew as I thought by serving the stew in the bread it will look more attractive on the plate. To finish I garnished the stew with a mint leaf to show that it was a lamb and mint stew. The product matched my specification very well as you can see this is because I tested and developed this product several times before making the final product. The final cost of the product per portion was £5. 10 this fits in with the average price of a main dish served at The Royal William £7.95, it is important that the pub makes a profit on what they make as they are a business this means they would make a profit of £2.85 if this was to be priced at the average amount. This product contains local produce which is important as The Royal William like to promote local produce in their pub. This project was successful and my dish could easily be served in a pub /restaurant like The Royal William.

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Raw material extraction

Most of my vegetables used in my product were local except for the sugar snap peas as these were sourced in Britain. My meat I used is local and it is farmed assured as I brought it from my local butcher. The wheat for the flour was grown in Britain. The only thing which was not sourced in Britain was the red wine as this came from France. When harvesting vegetables and wheat this will have an environmental effect as machinery used will need petrol which produces greenhouse gases like CO₂ which contribute to global warming. Also machinery like ploughs are expensive to buy and maintain as they may break down or they may need servicing. As most of my ingredients are sourced in Britain the transport costs will be relatively low as none of my ingredients are coming by aeroplane which means I have no air miles. However fuel is needed for Lorries to transport my ingredients to me and this can be expensive economically and environmentally as non renewable fuels are used to harvest the raw materials as well as to transport them. I think my product is reasonably sustainable as most things are British and sourced locally however the issue is the environmental costs of harvesting and production of the raw products.

Material Production

The dried onions I used in my bread may have been freeze dried this is a quick process which means electricity is not used for long. A lot of energy is used to make flour as this uses steel grinders to crush the wheat in to fine flour. First the wheat will be washed and dried before the grinding which uses electricity. Flour has waste which will be the inedible parts of the wheat which may be wasted or used for animal feed however there is less waste in whole meal flour as the bran is put back in to the flour rather than it being wasted so if I used wholemeal flour this would slightly reduce the waste. The grinding process used to make flour is a 24 hour production line as flour is a popular product so energy is used constantly. Electricity does not create the pollution it is the way electricity is made by oil and coal which creates CO₂ which damages the environment. The raw materials will be transported by a lorry for production in to a component part. In large production factories where flour will be made they will carry out tests every 10 to 20 minutes on the product to make sure the quality is consistent, and to avoid waste.

Production of parts

Batch production is a good way of producing dishes like my stew as specific quantities can be made on a daily basis according to the needs of the customers. The large slow cooker can be left on all day until it needs to be served however the downside to this is that it will be using electric all through the service as it needs to be kept warm constantly but energy consumption is low. The only packaging I will use is the packaging which the ingredients come in and this will be recycled. As I am serving at a restaurant there will be no need for my food to be packaged as it will be served on reusable crockery. As I am doing all the preparation and cooking in the kitchen of The Royal William they will have modern appliances which do not use as much energy as older ones. The bread could be made when other cooking is taking place so no additional heat is needed when the bread is proving this saves energy. However I could use a bread maker to ensure I get a higher quality as this is timed accurately done by machinery rather than timing the process myself.

Use

As I am serving this dish in a pub I will be using crockery which is used again after it is washed in a dish washer this is a more hygienic way of washing however it does use electricity and more water to do the job so it is not as sustainable. Waste food will be thrown in the food waste bin as it cannot be reused. The shelf life of the stew is 2 days with it still being fresh without affecting its quality however the bread has to be made everyday as this goes dry quickly and quality is reduced so any left over bread could be utilised for other dishes e.g. it could be made in to breadcrumbs for toppings etc. Each portion will be served individually however the stew will be cooked in larger quantities and servings will be taken out. Portion size is important to avoid excessive waste and leftover food.

Assembly

To cook the stew I will be using a slow cooker which will be left on for the majority of the day which uses electricity which is probably not a sustainable way of cooking although it is economical as it uses little electricity. The bread uses the oven which is an fan oven which also uses electricity. I am using batch production this will lessen the wastage of food as I can make the approximate amount of dishes. Food waste will go in the bin if it cannot be used again and the serving materials I use are reusable as I will use crockery. Even though I am not using oil to produce my product the Royal William recycles old chip fat every week for the use of bio fuel. This is sustainable as it will be made in to eco fuels and the Royal William are also reducing the waste. The Royal William is on a water meter which is a sustainable way of monitoring water consumption as you are more aware of how much water you are using as you are paying for how much you use. The employers are therefore more aware about using water and ensure it is used efficiently.

Disposal and recycling

Everything that is recyclable like packaging such as cardboard and plastics will be recycled which will reduce the land fill waste. Any vegetables peelings can go in to a garden waste bin which may be used for compost. Food which has to be thrown away like the bread as this will go stale quickly will have to be thrown however the stew will keep fresh for two days so this can be served for the next day or frozen for future use. However after two days this will have to be discarded due to spoilage and bacterial growth. Any plastics that cannot be recycled will have to be put in to landfill as these cannot be disposed of anywhere else.