

Website Exemplar

GCE D&T Food Technology

Unit: 6FT04

Topic: Luxury Meal for
Celebration.

Commercial Design

Food Technology





Design Context:

A group of friends are planning to celebrate a silver wedding anniversary. On this occasion they would like to eat a luxurious and imaginative meal which will make the occasion memorable. I have been asked to come up with some ideas and produce a main course dish which could be served as part of the celebration.

Design Brief:

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

Target Audience

My clients are celebrating their 25th anniversary and therefore are more likely to eat luxurious, imaginative and interesting dishes. They will be accompanied by their friends who are of the same age, so there will not be any children at the occasion. Therefore this means I will not need to make any simple dishes for children. It is likely that the people I am catering for will have sophisticated tastes and an understanding and experience of a range of dishes. Therefore the dishes I produce must be very high quality and imaginative.

Analysing the Need:

I have to make a luxury dish which will be imaginative and memorable, therefore I have to make something which will interest my clients and ensure they celebrate and enjoy their silver wedding anniversary. I have to think about several main course dishes, consulting with my client and target group and make them to a high standard, ensuring I use the finest ingredients, then I will choose the best dish to serve at the anniversary meal. I need to take several things into consideration such as:

- Whether I need to take into account any special dietary requirements, such as if anyone is a vegetarian.
- How many people I am catering for at the celebration meal.
- Any factors relating to the serving of the dish.
- Any preferences in terms of ingredients to be used.
- The sensory attributes of the dish will have to be high quality for this very special occasion.

Research Methods:

In order to gather information that will be relevant to my client's needs I will have to use a range of different research methods. These methods are as follows:

- I will interview my clients and discuss any factors I need to take into account in my planning. This will help me find out relevant information I need to know in order to design and make appropriate main dishes, for example I will need to know how many people will be coming to this celebration, as well as taking into account any special dietary requirements.
- I will look at some existing luxurious main dishes and analyse them in terms of ingredients and component parts, this will give me some idea of what I could make for my client's wedding anniversary. This will give me an insight into which ingredients will go well together and whether I need to consider accompaniments to complete the dish.
- I will look at existing menu's that are already being produced and sold at the luxury end of the market. This should give me some initial ideas to consider.

Feedback from clients

My client's said they would like approximately 8 people attending the meal, and each would have a three course meal, consisting of a starter, main course and a dessert. I will be focusing on the main dish and there isn't going to be anyone with a specific dietary need, such as someone being a vegetarian. My clients would like to try dishes from other cultures, such as curries, risottos, enchilada's and there isn't any particular flavours they want to see incorporated into the food, so any interesting flavours would be acceptable. I would have to use the finest range of ingredients because my client's want the meal to be of high quality and taste as good as it can. The cooking facilities available would be an oven and a microwave therefore it will be easy to cook and prepare the meal at this event. It would be preferred if the main course was served hot, but this wouldn't be a problem for me because the cooking facilities are readily available for me to use. The proteins which my clients favour are chicken and fish, but other proteins can be considered, also carbohydrates would need to be incorporated into the dish and this could be things such as rice, potatoes and bread. My client's would like the main dish to include a sauce.

A photograph of my clients



Research on sustainable food – Fair Trade

Fair trade has been around for the past 40 years, but the scheme didn't get off the ground until the late 1980's. The fair-trade foundation was established by CAFOD, Christian Aid, Oxfam, Trócaire and the World Development Movement. These founding organisations were later joined by Britain's largest women's organisation, the Women's Institute.

Some examples of fair trade products are:

Fruit: - apples, avocado's, bananas, coconut, grapefruit

Rice: - Organic Basmati Rice, Organic brown basmati rice

Herbs and Spices: - ground black pepper, ground cinnamon, ground ginger and ground turmeric.

Research on sustainable food

There are seven principles of sustainable food and these are:

- Use local, seasonally available ingredients, to minimise energy used in food production, transport and storage. So for instance if I was using potatoes in my main course dish then I would ensure I got them from Branston Potatoes because these would be very local and would save money on transport and minimise energy.
- Specify food from farming systems that minimise harm to the environment, such as certified organic produce; therefore I would possibly get farm assured food because this is good for the environment and would also be appealing to my consumers if I am helping the environment.
- Limit foods of animal origin served, as livestock farming is one of the most significant contributors to climate change. Also promote dishes rich in fruit, vegetables, pulses, wholegrain and nuts. Ensure meat, dairy products and eggs are produced to high environmental and animal welfare standards. So I would use a little bit of meat in my dishes however I would make this better by adding loads of different and interesting vegetables into it.
- Exclude fish species identified as most 'at risk' and choose fish from sustainable sources. Therefore I would choose fish which is close to Lincoln to ensure it is sustainable, such as getting the fish from Grimaby fish market.
- Choose fair-trade certified products for foods and drinks imported from poorer countries, to ensure a fair deal for disadvantaged producers
- Avoid bottled tap water and instead serve filtered or tap water in reusable jugs or bottles, therefore minimising transport and packaging waste
- Promote health and well-being by cooking with generous portions of vegetables, fruit and starchy staples like wholegrain, cutting down on salt, fats, oils and cutting out artificial additives. I would ensure my dish has a variety of interesting vegetables on however I would focus on my main ingredient which would most likely be meat or fish etc.

Existing luxurious dishes



Goat's cheese and thyme stuffed chicken

This dish would be served as two portions and it would be served on a plate with a sauce of tomatoes, courgettes and thyme to add extra flavouring. This would be an ideal dish to make because it looks a high quality meal with interesting colours to attract my clients. It is appealing in terms of flavour, colour and texture.



Lamb curry

This dish would be served for one individual with rice and naan bread to accompany it. It has a variety of different flavours in the curry sauce, such as garlic, chilli, potato, mustard, cashew nuts etc which would make this dish very interesting, with ranging textures. My clients identified that dishes from other cultures could be a preference.



Coconut-crusted red snapper with pineapple salsa

This would be a very unusual and interesting dish to make; this is because it looks very appealing and different. The fish would appeal to my clients because it's a high quality fish with a lot of flavours added with it, such as the pineapple salsa. It serves one portion and would be served with either rice or couscous. This is an imaginative dish that would be suitable for a special occasion.



Chicken and mushroom risotto

This risotto would not be suitable for individual portions, because this dish would have to be served. This looks very interesting with a large range of different colours from the ingredients used. I feel my clients would enjoy this dish because it's quite unusual; however it is a dish that is often served in restaurants and is not particularly special.

Research on sustainable food—Organic Food

There are many reasons why people choose to buy organic foods and these reasons are as follows:

- The concern for the environment and animal welfare
- It reduces consumption of pesticide residues and additives
- Individuals believe it is safer and more nutritious than other food

Organic farming is a holistic approach to food production, meaning it takes into consideration many ideas, such as making use of crop rotation, environmental management and good animal husbandry to control pests and diseases.

The agriculture is carried out to a set of legally defined standards, the producers then pay to have their produce monitored and certified by one of several organic organisations. Organic farming strictly limits the use of artificial chemical fertilizers or pesticides and antibiotics for animals are kept to an absolute minimum. In addition genetically modified crops are forbidden and organic bodies also demand more space for animals and higher welfare standards.

All UK organic food is certified to the baseline standards set by the European Union Organic Regulations 2004. In addition various organic control bodies in the UK set their own requirements, and some aim are set standards higher than the basic requirements, while others require only the basic EU standards for certification.

Summary of existing products

From looking at some existing products I have found out that most of the luxurious products are cook-chilli, therefore I will consider this when creating ideas. They all contain protein in, accompanied with a sauce to. The sauce is to add some extra flavour into the dish as well as adding more texture and colour to the meal. Most of these products are one or two portion size; therefore as I am making dishes for a luxurious silver anniversary celebration, I would make individual portion sizes for everyone.

How I can use sustainable food in my dishes

I could make sure I use sustainable food in my dishes by using organic vegetables and meat. I would get my potatoes from Branston Potatoes, as this would be a very close source to get my ingredients, which would save on air miles. I would also use meat from farm assured farming systems to ensure good quality meat. I would use, wherever possible, fair trade ingredients, such as fair trade vegetables and fruits as this would help the poorer countries, ensuring a fair deal for disadvantaged producers. Finally I would serve a portion of protein followed by a generous portion of vegetables, as this cuts down on fats, salts and oils and provides a healthier meal.



Guarantees

a **better deal**
for Third World

Producers

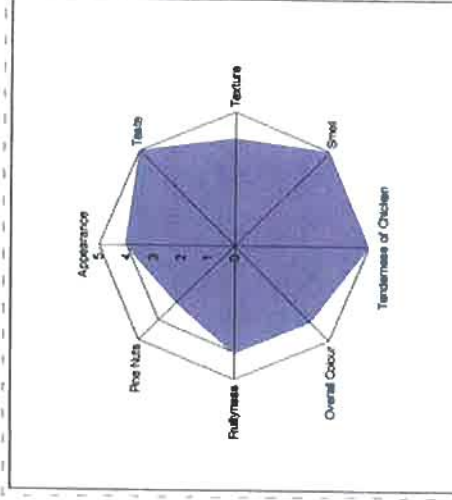
FAIRTRADE

Food Technology A2

Product Disassembly

- Product Name: Moroccan Style Chicken with British Chicken Breast, sweet apricots and toasted pine nuts.
- Portion Size: 400g, serves 1 person
- Cost: £3.99
- Environmental/Sustainable Issues: This product has a recyclable card and a plastic tray, and the packaging uses 88% of recycled board. The product uses British chicken and it doesn't have any artificial colours or flavours and doesn't have any hydrogenated fats.
- Component parts:
 - Chicken = 50%
 - Pine Nuts = 5%
 - Apricot = 5%
 - Tomato Sauce = 40%

From my star profile of Moroccan Style Chicken, it is clear to see that this product is very appetising. The taste of this product was pleasing as the tomato sauce was very sweet and had a smooth texture, as well as the sweet fruitiness flavour coming from the apricots. Also the aroma coming from this dish was very nice, this is because it smells just as well as it tastes. There weren't many pine nuts in the mixture; however it still tasted just as good with the pine nuts giving a crunchiness. There was good colour in this product, arising from the range of ingredients used which made it look appealing.



Summary of Disassembly and Product suitability
 I feel this Moroccan Style Chicken product would be extremely suitable for my task, this is because it has a wide range of interesting and unusual flavours in the dish. The Apricot and Pine nuts with chicken chunks and tomato sauce are a very good combination as it gave a spicy but sweet taste to the chicken. However if I was to do this for my clients then I would make some rice to go with it and maybe some naan bread. It would be suitable for my clients as they are looking for a main course dish with interesting flavours and an unusual recipe.

Summary of Research

It is clear to see that from the feedback I got from my clients that they all want an individual main dish, however because there will only be eight people attending and they aren't vegetarians then I will not need to worry about not putting meat into the dishes. My clients also stated they wanted a variety of interesting and unusual flavours, this was supported by my disassembly which showed a combination of apricot and spicy tomato sauce, creating an appealing dish. I would need to add a carbohydrate into the main dish and this would be something such as potatoes or rice, and there would also be a sauce present. My clients would like me to use a range of expensive and luxury ingredients as this would make the finest quality meal, as well as getting the most unusual flavours to add into the main dish.

From my research on sustainable food, I think it is important to be as sustainable as I can be, so for example I would make sure I used locally sourced ingredients such as potatoes, or apples etc. I would also use farm assured meat and vegetables as this means they are of good quality and have passed several laws to say they are good quality meat.

It is quite important that I use fair trade ingredients as much as I can; this is because I would be helping the third world country as well as using good quality ingredients in my dish. There are a lot of fair trade ingredients to use, such as

- Fruit: - apples, avocado's, bananas, coconut, grapefruit
- Rice: - Organic Basmati Rice, Organic brown basmati rice
- Herbs and Spices: - ground black pepper, ground cinnamon, ground ginger and ground turmeric.

I feel it is of importance of correct serving of my dish for a special occasion. I must ensure I use a nice dish to represent my food, as well as using the correct accompaniments to go with it.

My clients specifically stated that they would like to have an individual meal as they prefer the look of this and it would be better for a special occasion with several people attending.

Guarantees
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Specification

Purpose

- The purpose of my task is to make a luxurious main dish for a celebration; therefore it must be very attractive to the eye and taste very interesting. It must be suitable to cook in a kitchen; therefore I must ensure I have the correct cooking facilities available.

Form and Function

- After talking to my clients about their celebration, I must ensure I cook a luxury main course dish containing unusual ingredients, which is part of a three course meal. This is because it is their 25th wedding anniversary and they would like to celebrate this special occasion by having a memorable three course meal with their friends.

User Requirements

- My target group would be men and women above the age of 40 years old; this is because these are the people who will celebrate this event with my clients.
- The meal must be served hot because I am making a main dish which would taste better if it was presented hot, also the sauce accompanied with it must also be served hot.
- I must prepare my ingredients before hand, this is because I can focus all my attention on making the meal look very presentable and luxurious to my clients, it will also be less time consuming if the vegetables and other ingredients are prepared before.

Performance requirements

- I must ensure I make a dish to the highest quality possible; this is so my clients feel it is special for their occasion. I will focus on the appearance and texture of the dish to ensure it looks presentable and luxurious; however I must ensure the standard of the taste is of high quality as well because my clients will want to eat something that tastes as nice as it looks.

- It must be suitable to be cook chilli so I can prepare beforehand to ensure everything is served together and hot for the celebration meal.

Components/ingredients

- The main dish must contain a type of protein, such as meat or fish; this is because it will provide the main flavour and texture for the dish.
- I must include 3 interesting and unusual components; this is to make the dish luxurious and also to add interesting flavours and textures.
- I must include a carbohydrate in the main dish, such as potatoes, rice or bread, carbohydrate foods compliment rich sauces and are satisfying
- I must include a sauce in the dish, as sauces can be an exciting component of a dish, providing taste, texture and colour to the overall appeal. These are components of the dish that were identified by the clients as enhancing the overall appeal.

Size

- I must ensure I make a main dish individual portion size; this is because when I did a disassembly of Moroccan style chicken, this was made for one individual and my clients felt it was a good portion size for one person to eat. In addition, my clients feel single portion dishes are more appealing for serving for a special occasion.

Scale of Production

- The product I design and make must be suitable for batch production. This is because I am catering for 8 people and batch production is the most suitable and efficient type of production for this occasion as I can make a number of single portion dishes in preparation for serving.

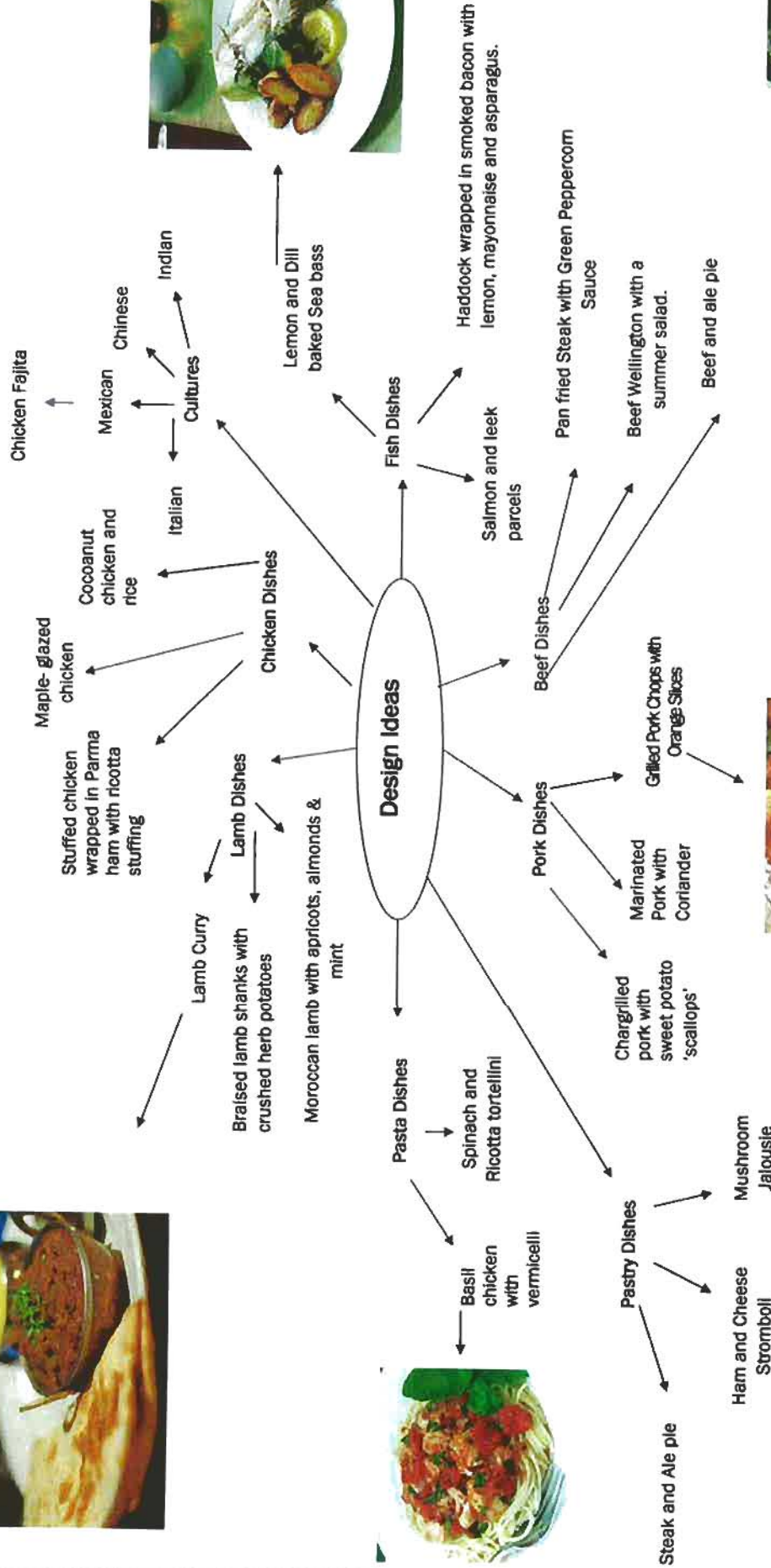
Cost

- I must design and make a luxurious main dish, therefore the cost of the dish may be quite high, this is because I will be using unusual and high quality ingredients to ensure the dish is perfect, original and memorable.

Sustainability

- I must ensure wherever possible to use ingredients which are sourced in Lincolnshire, if possible, such as locally grown vegetables, this is because it is better for the environment because they are not being shipped over from other countries, therefore saving on fuel and energy, and this is more appealing to consumers.
- I must also try and use fair-trade products where possible, such as rice and spices because some of the money from these ingredients go towards less economically developed countries, and again are sustainable sources.

Design Ideas



Base - This accompanies the curry sauce and provides carbohydrate. It is quite a bland flavour to complement the spiciness of the sauce.

Lamb Curry



Naan bread - This is for texture and to dip into the curry sauce.

This would be interesting to make because there are a variety of different flavours and spices which could go into this dish to make it interesting. I could also make my own naan bread to accompany the dish. A variety of proteins could be considered for use in the dish.

Lamb Curry Sauce - This is the main flavour of the dish with a variety of different flavours and textures in the sauce.

Pan fried Steak with Green Peppercorn Sauce



Peppercorn Sauce - This adds moisture in the dish as well as flavour and texture. Creamy colour complements the darker colour of the protein.

This would be suitable for my task because it could be luxurious if I added more components to it, such as vegetables or salad, in addition a carbohydrate would complete the dish.

Steak - This is the main component of the dish which is High Biological Value (HBV) protein. It produces a lot of the flavour and texture. However, preparing and cooking steaks to each person's liking could be difficult for this task.

This would be interesting to make because it's got an unusual combination of flavours in the dish, such as orange and pork.

Roots - This is the main component of the dish which is for the flavour, texture and the main source of HBV protein.

Grilled Pork Chops with Orange Slices



Onions - This is the other main component for the dish which adds the majority of flavour and colour to it.

Watercress sprigs - This is to garnish the dish which adds extra flavour to it.

Tortilla Wraps - This is part of the dish to complete and keep all the ingredients together. It is also a carbohydrate.

Chicken Fajita



This would be ideal to represent a culture dish, such as Mexican. I feel it would be interesting and taste very delicious, however, I would have to present it in a way that would look luxurious and high quality.

Chicken - This is a good HBV protein to use in a dish as it is very versatile. It would add texture as well as flavour into the dish.

Sea bass - This is the HBV (High Biological Value) protein, and it provides the main flavour. The fish would need to be filleted and boned for ease of eating at a dinner party.

This would be suitable for my task because it is very unusual and interesting. It would be luxurious because sea bass is an expensive fish to buy which would make the overall quality of the dish high.

Lemon and Dill baked Sea bass



However, if I was to make this then I would make a sauce to accompany it and also add some vegetables onto the dish, such as carrots as this would add colour.

New potatoes - This is a carbohydrate and it provides flavour and texture into the dish.

Lentils - This is to add colour to make it more appealing, as well as adding flavour. Lentils traditionally complements fish dishes.

Basil chicken with vermicelli



Tomatoes and basil - This provides the overall flavour of the dish as well as texture and adds colour.

Chicken - This provides the HBV protein for the dish and adds texture. Chicken is a popular ingredient and can form part of many popular and appealing dishes.

This would be suitable for my task because it's quite unusual and very colourful, therefore it would attract my clients. I could consider a pasta dish but I must ensure it is unusual to meet the criteria in my specification.

Eggito - This is a carbohydrate and is a main component of the dish. It provides texture but can be quite bland.

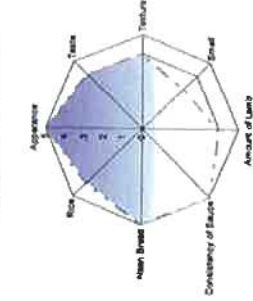
Design Idea 1



Design Idea: Lamb Curry



Sensory Analysis of Lamb Curry



Samanv-Anabala of Lamb Curry
My clients thought the appearance of my lamb curry was superb, and they felt it looked very attractive to eat. The curry tasted mild and the potatoes in the curry could be tasted easily, however, it was very nice. There was good texture in the curry due to the lamb, peas and the potatoes and the consistency of it all was correct.
Another high point to this dish is that the naan bread went very well with the curry, the texture of it was very creamy and soft. The rice just gave the final touch to the dish adding a good amount of carbohydrate into it as well as more soft texture. My clients felt it was the correct portion size for them.

Ingredients

- Lamb Curry
- 4 lbs Lamb steaks
- 6 tbsp oil
- 1 median onion-chopped
- 2-3 cloves of garlic
- 1 tsp salt
- 3 tsp turmeric powder
- 6sp Masala powder
- 1 fresh green chili
- 2 peppers
- 2 median potatoes
- Curry/leaves
- Water

- Naan bread
- 1 tap dried active yeast
- 1 tap sugar
- 200g plain flour
- Pinch black onion seeds
- ¼ tap salt
- ½ tap baking powder
- 1tbsp vegetable oil
- 2tbsp plain yoghurt
- 2 tbsp milk

- Extra
- Rice
- Parasley

Method

Lamb Curry

1. I put the oil into a large pan, and when that was hot, I added the onions and fried them until they were light brown.
2. I then stirred in the turmeric powder, and then added the garlic and chili, which I then mixed for about a minute then I added the curry leaves.
3. Next I stirred in the lamb and added the Masala powder and salt. I left this for about 5 minutes.
4. I added the water and covered the pan and let it cook for 20 minutes.
5. I then added the potatoes, which were chopped into quarters and then let it cook for another 20 minutes.
6. Next I checked the meat to see if it was cooked, then I mashed the potatoes up to thicken up the curry sauce.
7. Finally I served the lamb curry in a curry dish.

Naan bread

1. In a small bowl I mixed the yeast together with 1 tablespoon of warm water and then I stirred in the sugar. I left it in a warm place for 5 minutes until the yeast was covered in froth.
2. Meanwhile, I mixed the flour, onion seeds, salt and baking powder together. I then stirred in the oil, yoghurt, milk and the activated yeast mixture.
3. I kneaded the dough for about 10 minutes to ensure there was enough air into it and to make sure it was soft, pliable dough.
4. Next I placed the dough into a mixing bowl and covered it in cling film, and then I placed it in a warm place to rise for 10-15 minutes.
5. Once the dough had risen, I divided it into four balls and put it onto a floured surface. I rolled each into a long oval shape about ¼ inches thick.
6. Finally I placed them on a greased baking tray and put them in the oven for 15 minutes until they turned out golden brown and puffed up a little.

Rice

1. I boiled some water in a pan and then added the rice. I left it for about 10 minutes to cook.
2. Once the rice was soft, I poured it into a sieve and poured water over it to wash away the starch to ensure it wasn't sticky.
3. Finally I put the rice into a round mould shape, and then garnished it with some parasley.

The dish meets my client's needs because it is a luxury meal with a variety of different and unusual flavours in it. It is also very eye-catching due to the presentation of the dish as well as the amount of different colours in it. It contains a protein and a sauce which my clients specifically asked for as well as containing three contrasting components. I feel my clients would happily enjoy this meal for their wedding anniversary celebration.

Match to specification

- Must be a luxury main dish which is very attractive to the eye and taste very interesting. My design idea looked very attractive and appealing and my client's feedback was due to the range of ingredients used within it.
- Must be a luxury main course dish containing unusual ingredients. This dish contained several unusual ingredients such as curry leaves, the spices used (for example turmeric powder and Masala powder) etc.
- Must be served hot. This dish would have to be served hot to obtain the best quality of flavour and texture of the curry.
- It must be suitable to be cook-chill. This dish would be suitable to be chilled and re-heated.
- Must contain a type of protein. There is a HBY protein present in this dish which is the lamb steaks.
- Must include 3 interesting components. I have used three different components in my dish which is the curry sauce, rice and naan bread.
- Must include a carbohydrate. I have used rice in this dish to add carbohydrates into it, as well as the potatoes which are used in the curry sauce. These also helped to thicken the sauce.
- Must include a sauce. There is a sauce within this dish which gives the dish a lot of moisture and texture.
- Must be individual portion size. This dish was ideal to serve as individual sized portions, because there was an individual curry bowl for the curry sauce to go in, as well as single portion rice and one piece of naan bread for everyone. This was an appealing way to serve this dish for a special occasion.
- Must be suitable for batch production. This design idea would be suitable for batch production because I could make the curry sauce and rice in large scale portions and then they would just need to be divided into the correct portion size.
- Must use unusual and high quality ingredients. I used high quality ingredients in this dish such as the lamb steaks and the rice.
- Used locally sourced ingredients whenever possible. I have used locally sourced potatoes from Lancashire in this dish as well as using British Lamb.
- Use fair trade ingredients whenever possible. I have used fair-trade and organic rice to accompany the curry sauce.

The Lamb Curry dish that I made matched all of my specification points which shows that it is a good design idea to consider for development. My clients felt it was very eye catching due to all the different colours presented on the plate, such as browns in the curry sauce and naan bread, the white rice with green parasley on it, as well as reds and yellows actually in the curry sauce. It is suitable to be a cook chill product and it can also be served hot, it contained three different components which were:

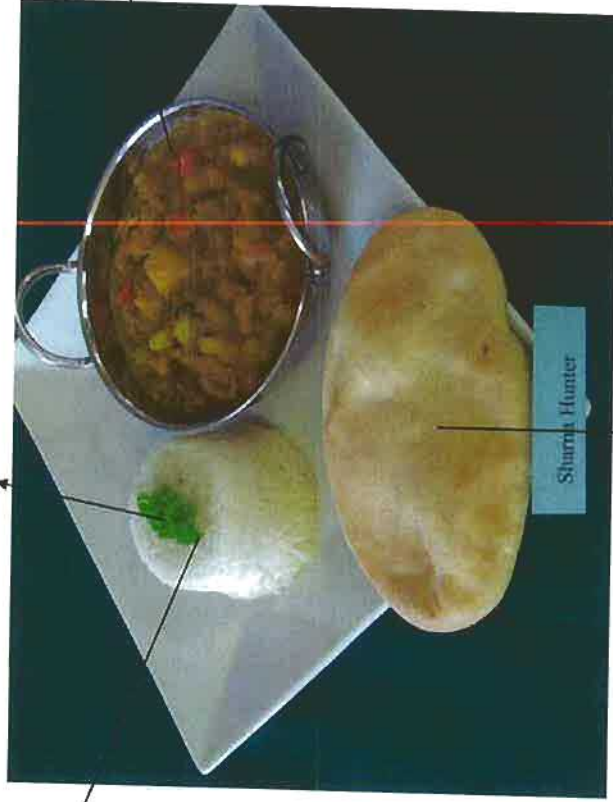
1. Curry Sauce
2. Rice
3. Naan Bread

The carbohydrate in the dish is the rice and then there is the curry sauce to accompany it. I used high quality ingredients such as the Lamb steaks. I also managed to use fair-trade and organic rice. Overall this design idea was successful and my clients felt it would definitely be a luxury dish suitable for their special occasion.

Design Idea 1



This parsley leaf is on the dish for garnish and to add some extra colour to it. I feel it looks really nice and bright on the white rice which makes it stand out and looks very eye-catching.



Rice

I decided to make rice with the dish because my clients felt it would accompany the dish well as it would add more texture to the dish.

I boiled some water then added the rice to it. I let it simmer for about 10 minutes until it tasted soft, yet not stogy. When the rice was cooked I poured it into a colander and run cold water over it. This was to get rid of the starch particles in order to prevent it going stogy on the plate.

Next I placed the rice into a little circular dish so it set into a mould-like shape onto the plate. I think this made it really presentable as it needed to be for a luxurious celebration meal; therefore if it was just poured onto the plate then I feel it would have looked a bit messy.

I put some parsley on top of the rice to make it look eye-catching and colourful.

Curry Sauce

In a large frying pan I heated up the onions until they became soft and a light brown colour. I then added these into a pan and added the spices and lamb and all the other ingredients (except the potatoes) together. The turmeric powder was added to give the overall colour of the sauce.

The water was added for the moisture but because it was too watery I added the potatoes as these act as a thickener. In order for the sauce to thicken though, I had to crush the potatoes down.

When the meat was cooked and the sauce fully seasoned I placed it into an individual serving dish. I decided to put it in one of these dishes because I thought it would make the meal look very presentable and appeal to my clients for this special occasion.

Ingredients

- 4 lbs Lamb steaks
- 6 tbsp oil
- 1 median onion-chopped
- 2-3 cloves of garlic
- 1 tsp salt
- 3 tsp turmeric powder
- 6tsp Masala powder
- 1 fresh green chilli
- 2 peppers
- 2 median potatoes
- Curry leaves
- Water

Naan Bread

To make my naan bread I had to ensure I used dried active yeast as this would make the dough rise.

I also had to knead the dough for 10 minutes to let air into it so it could rise and I needed to make soft, pliable dough in order for it to work out, and develop the gluten to ensure a good texture.

I feel this turned out very well because it had risen in the right places and it also looked golden brown. It accompanied the curry sauce very well, providing a variance in the taste and texture.

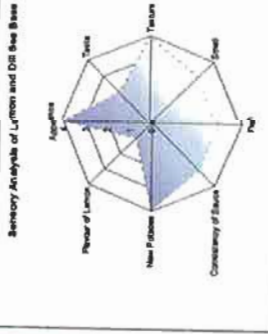
Possibilities for Development

I could develop this dish in many ways, the following are a few ideas of how I could develop it:

- Curry Sauce**
 - Change the meat, such as pork, chicken, beef etc
 - Change the spiciness of the sauce, for example make it more spicy instead of keeping it a mild curry
- Rice**
 - Use a different carbohydrate opposed to rice, such as cous cous, dulsees potatoes etc
 - Add a flavour into the rice, such as onion
- Naan Bread**
 - Add a flavour into the bread, such as onion or garlic etc
 - Add an additional ingredient into the naan bread, such as raisins, sultanas etc
 - Make a different bread opposed to naan bread, such as pizza

Design Idea 2

Design Idea: Lemon and Dill Sea Bass



Sensory Analysis of Lemon and Dill Sea Bass
Overall this dish didn't turn out too successfully, the strong points were the appearance, texture and taste of the new potatoes. This was because my clients felt the dish looked very presentable on the plate, and the texture of all the components was really good, such as the fish was really soft and flaky and the sauce was nice and creamy. However, the lemon over powered the whole dish as it was too bitter, especially in the sauce.
The consistency of the sauce was very good as it was nice and creamy, however that was spoilt by the amount of lemon flavour in it.

Ingredients

- Sea bass**
- 2 small sea bass fillets
 - Fennel Bulb
 - 2 lemons
 - 25g fresh dill
 - 25g flat leaf parsley
 - 3 fresh thyme sprigs
 - 3 bay leaves
 - 300ml white wine

New Potatoes

- 450g new potatoes
 - 25g butter
 - 1 tbsp olive oil
 - 1 bay leaf
- Fresh thyme sprigs

Extra

- Carrots

Method

Sea bass

1. I preheated the oven to 180°C and I smeared my two tins with some olive oil. I placed tin foil down on the bottom of the tins and placed both fillets on each tin.
2. I placed the fennel, lemon slices, dill, parsley, thyme and bay over the fillets and then poured the wine over it all, then I drizzled each fish in olive oil and I seasoned it well.
3. I then wrapped the fish up in the tin foil and put it in the oven to bake for 10 minutes.
4. When it was cooked I transferred the fish over to a plate and kept it warm by wrapping it up in tin foil. Then from the juices I made a lemon, fennel and dill sauce.

Sauce

1. I placed all the left over juices from the fish into a sauce pan and heated it up until it was bubbling.
2. When it was ready it was a bit too thin so I added 2 teaspoons of corn flour to thicken it up
3. I then put it in a little dish to serve on the plate

New potatoes

1. I had to boil the potatoes in a large saucepan of lightly salted boiling water for 8 minutes and then I left them to drain.
2. I had to heat the butter and olive oil in a deep, large frying pan over medium heat and add the drained potatoes to it. I added a bay leaf and thyme sprigs and then cooked it for 20 minutes until they were tender and golden.

Extra

1. Finally I placed the fish onto the plate and put a dill leaf on top of it. I put the potatoes, sauce and carrots on the plate and finally garnished the dish with a little twisted lemon slice

The dish meets my client's needs because it is a luxury dish that has many interesting and unusual flavours, such as lemon and white wine. It is also very eye catching, due to the White Sea bass fillets on the dark green plate. This makes it stand out and it looks very attractive. It contains a HBV protein, carbohydrate and a sauce which is stated in my specification. My clients are pleased with this dish as they felt it tasted very nice and looked very presentable, although the sauce would need further consideration if developed.

Match to specification

- Must be a luxury main dish which is very attractive to the eye and taste very interesting ✓
My clients felt this dish was very attractive and presented well. It has lots of vibrant colours on the plate such as the yellow, orange and greens of some of the ingredients.
- Must be a luxury main course dish containing unusual ingredients ✓ - This dish contains a variety of unusual and interesting ingredients, such as the fennel and white wine.
- Must be served hot ✓ - It is suitable to be served hot.
- It must be suitable to be cook-chill ✓ - This is suitable to be a cook-chill.
- Must contain a type of protein ✓ - The Sea bass is the HBV protein in the dish.
- Must include 3 interesting components ✓ - There are four interesting components in the dish which are the fish, sauce, new potatoes and vegetables.
- Must include a carbohydrate ✓ - The new potatoes are the carbohydrate for the dish.
- Must include a sauce ✓ - The dish included a lemon, fennel and dill sauce which went well with the fish as that was flavoured with lemon and dill as well, however the flavour was too strong.
- Must be individual portion size ✓ - It is suitable for an individual portion because it is just enough for one person and it is served as such.
- Must be suitable for batch production ✓ - It is suitable for batch production.
- Used locally sourced ingredients wherever possible ✓ - I used locally sourced sea bass from Grimsby and Lincolnshire potatoes.
- Use fair trade ingredients wherever possible ✓ - I used fair-trade lemons in my sauce and to flavour the sea bass.

This sea bass dish matched all of my specification points again, as my clients felt it was very attractive to the eye because it had lots of vibrant colours on the plate. It also tasted very elegant and interesting because the lemon was a nice component to accompany the sea bass. The dish contained a variety of interesting ingredients, such as:

- fennel bulb
 - white wine
 - dill, parsley and thyme sprigs
- All these ingredients went well together, creating an acceptable possibility for development. However in the sauce is that the lemon was overpowering, so if I choose to develop it then I would have to make sure to add less lemon. There were four interesting components and these were:
- sea bass
 - lemon and dill sauce
 - new potatoes
 - Vegetables.

It is suitable for an individual portion as there is enough food for one person. I decided to use two sea bass fillets for one person as this looks just the right amount to use and my clients felt the dish was filling with this amount of fish.

The sea bass fillets are from Grimsby and the potatoes grown in Lincolnshire therefore these are locally sourced ingredients. I also used fair trade lemons which is another sustainable ingredient in my dish.

Overall this dish went well, my clients thought it tasted really delicious and there was a nice flavour of lemon coming through the entire dish. I feel there are a few possibilities for development on this dish.

Design Idea 2



Carrots

There are carrots on the side of the plate to add extra colour, texture and flavour into the dish. As well as providing some nutrition to the plate in the form of Vitamin A.

Lemon and Dill

I put these on the plate to garnish the dish because the lemon looked nice and unusual as it had a twist in it. Also with the dill it provided the dish with more colour and made it stand out. The flavours go well with fish.

Ingredients

- 200ml White wine
- 1 Fennel bulb
- Thyme sprigs
- Dill
- Parsley
- 1 Lemon
- 2 tsps
- Cornflour

Lemon and Dill Sauce

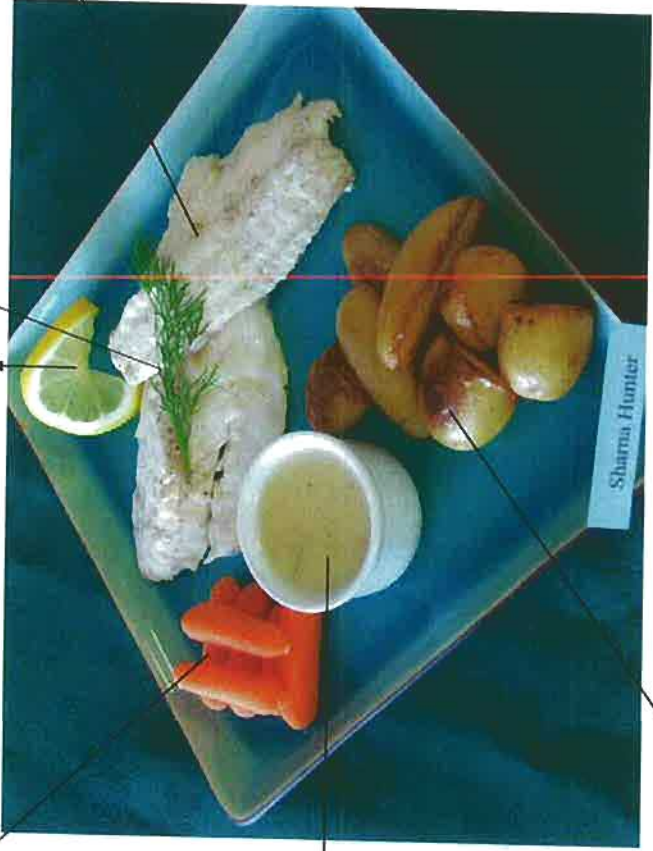
My clients feel the dish needs to contain a sauce, therefore this is why there is a sauce on the plate, and it is a lemon and dill sauce which accompanies the fish very well.

I made this from the remaining ingredients from flavouring the sea bass filets.

I placed all the ingredients into a pan and heated them up until it started to boil. The sauce was a bit too thin therefore I added 2 teaspoons of Cornflour in order to thicken it up.

Finally I poured the sauce into a little dish to serve on the side of the plate.

I decided to pour it in a little dish opposed to over the fish because this means my clients have the choice to either pour it over the fish themselves or keep it in the dish so they can dip their food into it.



Sea bass

I decided to make a fish dish as my clients felt this would be a good design idea.

I preheated the oven to 180°C and then placed some tin foil on the bottom of the two bins. I put some olive oil over the foil and placed a fillet on each tray. I then smothered the fish with all the ingredients as this provided the flavour of the dish. I seasoned the filets well then wrapped them up in tin foil and put it in the oven to bake for 10 minutes.

I checked the fish was cooked by making sure it was soft and flaky. Then I transferred the fish onto a plate and kept it warm by covering it in tin foil until I was ready to plate it up.

Ingredients

- 2 Sea bass filets
- Smothered in:
- 2 Lemons
 - Dill
 - Parsley
 - Thyme sprigs
 - 1 Fennel bulb
 - 200 ml white wine

New Potatoes

I decided to cook new potatoes with the dish because my clients felt this would be a nice component to add to the dish to provide a carbohydrate with some more texture and flavour.

I had to boil the potatoes in salted water and then I put some butter in a frying pan and placed the potatoes in this pan to heat up for 20 minutes until they turned a golden brown colour. This made the potatoes have a nice golden colour to them and it also made the texture better as they were crunchy on the outside however soft and fluffy potato on the inside.

Ingredients

- 450g new potatoes
- 25g butter
- 1 tbsp olive oil
- 1 bay leaf
- Fresh thyme sprigs

Possibilities for Developments

I could develop this dish in many ways; the following are a few ideas of how I could develop it:

- Fish**
- I could change the type of fish used within the dish, such as using cod, haddock, plaice etc.
 - I could use a whole fish (instead of filets) and stuff the fish with the flavours

Potatoes

- I could use a different method of potatoes, such as creamed potatoes.
- I could use another type of carbohydrate to accompany the dish such as rice.

Sauce

- I could pour the sauce over the fish instead of putting it into a dish
- I could change the flavour of the sauce, such as having a white cheese sauce.

Design Idea 3

Tortilla Wrap

I decided to make tortilla wraps as this is a carbohydrate and my clients felt it would go very well with the overall dish.

I put the flour, baking powder and salt into a large bowl and then rubbed in the lard. I added some water in until it became a pliable dough. After kneading the dough I divided it into small pieces and rolled them out into circles. Finally I cooked them each side for 1 minute until they started to bubble and turn a light golden colour.

Ingredients
500g plain flour
½ tsp baking powder
Pinch salt
100g lard
120ml warm water

Lettuce, pepper and tomato

This is another component to the dish which is nutritious. My clients felt that this salad was refreshing and helped to cool down the spiciness of the chicken. It also provided a lot of colour into the dish as the ingredients are bright and colourful.



Chicken Fajita

First of all I marinated the chicken strips by mixing all the spices together and sprinkling it over the chicken and leaving for 2 hours. This tenderises the chicken and enhances the flavour of the meat.

I cooked the onions and garlic for 4 minutes and then added the peppers and cooked it all for a further 3 minutes. Then in a separate frying pan I cooked the chicken strips for 7 minutes. After all the ingredients were prepared and cooked I transferred them into the tortilla wraps.

Ingredients
Marinade
¼ garlic powder
¼ celery salt
¼ dried oregano
¼ ground allspice

Fajita

6 tbsp corn oil
1 small onion
1 clove garlic
1 orange and 1 yellow pepper
2 Chicken breast

Guacamole

I decided to make guacamole because it's a good accompaniment for chicken fajitas. It is a refreshing dip to cool down the spiciness of the chicken strips.

I halved the avocados, removed the stones then scooped out the pulp and mashed it up until it was smooth. I then stirred in the lemon juice, onion, salt and olive oil and left it in the fridge for an hour.

Ingredients
2 avocados
¼ lemon
2 tbsp chopped onion
2 tbsp olive oil
Pinch salt

Salsa sauce

I decided to put it in a little serving dish because it gave my clients the option of putting salsa sauce in their wraps.

For this salsa sauce I had to combine all the ingredients together.

Ingredients
250g fresh tomatoes
1 small onion
3 mild chillies
Coriander
Pinch salt
Lime juice

Possibilities for Development

I could develop this dish in many ways, the following are a few ideas of how I could develop it:

- Tortilla Wrap**
 - I could add a flavour into the tortilla wrap so its more interesting, such as onion or garlic.
 - I could make larger tortilla wraps instead of little ones.
- Chicken Fajita**
 - I could change the protein in this dish, such as turkey, duck, beef etc.
 - I could change the flavour of the chicken strips, such as lemon flavour or garlic flavoured chicken
 - I could change the size and shape of the chicken pieces
 - I could add some extra ingredients into the fajita, e.g. tomatoes, cucumber etc as this would add extra flavour and texture.
- Guacamole**
 - I could make a different dip, such as sour cream as this is another dip which would cool down the spiciness of the chicken.

Ingredients

1 onion
1 clove garlic
400g kidney beans [drained]
1 tsp cumin seeds

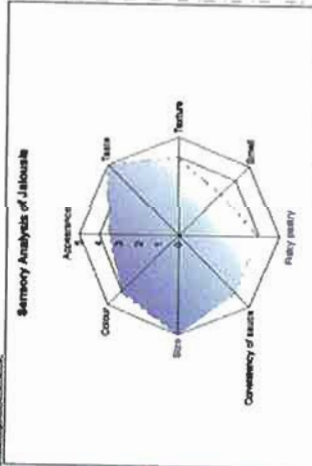
Refried kidney beans

I decided to make refried kidney beans to accompany the dish because it adds another dimension to the dish. I put it in a little side dish as it gives my clients the option of putting these into the wraps.

I fried the onions and garlic in some corn oil and poured in the well-drained beans and cumin seeds. After this was all warmed in I transferred it into individual dishes.

Design Idea 4

Design Idea: Ham, pineapple and tomato jalousie



Sensory Analysis
My clients felt this dish was extremely appealing because the flaky pastry was very light and puffy and went well with the mixture. The overall taste of the dish was superb because the ham mixture had a lot of interesting flavours in it. My clients felt the appearance of the dish was really well presented and the pastry was nice and golden. The consistency of the sauce was quite thick and not runny enough to be classed as a sauce, therefore I must consider this if I decide to develop it further. Finally the portion size for this jalousie was suitable for an individual as it could be sliced into appropriate sized portions for serving.

Ingredients

- Flaky pastry**
250g plain flour
Pinch salt
75g butter
75g lard
125ml cold water
- Filling**
150g ham
150g pineapple
70g dried tomatoes
40g cheddar cheese
½ small red onion
1 egg

Method

Flaky Pastry

1. I mixed the flour and salt in a bowl then blended the fats together and divided it into four portions. I rubbed one of the portions of fat into the flour and added enough cold water until it formed an elastic dough.
2. I rolled the dough into a rectangle and covered 2/3 of the pastry with a portion of fat, dotting it over the surface.
3. I then folded the pastry into three, bringing the end without fat into the centre then holding down the other third.
4. I pressed the edges down and gave it a 45° turn and rolled it out again. I repeated the process twice more and then left it in the fridge for an hour.

Jalousie

1. I preheated the oven to 220°C. I then combined the ham, pineapple, tomato, cheese and onion in a large bowl.
2. I cut the pastry into 2 rectangles, one slightly larger than the other. I placed the smaller rectangle onto the tray and topped it with the ham mixture. I brushed the edges lightly with egg.
3. I folded the larger pastry rectangle in half lengthways and used a knife to make diagonal cuts, 1cm apart.
4. I then opened the pastry and placed it over the filling. I pressed the edges with a fork to seal it.
5. I baked it in the oven for 20 minutes until it was puffed up and a golden colour.

This dish meets my client's needs because it is a luxury dish that has many interesting flavours and ingredients. Also it is suitable for an individual portion size, therefore my clients would like this as they want everyone at their celebration to enjoy an interesting dish, whereby they don't have to share it or eat it using their hands. The dish has some protein in it so therefore I am meeting my specification points and there is also a sauce to accompany it. I believe my clients would thoroughly enjoy this if it was to be served at their celebration.

Match to specification

- Must be a luxury main dish which is very attractive to the eye and taste very interesting. ✓ - This is a very interesting dish which wouldn't be seen on many restaurant menus, therefore this is appealing as my clients can have a meal which is really interesting and unusual.
- Must be a luxury main course dish containing unusual ingredients. ✓ - This dish is very luxurious and contains a lot of unusual ingredients.
- Must be served hot. ✓ - It tastes better when it is hot, therefore this matches the specification point.
- It must be suitable to be cook-chill. ✓ - This will be able to be re-heated if necessary once it has been cooked.
- Must contain a type of protein. ✓ - This does contain a protein which is the ham in the jalousie.
- Must include 3 interesting components. ✓ - This does contain three interesting components.
- Must include a carbohydrate. X - This dish didn't have a carbohydrate in it, however the pastry can be classed as a carbohydrate food, although it is likely that a carbohydrate would be served as an accompaniment. Therefore if I was to develop this further then this is something I must consider.
- Must include a sauce. ✓ - There is a sauce in this dish which is a tomato sauce.
- Must be individual portion size. ✓ - It is suitable for an individual portion size.
- Must be suitable for batch production. ✓ - This is suitable for batch production, locally sourced.
- Used locally sourced ingredients wherever possible. ✓ - The tomatoes were locally sourced.
- Use fair trade ingredients wherever X - There are not any fair trade ingredients in this dish.

Overall the Ham, pineapple and tomato jalousie matched 10 out of my 12 specification points. Even though it didn't match all 12, if I developed this then I could make sure it reached all the points as I could add a carbohydrate into the dish as well as using some fair trade products. This is an unusual and very luxury dish as it isn't very popular, however it's not popular as many people haven't heard about it, therefore my clients said it was very nice and would definitely consider this as a possibility for their dinner party.

It should be served hot as it tastes much better when it is warmed up and it is suitable to be a cook-chill product.

There were three main components to this dish which are:

- The ham, pineapple and tomato filling
- Flaky pastry
- Tomato sauce

There is a protein in the dish which is the ham, however there isn't a carbohydrate present, however if I develop this idea then I would definitely add one. Finally I could add some more locally sourced ingredients to the dish as well as using fair trade products as this would make the dish more sustainable.

Design Idea 4



- Ingredients**
- 150g ham
 - 150g pineapple
 - 70g dried tomatoes
 - 40g cheddar cheese
 - ½ small red onion
 - 1 egg

Jalouisie Filling

I heated the oven to 220°C. I combined the ham, pineapple, cheese and onion in a large bowl and mixed this together.

Next I cut the pastry into two rectangles, one slightly larger than the other. I placed the smaller rectangle on the tray and topped it with ham mixture. I left a 1cm gap from the edge and brushed this with some egg.

I folded the larger rectangle in half, lengthways and used a knife to make diagonal cuts, 1cm apart. Then I opened the pastry and placed it over the filling. I pressed the edges to hold the pastry down. Finally I brushed over the pastry with some egg.

I then sealed the sides of the pastry with a knife to contain the filling and then lifted the pastry up every 2cm across the pastry. This gave the jalouisie a pattern to make it look interesting.

Tomato Terrine

I made a tomato terrine because the filling of the jalouisie is ham, pineapple and tomato; therefore it links to one of the components of the dish.

I heated the tinned tomatoes on a low heat, and then I chopped the mushrooms and onions and gently heated them on another hob until they were soft. I then added the vegetables to the terrine and combined them together. The tomato terrine added flavour and texture to the dish, and complemented the flavour in the filling of the jalouisie.

Parsley

This is a garnish that enhances the appearance of the dish.



Flaky Pastry

I decided to make flaky pastry because my clients felt it would make the correct consistency with the filling because it is soft, fluffy and flaky.

Firstly I blended the fats together and divided it into four portions. I then mixed the flour and salt together then added a portion of the fat into it. I added enough water to it until it made elastic dough. I rolled the dough into a rectangle and covered two thirds of the pastry with a portion of fat, dotting it over the surface. I then folded the pastry into three, bringing the end without fat into the centre and holding down the other third, whilst pressing the edges to make it stay together.

I turned the pastry 45° and then repeated the process twice more. Then I put it in the fridge to chill for an hour.

The high percentage of fat creates a luxurious flavour and the method of making ensures light crispy layers within the pastry.

- Ingredients**
- 250g plain flour
 - Pinch salt
 - 75g butter
 - 125ml cold water

Ingredients

- 1 tin of chopped tomatoes
- 3 mushrooms
- 1 onion

Posibilities for Development

- I could develop this dish in many ways, the following are a few ideas of how I could develop it.
- Flaky Pastry**
- I could change the type of pastry used for the jalouisie such as short-crust pastry.
 - I could flavour the pastry by adding another ingredient to it, for instance onion or cheese.
- Jalouisie Filling**
- I could change the pattern of the pastry and consider making individual jalouisies.
 - I could change the flavour in many ways below are some examples
 1. chicken, cheese and onion
 2. bacon, mushroom and onion
- Tomato Terrine**
- I could puree the terrine so it is less lumpy and more of a consistency like a sauce.
 - I could change the flavour of the terrine by adding different herbs and other ingredients.
- Extra**
- I could add a carbohydrate onto the dish to complete it giving more texture and flavour.

Design Idea 5



Design Idea: Stuffed Chicken Breast Wrapped in Parma ham



Sensory Analysis of stuffed chicken breast wrapped in Parma ham.
My clients felt the appearance of the stuffed chicken was okay but the plate looked too big for the food so it all looked out of proportion. However, it tasted really nice and the combination of the stuffing and the chicken went really well together. My clients felt that the consistency of the duchess potatoes was really smooth and creamy however it would have benefited more with an added flavour to it, such as mustard or onion. The red pepper sauce was really nice, and the peppers were easily tasted but it was a bit too sweet, therefore it needed to be seasoned for it to balance out more.

Match to specification

- Must be a luxury main dish which is very attractive to the eye and taste very interesting ✓ - My clients felt this dish tasted very nice with the combination of chicken and the stuffing inside it.
- Must be a luxury main course dish containing unusual ingredients ✓ - It contained unusual ingredients which went well together.
- Must be served hot ✓ - It must be served hot to receive the best benefits from the dish.
- It must be suitable to be cook-chill ✓ - It is suitable to be a cook-chill product.
- Must contain a type of protein ✓ - It contained two types of protein, HBV protein which is the chicken and then there is also Parma ham.
- Must include 3 interesting components ✓ - There are three different components to the dish.
- Must include a carbohydrate ✓ - The carbohydrate is the mashed potatoes.
- Must include a sauce ✓ - There is a red pepper sauce to accompany the dish.
- Must be individual portion size ✓ - It is suitable for an individual portion size.
- Must be suitable for batch production ✓ - It is suitable for batch production.
- Used locally sourced ingredients wherever possible ✓ - I used locally sourced potatoes, peppers and chicken breasts.
- Use fair trade ingredients wherever possible X - There is not any fair trade ingredients present in this dish.

This dish matched 11 out of 12 specification points. The only point it didn't match was that it didn't contain any fair-trade ingredients, however if I was to develop this further then I could make sure I use fair trade ingredients in it, such as using fair trade tomatoes and sugar.

My clients felt this was very interesting and tasted really nice, it also looked presentable however it could be better if there was some more colour into the dish, such as using other vegetables.

It would need to be served hot to achieve the full benefit of the dish, and it could be a cook-chill product as it could be re-heated.

There is a some protein in the dish and these are:

- HBV protein - chicken
- Parma Ham

There are also three interesting components in the dish which are:

- Stuffed chicken breast
- Duchess potatoes
- Red Pepper sauce

I used some locally sourced ingredients such as the potatoes, red pepper and the British chicken. However I didn't incorporate any fair trade ingredients into the dish, therefore if I was to develop this then I should consider this.

Ingredients

- Stuffed chicken
- 3 skinless chicken breasts
- 1 ball of mozzarella
- 6 slices of Parma ham
- Spring onions
- 50g bread crumbs
- 1 egg
- Red Pepper Sauce
- 4 red peppers
- 200g cherry tomatoes
- 1 vegetable stock cube
- 2 tbsp muscovado sugar
- Mashed Potatoes
- 700g potatoes
- 150ml milk
- Salt
- Freshly ground black pepper

Method

- ### Stuffing
1. I fried some red pepper and spring onions in a pan, when they were ready I mixed them in a bowl with grated mozzarella cheese and cherry tomatoes.
 2. I then blended the bread slices in a food processor until they turned into breadcrumb and then added this to the mixture.
- ### Chicken breasts
1. I made a slit down 1 side of the chicken breasts to form a pocket and I seasoned it well. I then stuffed the chicken with the stuffing mixture.
 2. I wrapped the chicken breasts with 2 pieces of Parma ham.
 3. I put each chicken breast in a piece of tin foil and cooked it for 20 minutes, opened the tin foil and cooked it for a remaining 5 minutes.
- ### Red Pepper sauce
1. I heated the oven to 180°C.
 2. I chopped the red peppers and heated them up in a frying pan for 20 minutes until they became soft. Then I placed them in a pan with the tomatoes and some water. I simmered this for 20 minutes.
 3. I added the vegetable stock cube and sugar to the pan and seasoned it well.
 4. I then blended this mixture in a food processor.
- ### Potatoes
1. I cooked the potatoes in a pan of slightly boiling water, and then I let it simmer for 20 minutes until they became tender. I drained the potatoes and then returned them to the pan.
 2. In another pan I boiled the milk and poured this over the potatoes. I mashed them until they became very smooth.

The dish meets my client's needs because it is interesting and has unusual flavours combined within it. It is also an individual portion sized meal and has a protein in it, which is the chicken and Parma ham. There is also a sauce accompanying the dish as well as a carbohydrate which is the duchess potatoes. I feel my clients would happily eat this for their celebration meal, with further developments from it.

Design Idea 5



Ingredients

- 4 red peppers
- 200g cherry tomatoes
- 1 vegetable stock cube
- 2 tbsp muscovado sugar

I chopped up the red peppers and put them into a pan with some olive oil to heat up for 25 minutes. I then added the can of tomatoes to the peppers with some water and let this simmer for 20 minutes. I added the stock cube to flavour the mixture and the sugar then seasoned this well. I then blended the mixture in a food processor until it became a really smooth sauce.

Red Pepper Sauce

Dutchess Potatoes

I cooked the potatoes in a pan of slightly boiling water for 20 minutes letting it simmer and become tender. I then drained the potatoes and returned them to the pan. I added milk to them and mashed them until they became very smooth. I seasoned the mashed potatoes.

On a greased baking tray I piped the potatoes and placed them in the oven for about 5 minutes until they became golden brown on the top.

- ## Ingredients
- 700g potatoes
 - 150ml milk
 - Salt
 - Freshly ground black pepper



Stuffed Chicken Breast

I made a slit down one side of each chicken breast to form a pocket. I seasoned this well with salt and pepper.

I then made the stuffing and stuffed the mixture into the pocket. I wrapped each chicken breast with two slices of Parma ham and seasoned this.

I then wrapped each chicken breast in tin foil and cooked them for 20 minutes. I opened up the tin foil and cooked them for a further 5 minutes until it was cooked all the way through and golden brown on the outside.

I served each chicken breast with some red pepper sauce and two piped mashed potatoes.

- ## Ingredients
- 3 skinless chicken breasts

Ingredients

- 1 ball of mozzarella
- 8 cherry tomatoes
- Spring Onions
- ½ red pepper
- 50g Bread crumbs
- 1 egg

Stuffing

I grated the ball of mozzarella, chopped all the cherry tomatoes into quarters and chopped up the spring onions and placed them all together in a large bowl. I then blended them bread in a food processor until they became bread crumbs. I then added this to the mixture, with some red peppers. I mixed all this together until it became a stuffing.

Possibilities for Development

I could develop this dish in many ways, the following are a few ideas of how I could develop it:

- I could change the meat so I could use turkey breast, pork etc
- I could change the flavour of the stuffing, such as a four cheese stuffing
- I could wrap the chicken breast in something else such as bacon, or I could sprinkle cheese on top so it melts on the top.

Red Pepper Sauce

- I could make a completely different flavoured sauce, such as a cheese sauce
- I could use different coloured peppers to improve the appearance of the sauce, instead of it being just red.

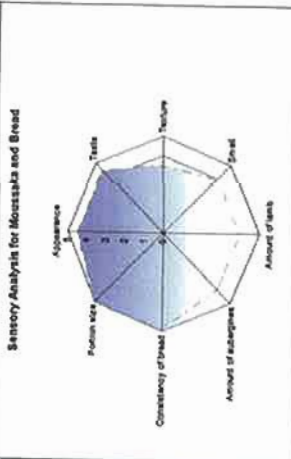
Dutchess Potatoes

- I could add a flavour into the potatoes, such as onion or mustard etc.
- I could present the mashed potatoes in a different way on the plate.
- I could use a different carbohydrate food

Design Idea 6



Design Idea: Moussaka with bread



Sensor Analysis of Moussaka and bread
My clients felt the appearance of this dish was extremely good, for the exception of the black edges around the Moussaka. It also tasted very nice, the lamb was very succulent and it went well with the aubergines. My clients thought the yoghurt and cheese topping was delicious because it was very creamy and cheesy.
My clients felt the bread was soft and really complimented the Moussaka well. It was versatile as my clients could dip the bread in the Moussaka or just eat it in slices. Overall the portion size was very good because the Moussaka was in individual dishes therefore it was neat and tidy and easy to eat.

Ingredients

- Moussaka**
- 1 tsp olive oil
 - 1 large onion
 - 2 cloves garlic
 - 500g lamb mince
 - 1 tsp tomato puree
 - ½ tsp ground cinnamon
 - 400g can chop tomatoes
 - 2 tsp dried oregano
 - 2 medium aubergines
 - 150ml Greek yoghurt
 - 1 medium egg
 - 25g permesan
 - 50g feta

Bread

- sachet fast action yeast
- 50g strong plain flour
- 50g margarine
- Pinch salt
- Warm water



Method

Moussaka

- I heated oil in a large frying pan and added the chopped onion and garlic in it for 10 minutes until they were soft. I then added the lamb mince and cooked this until it was brown. I drained off the fat in a sieve then returned the meat to the pan
- I added the puree and cinnamon to the meat and stirred this for 1 minute, and then I added the can of tomatoes and some water. I added the oregano to the mixture and seasoned this until it began to boil. I reduced the heat and let it simmer for 20 minutes.
- I pre-heated the grill, and then cut each aubergine into thin slices. I brushed them with oil and grilled them for 5 minutes until they turned pale golden.
- Next I preheated the oven to 180°C. For the topping I mixed the yoghurt, egg and half of the cheeses. I spread half of the lamb mixture in an oven proof dish and then overlapped it with slices of aubergine. I repeated this again then spooned over the yoghurt mixture and scattered with the remaining cheeses.
- I baked this for 35 minutes until it turned golden brown.

Bread

- I sieved the flour into a mixing bowl and rubbed in the margarine. I then added salt and the yeast sachet. I made a well in the flour and added some warm water into it to make a soft and pliable dough.
- I kneaded the dough for 5 minutes and then left it in a warm place to rise for 10 minutes.
- I then kneaded the dough again and rolled them out into the shape I wanted them to be in. I then placed them in a warm place for a further 15 minutes until it doubled in size.
- Finally I baked the bread for 15 minutes until it went a golden colour.

The dish meets my client's needs because it is very interesting and quite unusual. It has a lot of interesting flavours which combine very well together. It is a suitable for an individual portion and it contains a source of protein, as well as a carbohydrate. There is a sauce in the Moussaka which is a cheese and yoghurt topping. My clients would enjoy this if it was to be served at their celebration meal, with further development.

Match to specification

- Must be a luxury main dish which is very attractive to the eye and taste very interesting ✓ - This dish looks very presentable and tastes very interesting due to the interesting flavours.
- Must be a luxury main course dish containing unusual ingredients ✓ - This dish contain unusual ingredients such as aubergines which makes the dish tasty and luxurious.
- Must be served hot ✓ - It has to be served hot to reach the maximum benefit of the dish.
- It must be suitable to be cook-chill ✓ - It is suitable to be cooked in a batch.
- Must contain a type of protein ✓ - It contains a high biological value protein.
- Must include a carbohydrate ✓ - It does include a type of protein.
- Must include a sauce ✓ - The sauce is included in the yoghurt and cheese topping.
- Must be individual portion size ✓ - It is suitable for an individual portion size.
- Must be suitable for batch production ✓ - It is suitable for batch production.
- Used locally sourced ingredients wherever possible ✓ - I used locally sourced lamb and onions.
- Use fair trade ingredients wherever possible ✓ - I used fair trade olive oil in this dish.

My clients felt this Moussaka dish looked very appealing to the eye as it was very attractive, it tasted really nice and luxurious. It contained several unusual ingredients such as:

- Aubergines
 - Cinnamon
 - Greek yoghurt
 - Feta and Parmesan
- The ingredients went well together and produced a very nice tasting dish. It must be served hot to reach the best taste and it can be suitable to be a cook-chill product. There was a HBV protein in the dish which was the lamb and the carbohydrate was the bread. The sauce was the yoghurt and cheese topping; this had a nice consistency to it and went well with the lamb and aubergines.
- It is suitable for an individual portion size as each Moussaka is in its own individual dish, this is good because it keeps the dish looking neat and tidy and it's easier to eat rather than trying to divide equal sized portions to everyone from a large dish.
- There were a couple of locally sourced ingredients:
- British lamb
 - Chopped tomatoes

I also used fair trade olive oil, this is good because I am being sustainable, however I could improve this by using more sustainable ingredients if I chose to develop this idea further.

Design Idea 6



Yoghurt and Cheese Topping

I made a yoghurt and cheese topping as it would accompany the lamb and aubergines well. It is really creamy and cheesy and makes the dish look attractive to the eye.

Ingredients

- 150ml Greek yoghurt
- 1 medium egg
- 12.5g parmesan
- 25g feta

Moussaka

I heated oil in a large frying pan and cooked the chopped onions and garlic for 10 minutes. I then added the lamb mince to the frying pan and cooked this until it was brown. When this was cooked I drained the fat which came from the lamb and then put it back in the frying pan. I added the tomato puree and cinnamon to the meat and stirred this for one minute. Then I poured in the can of tomatoes and some water. I added the oregano, seasoned the mixture and then left it to boil. I reduced the heat and let it simmer for 20 minutes.

I pre-heated the grill. I cut each aubergine into thin slices coated them with a little oil and grilled them for 5 minutes.

I pre-heated the oven to 180°C. For the topping I mixed the Greek yoghurt, egg and half of the cheeses together.

I spread half of the lamb mixture into the dish and then overlapped this with half the aubergines. I repeated this again, then spooned over the yoghurt mixture and scattered it with the remaining cheese.

I put it in the oven to bake for 35 minutes until it turned golden brown.

Ingredients

- 1 tbsp olive oil
- 1 large onion
- 2 cloves garlic
- 500g lamb mince
- 1 tsp tomato puree
- ½ tsp ground cinnamon
- 400g can chop tomatoes
- 2 tsp dried oregano
- 2 medium aubergines
- 150ml Greek yoghurt
- 1 medium egg
- 25g parmesan
- 50g feta



Bread

I decided to make bread to accompany the dish as I felt this is versatile therefore my clients can choose how they eat the bread. For example they could eat it normally or they could dip it in the Moussaka to flavour the bread.

Firstly I sieved the flour into a mixing bowl and rubbed in the margarine. I then added a pinch of salt and the fast action yeast to the mixture. I made a well in the flour and poured some warm water into it and mixed it until it became a soft but pliable dough.

I kneaded the dough for 5 minutes and then left it in a warm place to rise for a further 10 minutes. I then kneaded the dough again, rolled them out into baguette shapes and placed them in a warm place for 125 minutes until they doubled in size.

Finally I baked the bread for 15 minutes until it went golden brown.

Ingredients

- 1 sachet fast action yeast
- 450g strong plain flour
- 50g margarine
- Pinch salt
- Warm water

Tomatoes and Parsley

These are to garnish the dish and add colour to it. It makes the Moussaka stand out really well; therefore it looks really attractive to eat.

Possibilities for Development

I could develop this dish in many ways, the following are a few ideas of how I could develop it.







Moussaka

- I could change the HBV meat from lamb to beef, pork or chicken mince
- I could use potato slices instead of aubergines
- I could make a large portion size Moussaka and divide it into individual portion sizes.
- I could change the topping.

Bread

- I could flavour the bread with some cheese, onion or garlic etc.
- I could change the shape of the bread, such as making bread rolls
- I could make a different type of bread such as pitta bread.

Design Idea Summary

Design Idea	Picture	Strengths	Weaknesses	Specification Points		Batch Production	Development
				Met	Not Met		
Lamb Curry		This dish had a good balance of flavours and there was very good texture throughout. The naan bread accompanied the dish very well and it is very appealing to the eye. It is also suitable for an individual portion size.	The curry took along time to cook, therefore it would have to be pre-made to ensure enough serving time.	<p>Luxury dish: Unusual ingredients! Served hot! Suitable to cook on! Contains a protein! Contains 3 interesting components! Contains a carbohydrate! Includes a sauce! Individual sizes! Suitable for batch production! Quality ingredients! Locally sourced ingredients! Use of fair-trade ingredients!</p>		To reduce some time on this dish I could prepare the dough for the naan bread beforehand then cook when I need to. I would make one large quantity of the curry sauce and then separate this into separate dishes when I come to serve it.	<ul style="list-style-type: none"> Add a flavour to naan bread Curry sauce development Change presentation
Lemon and dill Sea bass		There was good presentation with lots of colour on the plate which made it stand out a lot. Also the Sea bass had a soft and flaky texture to it which ensured it had a good mouth feel to it.	The sauce was a bit too bitter, therefore less lemon is needed next time. Also there were a lot of new potatoes on the plate so less should be added.	<p>Luxury dish: Unusual ingredients! Served hot! Suitable to cook on! Contains a protein! Contains 3 interesting components! Contains a carbohydrate! Includes a sauce! Individual sizes! Suitable for batch production! Quality ingredients! Locally sourced ingredients! Use of fair-trade ingredients!</p>		I would skin the fish beforehand to ensure it is ready to cook straightaway. I would also flavour the fish until it needed to be cooked and this would save a lot of time.	<ul style="list-style-type: none"> Decrease size Change type of fish Change the carbohydrate Change the Sauce
Chicken Fajitas		The appearance of this dish looks very bright, colourful and appealing to eat. There are also a variety of different sauces to accompany the fajitas which lets my clients have a choice of which one to eat.	There was a couple of specification points not met, such as it isn't a luxury dish this is because you would have to use your hands to eat the fajitas and this doesn't look very classy at a sit down celebration meal. Also there weren't any locally sourced ingredients used	<p>Luxury dish X Locally sourced ingredients X</p> <p>Luxury dish: Unusual ingredients! Served hot! Suitable to cook on! Contains a protein! Contains 3 interesting components! Contains a carbohydrate! Includes a sauce! Individual sizes! Suitable for batch production! Quality ingredients! Locally sourced ingredients! Use of fair-trade ingredients!</p>		I would prepare the guacamole beforehand and this could be stored in the fridge until it needs to be served. I could also make the salsa sauce as this would reduce some time.	<ul style="list-style-type: none"> Change flavour of marinade Change sauce Presentation Tortilla flavour reduce cooking time
Ham, pineapple and tomato Jalousie		The pastry was really light and flaky and had a good mouth feel to it. Also my clients felt the flavour was really tasty and combined well with the pastry.	This dish doesn't contain a carbohydrate, however if I am going to develop this idea then I would ensure I include one. Also there weren't any fair-trade ingredients used, again I would make sure I include them in the future.	<p>Luxury dish X Use of fair-trade ingredients X</p> <p>Luxury dish: Unusual ingredients! Served hot! Suitable to cook on! Contains a protein! Contains 3 interesting components! Includes a sauce! Individual sizes! Suitable for batch production! Quality ingredients! Locally sourced ingredients!</p>		I would prepare the pastry beforehand as then it will have enough time in the fridge.	<ul style="list-style-type: none"> Change type of pastry used Making individual jalousies Change filling of jalousie Develop the flavour of sauce
Stuffed Chicken wrapped in Parma Ham		The stuffing tasted really nice within the chicken because there was a combination of different textures. Also the sauce went very well with the chicken.	A weakness about this dish is that the plate looks too big for the food, as well as the food looking abit bland. To improve this I would use a smaller plate and add some colour into it.	<p>Luxury dish: Unusual ingredients! Served hot! Suitable to cook on! Contains a protein! Contains 3 interesting components! Includes a sauce! Individual sizes! Suitable for batch production! Quality ingredients! Locally sourced ingredients!</p>		I would prepare the mashed potatoes beforehand so then I could just heat them in the oven. I would also prepare the stuffing as this would save some time.	<ul style="list-style-type: none"> Change meat Change flavour of stuffing Develop the flavour of sauce Add flavours into the potatoes
Moussaka		The lamb was really succulent and the flavours went really well together. The bread accompanied the dish very well as it was really soft. My clients felt the yoghurt and cheese topping gave it a really unusual touch to the dish.	The edges of the Moussaka were abit burnt, however this wouldn't happen if I were to do this again.	<p>Luxury dish: Unusual ingredients! Served hot! Suitable to cook on! Contains a protein! Contains 3 interesting components! Includes a sauce! Individual sizes! Suitable for batch production! Quality ingredients! Locally sourced ingredients! Use of fair-trade ingredients!</p>		I would prepare the dough for the bread as this would reduce time. Also I would prepare the yoghurt and cheese topping.	<ul style="list-style-type: none"> Change the meat Flavour the bread Make a different type of bread

Development



I have decided to develop design idea 4: Ham, Pineapple and Tomato jalousie, this is because my clients felt this was the overall best design idea. It didn't meet all the specification points; however this will not cause a problem because I can ensure I develop the dish so it does include:

- A carbohydrate
 - The use of fair trade ingredients
- My clients felt this was the most favourite design idea because it was one of the most unusual dishes out of the six ideas and it tasted really interesting and had an excellent mouth feel to it. I could develop this idea in many ways such as:
- Change the type of pastry used - For example Flaky or short-crust pastry
 - Flavour the pastry - Such as cheese, onion, garlic, curry flavoured etc.
 - Make individual jalousies instead of one large jalousie and dividing into individual portions
 - Change the filling of the jalousie
 - Make an interesting accompaniment - for instance a sauce, a chutney, salsa etc



Flaky Pastry

Tomato and mushroom terrine

Ham, pineapple and tomato jalousie

Component Parts

The Ham, pineapple and tomato jalousie had three component parts to the dish, these are:

- The flaky pastry
- The ham, pineapple and tomato filling
- Tomato and mushroom sauce

The pastry is the component which holds the filling together, therefore it must be stable to ensure it does this. Also the pastry needs to have a good, soft, flaky texture to ensure maximum mouth feel.

The second component is the filling within the pastry and this provides the main flavour of the dish. Therefore I must ensure it tastes really unusual and interesting for my clients to really enjoy their celebration meal. The filling must not however overpower the pastry; otherwise my clients will not be able to taste the flavours in the pastry. The filling should have a good supply of nutrients, flavour and colour.

The final component is the sauce or chutney which accompanies the jalousie. This gives the dish another dimension and texture, as well as providing a lot of flavour.

When developing this dish it is important that I experiment with the different components that make the product. By trailing and modelling I can investigate how the different ingredients and component parts combine to create a quality final proposal.

Pastry: The pastry provides an outer layer of texture and flavour for the dish. I can experiment with different types of pastry to see which my clients prefer, due to the difference in texture and mouth feel. I can also experiment with different flavours of pastry and make it as interesting and unusual as possible.

Fillings: Fillings provide the main nutritional value of the dish as well as the majority of flavour. It is important to have a variety of different ingredients in the dish to enhance the flavour and to make it as colourful as possible so it is eye catching and looks appetising to eat. I will experiment with different fillings to see what flavours I can come up with which will interest my clients.

Accompaniments: The jalousie cannot be served by its self as this would be too plain and not enough food to eat. Therefore it is important to add another dimension onto the dish to make it more filling and appetising as well as adding a boost of flavour. There are several different accompaniments which can be served with the jalousie and I will experiment some.

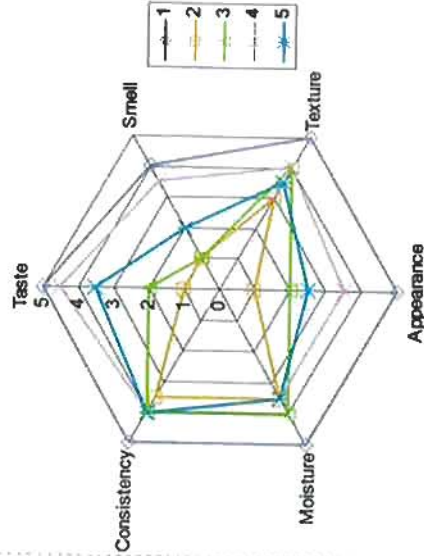
Investigation 1 into flaky pastry - with different flavours

Standard Ingredients:

- 200g Plain Flour
- 75g Butter
- 75g Lard
- Pinch of Salt
- Cold Water

Flaky pastry is a really popular type of pastry to be served with savoury fillings. The proportion of fat is much higher to flour, with $\frac{3}{4}$ fat to flour. This gives the pastry a richer and flakier texture which makes it very interesting when served with savoury fillings. I am going to experiment with different flavours of flaky pastry to see how this contributes to the overall product.

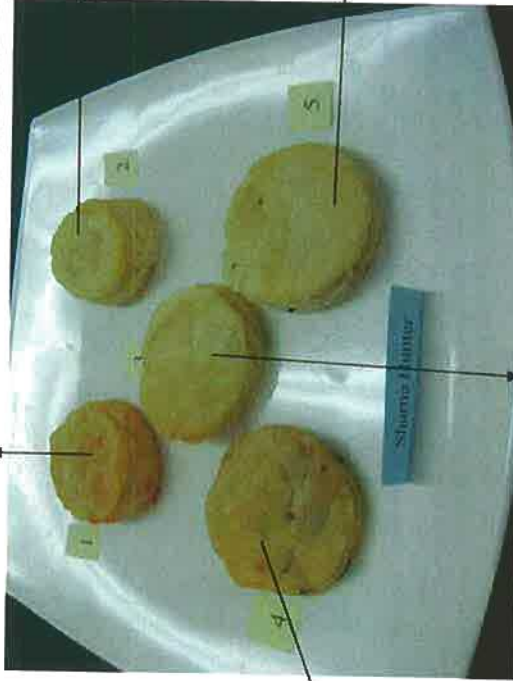
Sensory Analysis



1. Cheese and Onion Pastry

Additional Ingredients: Cheese and Onions

My clients thought the flavour of this was excellent, it was really interesting and gave a range of flavours and textures. The soft cheese complemented the onion really well which also combined well together in the pastry. The onion wasn't too overpowering but if I was to develop this then I would need to think about what filling to use in it because you have to be careful about what you put with cheese.



2. Garlic Pastry

Added Ingredients: Garlic Powder

My clients thought the garlic overpowered the pastry and it took away the mouth feel of the pastry because it was too garlicky. However a good thing about this type of pastry was that it was very flaky and had a very good texture to it. My clients thought this was one of their least favourite flavours as they didn't like the aftertaste of it and they didn't think that many fillings would go with it.

5. Onion Seed Pastry

Additional Ingredients: Onion seeds

My clients thought the flavour of this was really interesting because the onion seeds were not overpowering the pastry; it just gave them a hint of onion. They think that a lot of fillings could go with this pastry. It was also quite appealing because it had little black bits in the pastry which made it stand out. My clients believe that although this had a good flavour to it, it wasn't as unusual as some of the other flavourings.

Which flavour am I considering to take further?

My clients really enjoyed the cheese and onion pastry because the contrast of texture between the cheese and onion and the pastry was really interesting, due to the softness of the cheese combined with the crunchiness of the onion. They also really enjoyed the sun dried tomato pastry because this was really unusual, interesting and quite a luxurious ingredient. My clients really enjoyed this type of pastry as well because it was soft, light and really flaky.

3. Plain Pastry

My clients liked this pastry however they felt it was too bland and needed something else in it to make it more interesting. They thought the pastry was light, fluffy and soft which gave an excellent mouth feel to it, however it would have been much better if there was a flavour in it. Therefore this was their least favourite flavoured pastry so I will not take this any further.

4. Sun Dried Tomato Pastry

Additional Ingredients: Sun Dried Tomatoes

My clients felt this had a really unusual and interesting flavour. It also looked appealing as it was coloured by the tomatoes. The only downside to the appearance was that some of the dried tomatoes stuck out of the pastry which made it look abit untidy at times; however this was well hidden in the flaky pastry. There was only a slight taste of tomatoes in the pastry which is good because it didn't overpower the pastry and wouldn't overpower the filling. It also had a very nice texture to it as the pastry was fluffy, light and soft whereas the tomatoes were quite the opposite, and gave a further dimension to the overall texture.

Standard

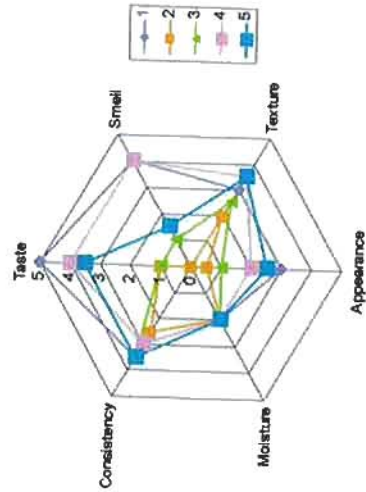
- Ingredients:
- 150g Plain Flour
- 75g Margarine
- Pinch of Salt
- Cold Water

Investigation 2 into Shortcrust Pastry - with different flavours



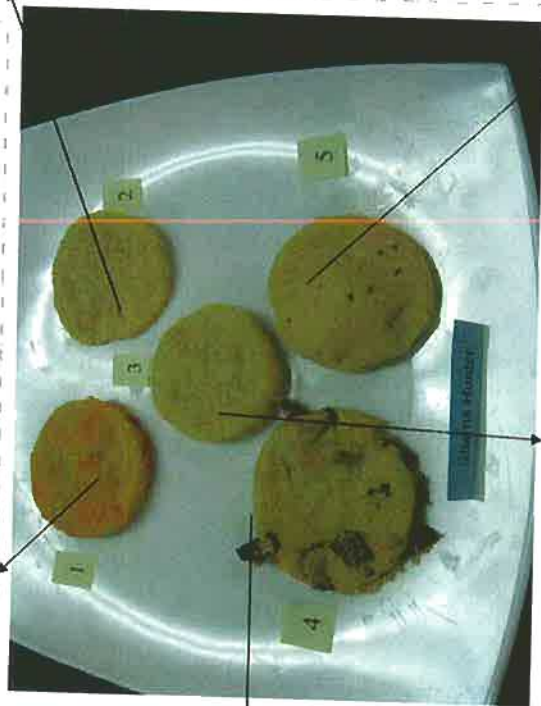
Short crust pastry is an alternative type of pastry used with savoury fillings, yet it is still very popular. The proportion is 1/2 fat to flour and because there is less fat in this pastry it gives it a more shorter texture which most people find appealing when eating it with a savoury filling. I am going to experiment short crust pastry with different flavours to see how this will contribute to my final proposal.

Sensory Analysis



1. Cheese and Onion Pastry

Additional Ingredients: Cheese and Onion
My clients thought this pastry was delicious and had a really cheesy flavour to it. The cheese complements the pastry very well and the combination of textures go well together. My clients felt the cheese added more moisture to the pastry, so therefore made it taste less dry and the consistency of the pastry was really good. This was my clients favourite pastry flavour, however it was a rather dry with a very short texture.



3. Plain Pastry
My clients thought this pastry was really boring because it didn't have much texture in it as it was quite dry. There was also no flavour to it what so ever. Therefore this is my clients least favourite pastry because it was too bland and dry, and contributed little originally to the overall requirements of the proposed dish.

2. Garlic Pastry

Additional Ingredients: Garlic Powder
The garlic was really overpowering in this pastry, it also tasted really dry and bland. There wasn't that much texture to the pastry at all and my clients didn't really enjoy this pastry. They thought the aroma of the pastry put them off wanting to actually try it because there was such a strong garlic flavour and odour.

Which flavour am I considering to take further?
My clients really enjoyed the cheese and onion pastry this is because the cheese wasn't too overpowering, however it added moisture into it so it wasn't as dry as the other flavours of pastries. Many different fillings would go well with cheese and onion pastry. The sun dried tomato pastry was my clients next choice as this flavour tasted really unusual and looked different and interesting. The short crust pastry is too dry for a jalousie therefore I am taking cheese and onion flaky pastry forward as this goes better for the jalousie

5. Onion Seed Pastry

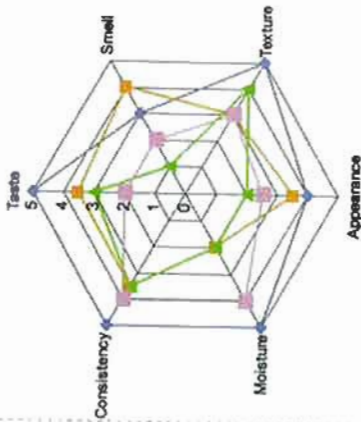
Additional Ingredients: Onion seeds
My clients felt this pastry was interesting because the onion seeds gave a slight hint of onion so it wasn't too overpowering. However the pastry was too dry, therefore this reflected in the texture and consistency of the pastry. The seeds made the pastry look interesting as it gave a more appetising appearance due to the colour. My clients would not want to take this pastry further because there are stronger flavours than this pastry, and they do not feel that this is the best choice.

4. Sun Dried Tomato Pastry

Additional Ingredients: Sun Dried Tomato
My clients really enjoyed this flavour because it had a strong tomato taste to the pastry. The sun dried tomatoes also improved the texture of the pastry and gave it a desirable mouth feel. The dried tomatoes gave a really interesting aroma and made my clients want to taste more of it because it was very pleasant. A downside to this type of pastry is that it looks rather untidy due to the tomatoes sticking out of the pastry, because it is shortcrust pastry it is difficult to effectively combine the ingredients.

Investigation 3 - Into different fillings

Sensory Analysis



The savoury filling of the jalousie is a really important component part as this provides the main flavour of the overall dish. Therefore it is vital that the filling has loads of interesting and unusual flavours in it. I am going to experiment with different flavoured fillings to see which would go well for my overall proposal.

Additional Ingredients:
 25g Plain Flour
 25g Butter
 300ml Milk
 1 Chicken Breast
 Mushrooms
 Cheese

D - Chicken and Mushroom in a Cheese Sauce
 This wasn't my clients favourite filling because they thought the chicken and mushroom didn't go well in the cheese sauce. However a plain white sauce would have been much better. They also didn't feel it looked appetising to eat because it looked really stodgy. Because the flavours of the filling were not complementary this means that it is doubtful that it would combine well with the cheese and onion pastry.



A - Broccoli and Asparagus in a Cheese Sauce

Additional Ingredients:
 25g Plain Flour
 25g Butter
 300ml Milk
 1 Bunch Broccoli
 Asparagus
 Baby Corn
 25g Cheddar Cheese

My clients thought this filling was excellent because the broccoli, asparagus and baby corn went so well in the creamy cheese sauce. The texture was really good due to the contrast of the crunchiness from the vegetables and the smoothness of the sauce.

My clients feel this filling has the best appearance to it because the yellows and greens look very eye catching and interesting to eat. It will also look very appealing in the cheese and onion flaky pastry.

The fact that the vegetables are in a cheese sauce, it will go very well with the cheese and onion pastry. The contrast of the flaky pastry and the creamy sauce will be very interesting and have a really good mouth feel to it.

B - Bolognese Sauce

Additional Ingredients:
 400g Minced Beef
 1 Onion
 1 Carrot
 1 Tin Chopped Tomatoes
 Red Wine

My clients felt this filling was really tasty however it wasn't really interesting and unusual. Also it has a lot of moisture in the filling and my clients felt that it would make the pastry soggy and ruin the taste of the dish. My clients liked the fact that it tasted a lot of tomato as well as having other vegetables in it.

This filling would go well with the pastry due to the ingredients used, however it would make the pastry too soggy which could result in the finished product not meeting the high standards required for a special occasion dish.

C - Haddock and Prawn in a White Sauce

Additional Ingredients:
 1 Haddock Fillet
 1 oz Butter
 4oz Button Mushrooms
 Squeeze Lemon Juice
 2oz Prawns
 6 tbsp Double Cream

My clients thought the texture of the haddock was extremely nice and tasty because it was really flaky and soft. However the white sauce was quite bland and therefore made the whole filling rather bland.

My clients felt the ingredients were really imaginative and unusual. Also the appearance of this filling is really unusual and looks interesting to eat.

Which filling am I considering to take further?

My clients preferred two out of the four fillings and these were the bolognese sauce and the broccoli and asparagus in a cheese sauce. However my clients feel that the bolognese sauce is too ordinary and feel that the broccoli and asparagus in a cheese sauce is much more unusual with more interesting flavours in it. Therefore I have decided to take the broccoli and asparagus in a cheese sauce forward.

Investigation 4 - into different chutneys



Sensory Analysis

A chutney is an accompaniment to the dish which provides a burst of flavour. It is important that the chutney supply's a lot of flavour because it is served with the jalousie so therefore it should complement it well. I will experiment with different flavours of chutneys to see which has the best texture, consistency and flavour for my overall proposal.

- Additional Ingredients:**
- 1 x cucumber
 - 2 x cooking apples
 - 1 x onion
 - 600ml malt vinegar
 - 500g Demerara sugar
 - 1 tsp salt

D - Cucumber and Apple Chutney

This chutney was my clients' least favourite chutney and this was because they thought it tasted really peculiar due to the amount of cucumber in it. There weren't any bursts of interesting flavours, instead it was quite bland. This chutney also wouldn't taste right with the cheese filling and pastry.

The texture of this chutney was quite smooth and not as thick as the other chutneys therefore it didn't have the correct consistency.

- A - Subbed tomato chutney**
- Additional Ingredients:**
- 1 x onions
 - 1 x garlic clove
 - 1 x red peppers
 - 1 x red chilli
 - 500g ripe tomatoes
 - 225ml malt vinegar
 - 175g soft light brown sugar
 - 50g raisins
 - 1 x level tsp paprika
 - 1 x cinnamon stick
 - ¼ tsp ground cloves

My clients thought this chutney was delicious and really unusual with bursts of flavours. They could easily taste the tomatoes however it was combined with cinnamon and other interesting flavours which went well together.

This chutney also involved more ingredients and more skill which my clients believe would go well with their celebration meal. The texture of this chutney was really good because it had the stickiness which chutneys should have, similar to a jam.

The chutney also gave out a delicious aroma. Because it is a spiced tomato chutney it goes well with the cheese and onion pastry as well as the cheese filling.

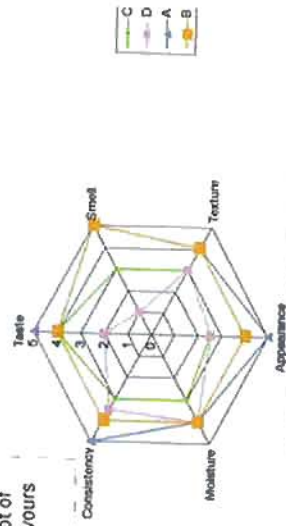


B - Tangy Onion Chutney Recipe

My clients thought this tasted really sweet and interesting however it didn't show that much skill and didn't take that long to make. The only flavours in this chutney was mainly red onion with a bit of red wine in, therefore it wasn't full of ingredients which gave an unusual taste. Also my clients feel the dish might be too overpowering with onion due to the onion in the pastry and the majority of onion chutney.

However the consistency and texture of the chutney was superb and really thick and sticky, also the appearance of the chutney was really vibrant and attractive.

- Additional Ingredients:**
- 2 x red onions
 - 25g caster sugar
 - 25ml red wine vinegar
 - 25ml red wine



C - Cranberry and Apple Chutney

Additional Ingredients:

- 30g unsalted butter
- 1 x cooking apple
- 2 tsp cranberry sauce
- 30g sultanas
- 2 tsp white wine vinegar
- 30g caster sugar

My clients enjoyed this chutney due to the sweetness of the cranberry and apple. They also thought it tasted unusual and interesting which would go well with the cheese and onion pastry. However, again this chutney was quite smooth and not as thick as the other two chutneys which didn't give a brilliant mouth feel to it.

My clients thought the appearance of this chutney was attractive due to the pastel colours in it. Compared with the other chutneys this wasn't as strong as the others in the sense of taste and texture therefore my clients do not want me to take this chutney any further.

Which chutney am I considering to take further?

My clients really enjoyed the texture and consistency of both the spiced tomato chutney and the tangy onion chutney. However my clients believe the onion chutney could over power the pastry and the jalousie if onions are used within them. Therefore I am taking the spiced tomato chutney further as my clients believe this has a range of interesting flavours bursting out of it, such as the cinnamon, peppers and paprika.

Final Design Proposal



Name of Product: Broccoli, asparagus and baby corn jalousie in a cheddar and onion flaky pastry, served with a spiced tomato chutney and a side salad.



Method for Making

Flaky Pastry

1. In a bowl I sieved the plain flour and mixed this with the salt.
2. I then blended the butter and lard together and divided this into four portions.
3. I rubbed one portion of fat into the flour using my finger tips and then added the cheese and onion
4. I gradually added cold water until it formed an elastic dough, and I did this using a knife.
5. I rolled the dough into a rectangle and covered 2/3 of the pastry with a portion of fat, dotting it over the surface.
6. I then folded the pastry into three, bringing the end without fat into the centre then holding down the other third.
7. I pressed the edges down and gave it a 45° turn and rolled it out again. I repeated the process twice more and then left it in the fridge for an hour.

Filling

1. First of all I placed a sauce pan on a medium heat and melted the butter.
2. Once the butter was melted I added the flour directly to the pan and with a wooden spoon I mixed it all together to form a thick paste.
3. I added the milk in thirds into the pan, as I could make it the correct consistency. I added the first section of milk and stirred this in with a wooden spoon until the lumps disappeared. Then I added the next third of milk and mixed it. I then replaced the spoon with a whisk and I continually whisked until all the lumps disappeared. Finally I added the last third of milk and I kept whisking this until it started to thicken.
4. When the sauce started to boil and turn shiny I seasoned it with salt and pepper to enhance the flavour.
5. Finally I added 50g of grated cheddar cheese into the sauce.

Spiced Tomato Chutney

1. I put all the ingredients into a large pan and stirred it all together, bringing it to the boil ensuring the sugar had dissolved.
2. I cooked the chutney at a medium heat for 1 and half hours, stirring occasionally until it became thick and a texture like jam.
3. Finally I poured the chutney into individual serving dishes.

Side Salad

1. I chopped the lettuce into small pieces and arranged this onto the serving plate.
2. I chopped a green pepper into small chunks and sprinkled this on top of the lettuce.
3. Finally I chopped the tomatoes into quarters and placed three pieces onto the lettuce.

Ingredients

- Flaky Pastry**
 200g Plain Flour
 75g Lard
 75g Butter
 Pinch of Salt
 Cold Water
 1 x Onion - Locally Sourced [Lincolnshire]
 25g Cheddar Cheese - British
- Filling**
 1 x Bunch Broccoli
 6 x Asparagus Spears - Locally Sourced [Lincolnshire]
 6 x Baby Corn
 25g Butter
 25g Plain Flour
 300ml Milk - Organic
 50g Cheese - British

Spiced Tomato Chutney

- 1 x onions - Locally Sourced [Lincolnshire]
 1 x garlic clove - Locally Sourced [Lincolnshire]
 1 x red peppers - Organic
 1 x red chilli - Organic
 500g ripe tomatoes - Organic
 225ml malt vinegar
 175g soft light brown sugar - Fair-trade
 50g raisins
 1 x level tsp paprika
 1 x cinnamon stick
 ¼ tsp ground cloves
- Side Salad**
 Lettuce
 1 x Green Pepper - Organic
 1 x Tomato - Organic

Sustainability Key

- Locally Sourced
- British ingredients
- Organic
- Fair-trade

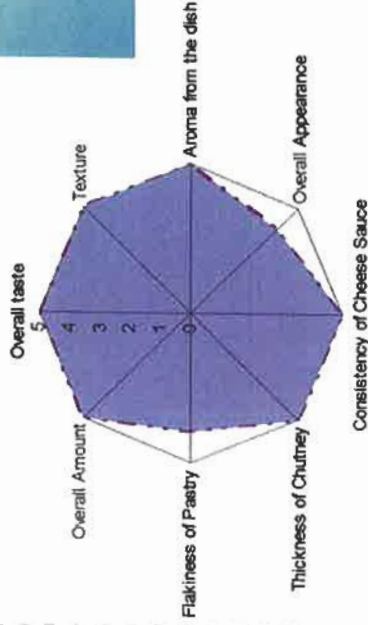
Match to Specification

- **Must be a luxury main dish which is very attractive to the eye and taste very interesting** ✓
This dish is very attractive to the eye and this is due to the range of different colours on the plate. My clients feel it is really eye catching and appetising to eat because the pastry looks really golden brown and flaky with the sauce oozing out of the pastry which gives a slight hint of the flavour of the filling. It is also a luxury main dish as well as being really unusual. The parsley on top of the jalouse sets it all off due to the burst of colour and it makes it look like a quality dish.
- **Must be a luxury main course dish containing unusual ingredients** ✓
The jalouse is a luxury main course dish because it contains four component parts which each provide a burst of interesting flavours which when combined together makes it really interesting with unusual ingredients. My clients thought the dish was full of unusual ingredients which made it very pleasant to eat.
- **Must be served hot** ✓
The dish would be served hot to reach its full potential otherwise if it was served cold my clients wouldn't like it and the filling wouldn't taste that nice it was cold. The cheese filling would go a bit stodgy and form a crust if it was left to cool down, therefore it is better to eat it hot as this would ensure the filling was to a high standard.
- **It must be suitable to be cook-chill** ✓
The jalouse and chutney will be able to be re-heated if necessary.
- **Must contain a type of protein** ✓
This dish contained a lot of cheese which is a type of protein. It didn't consist of any meat, such as chicken, as my clients wanted to go down the vegetable route instead of incorporating meat into the dish.
- **Must include 3 interesting components** ✓
This dish has four different component parts to it, which are
 - Cheddar and onion flaky pastry
 - Broccoli, Asparagus and baby corn in a cheese sauce
 - Spiced Tomato Chutney
 - Side salad

My clients wanted at least three components parts to the final product as this would make it really interesting and add a lot of dimension to the plate. However there are four different components to the dish.

- **Must include a carbohydrate** ✓
The flaky pastry is classed as a carbohydrate food in this dish and this provides a main source of energy.
- **Must include a sauce** ✓
There is spiced tomato chutney to accompany the jalouse which provides a burst of interesting flavours due to the ingredients used such as onion and cinnamon.
- **Must be individual portion size** ✓
My clients have the choice of either having an individual jalouse or making a large jalouse and cutting individual portion sizes out of it. Overall my clients will be presented with an individual portion size according to their occasion.
- **Must be suitable for batch production** ✓
This dish is suitable for batch production because the filling can be made into large portions and then divided into the correct individual amount, the same with pastry and the chutney.
- **Used locally sourced ingredients wherever possible** ✓
There are many sustainable ingredients used within this dish, both local and organic ingredients. My clients wanted me to incorporate local and organic ingredients into the dish to ensure I am being really sustainable and environmentally friendly. Below is a list of the ingredients which are sustainable.
 - Local Sourced
 - onions
 - asparagus
 - garlic
 - Organic ingredients
 - milk
 - peppers
 - chilli
 - Tomatoes
- **Use fair trade ingredients wherever** ✓
I have used fair trade brown sugar for my spiced tomato chutney. My clients wanted me to use fair trade ingredients wherever possible to ensure I am helping third world countries as well as being sustainable.

Sensory Analysis of the Final Proposal



Sensory analysis and Client Feedback











My clients thought that the final proposal matched their requirements as to what they would like for their celebration meal. They thought it tasted delicious with various flavours coming from the different components of the dish, for example the spicy tomato flavour from the chutney combined with the smooth tasting cheese sauce. They thought the broccoli and asparagus in a cheese sauce cooled down the spiciness of the tomato chutney. The consistency of the chutney was excellent as it was really thick like a jam texture. Also my clients thought the chutney was versatile because they could eat it several ways such as dipping pastry into the chutney but also eating the chutney by itself. There were so many unusual and interesting aromas coming from the dish, from the cinnamon in the chutney to the cheese and onion from the pastry. My clients thought the dish was very attractive and eye-catching however they believe it could be made better with more salad on the plate to enhance the colour of the dish and to make it stand out more. The consistency of the cheese sauce was perfect, my clients thought it was really creamy and smooth to a perfect texture. There weren't any lumps in the cheese sauce yet it was thick and velvety just how a cheese sauce should be. The broccoli, asparagus and baby corn gave it another dimension because the crunchiness of the vegetables went really well with the smoothness of the sauce. The pastry was rather flaky however my clients would have preferred it a little flakier to boost the texture and mouth feel of it. They thought the pastry had a lovely golden brown colour to it which made it really appetising to eat. The overall amount of the dish was good, my clients said that if there were any more components then it would be too much to eat and they would get full easily, however if there wasn't the salad on the plate then there wouldn't be enough to eat. Therefore there was just the right amount for an individual portion.

My clients feel that this proposal has met all their needs, it is a luxury and unusual dish with loads of different ingredients in it, as well as being a really high quality meal which would be served at their celebration event. The only recommendation they would suggest would be to have more salad vegetables on the plate as this would make the dish more attractive due to the range of colours.

My clients also like the fact that they have the choice of which jalouse they would like to have for their meal, either the individual sized jalouse or a larger jalouse cut into individual portions. They said that the individual jalouse looks really neat and tidy and appetising to eat. However they like the look of the cheese sauce oozing out of the pastry on the larger jalouse.



Processes and Techniques used during preparation and making and how they have affected the outcome

Processes and Techniques	How it affected the outcome	Photograph of process and techniques
Chopping ingredients to appropriate size	The ingredients needed to be chopped to the same size as this ensured a consistent quality product.	
Putting all the chutney ingredients into a pan and letting it simmer for 1 hour and half	Allowing it to simmer for one hour ensures the mixture thickens to the right consistency of a chutney.	
Combining the butter and lard together	This mixes the two fats together so when it is dotted on the pastry it is able to make it really flaky when it goes into the oven.	
Rubbing one portion of the fat into the flour	Rubbing the fat into the dry ingredients combines it all together to give a structure for rolling out and eventually layering.	
Dabbing fat on two thirds of the pastry	When the pastry is folded into three, the dots of fat makes the pastry flaky and rich, creating layers of fat. When cooked this melts and the pastry layers coagulate to create a flaky, light texture.	
Continually stirring the white sauce until it starts to thicken.	Without continually stirring the sauce it would become lumpy and not smooth which would change the texture of the sauce. The flour must be distributed evenly throughout the liquid as it gelatinises when heated to thicken the sauce and create a smooth consistency.	
Adding the vegetables to the thick cheese sauce.	Adding the vegetables to the sauce flavoured it as well as adding to the texture of the sauce. The vegetables are pre-cooked as the sauce is already cooked.	
Rolling the pastry out with a rolling pin.	It is important to roll the pastry out evenly with a rolling pin as this gives the pastry the best quality as it is smooth and can be rolled as thinly as it needs to be.	
Placing the filling onto the pastry with a 1cm border	The border allows the larger rectangle of pastry to fit around the filling and have enough room to secure the pastry without any filling coming out of the pastry to ensure a quality finish.	
I fluted the edge of the pastry	This makes the pastry more attractive and seals the edges well. Beaten eggs are used to seal the pastry and prevent leakage of filling as it coagulates and sets on heating to seal edges.	

Function of Ingredients and Components and how they contribute to the overall quality of the dish and requirements of the task

- Pastry**
- Flour** - This is the bulk ingredient in making the pastry which provides the main structure for the pastry.
- Fats (lard and butter)** - These help combine all the dry ingredients together as well as providing some flavour and colour into the pastry. The fats ensure it has a rich flavour and a light and flaky texture.
- Salt** - This seasons the pastry to give it a better flavour.
- Water** - This adds moisture to the mixture in order for it to turn into a dough with the correct consistency.
- Onion** - This ingredient provides a burst of flavour to the pastry as well as adding texture to the component.
- Cheese** - This provides one of the main flavours to the pastry as well as adding to the texture, and giving HBV (High Biological Value) protein and calcium in the dish.
- Filling**
- Broccoli/Asparagus/ Baby corn** - These provide a crunchy texture to the smooth sauce as well as providing flavour and colour. It also provides vitamins and minerals.
- Butter** - This is the fat which provides colour and flavour into the dish.
- Plain flour** - This is the main ingredient which provides structure for the sauce, as well as providing carbohydrate.
- Milk** - This adds moisture to the dry ingredients making it creamy and smooth, giving BHV protein and calcium.
- Cheese** - This helps to thicken up the sauce as well as providing most of the flavour to the sauce and some colour.
- Chutney**
- Onions** - Onions provide texture into the chutney as well as a powerful flavour.
- Garlic** - Garlic is used to enhance the flavour of the chutney.
- Red peppers** - These are added into the chutney to provide a spiciness to the chutney as well as adding colour.
- Red Chilli** - This is added for spice.
- Tomatoes** - This is the bulk ingredients in the chutney, it provides flavour and texture.
- Vinegar** - This makes the chutney more acidic giving it a powerful and rich flavour.
- Light brown Sugar** - This sweetens the chutney as well as thickening it up.
- Foaming** - Raisins are added into the chutney to provide sweetness as well as texture.
- Panada** - This adds flavour into the chutney, it contributes to the overall dish because this spice makes the flavour of the chutney really interesting and unusual.
- Cartamon stick** - This adds flavour into the chutney. Again this spice contributes to the overall dish because it makes the chutney taste really unusual and interesting.



Production Plan

Time Scale	Quality Control	Process	HACCP
5 minutes	Ingredients should be stored in suitable places as this prevents microbial growth, away from the floor so no pests can contaminate the ingredients.	Store ingredients in correct conditions	All fats and dairy products should be stored in refrigerated conditions of 0-5 °C to prevent microbial growth. Also flour and vegetables should be stored in dry and cool conditions.
10 minutes	Check quality of ingredients when weighing	Weight/ measure ingredients for the chutney, pastry and filling for the jalousie	Keep in a well ventilated room to ensure no dust spread. Make sure ingredients do not get mixed up
5 minutes	Chopping ingredients to the same size.	Preparation of the ingredients e.g. washing and chopping vegetables.	Avoid contamination for instance washing the onions correctly. Chop on a clean vegetable board.
2 minutes	Ensure it is at the correct temperature and check timings.	Add all the chutney ingredients to a pan and simmer for 1 and half hours, stirring every so often.	
2 minutes		Pre-mix the fats for the pastry	Ensure all packaging is removed
4 minutes	Ensure that the fat is correctly rubbed in. Also ensure the cheese and onion is rubbed into the mixture correctly without any big lumps.	Add the flour and salt together and add one portion of fat into the mixture as well as the cheese and onion and mix with fingertips.	Check cleanliness of all equipment used.
4 minutes	Ensure the texture is correct, making sure the pastry isn't too wet or too dry.	Gradually blend with water to form an elastic dough	Any spillage should be cleaned up.
13 minutes	Ensure the dough is rolled out to the same thickness so when it is cooked it is of the same consistency and quality. Dot the fat evenly onto the pastry to ensure it is consistent	Roll the dough out into a rectangle and cover two thirds of the pastry with a portion of fat dotting it over the surface. Fold the pastry into three bringing the end without fat into the centre first. Press the edges down and give it a 45° turn. Repeat this process twice more	Roll the dough on a clean surface so no contaminants enter the food.
1 minute	Pastry must be chilled for one hour prior to cooking it to ensure consistent quality.	Wrap in clingfilm and refrigerate for 1 hour	Make sure the pastry is fully wrapped up to prevent any contamination entering the food. Check temperature of refrigerator. Ensure cleanliness of equipment
6 minutes		Meanwhile make the cheese sauce, melt butter in a pan and add the flour directly with a wooden spoon to form a thick paste.	
6 minutes	Continually whisk the cheese sauce to ensure there aren't any lumps in the mixture and to keep it a consistent quality.	Add the milk in thirds until any lumps have disappeared and keep whisking until the sauce starts to thicken.	Ensure cleanliness of equipment
1 minute	Ensure the milk is fresh to keep the flavour correct.	Add grated cheese to the sauce.	Check for freshness of the cheese
6 minutes (2 minutes to boil water, 4 minutes to cook the vegetables)		Add water into another pan and leave it to boil, add vegetables and boil until they become soft and crunchy	
3 minutes	Drain thoroughly so the vegetables are not wet	Drain the vegetables	Any water spillage should be cleaned to avoid slipping
15 minutes		Add the vegetables into the cheese sauce and leave to cool down.	
1 minute	Ensure the temperature of the oven is correct. Also cover the baking tray evenly with oil.	Preheat the oven to 220 °C. Grease baking tray with oil.	Check temperatures are correct to ensure even cooking.
5 minutes	Make sure the larger rectangle is big enough to cover the smaller rectangle to ensure no other components are visible.	Remove pastry from the fridge. Cut the pastry into two rectangles, one larger than the other.	Remove all the clingfilm and ensure clean equipment is used to cut the pastry.
4 minutes	Make sure the same amount of filling goes into the jalousie covering the base correctly.	Place the smaller rectangle on the greased baking tray and top with cheese sauce mixture, leaving a 1cm border around the edges and brush the edges with egg	Ensure cleanliness of baking trays. Ensure freshness of beaten egg and make sure there's no egg shell
3 minutes	Ensure the cuts in the pastry are consistent and evenly apart to keep it of quality.	Gently fold the larger rectangle in half lengthways and use a sharp knife to make diagonal cuts, 1cm apart.	
2 minutes	Ensure the seal is tight so no mixture can overflow.	Open the pastry and place this over the filling and press the edges down.	



1 minute	Ensure the egg is beaten correctly.	Brush lightly over with beaten egg	Ensure the egg isn't out of date when beating the egg as this could contaminate the whole dish as well as producing food poisoning. Ensure there are no foreign bodies, such as egg shell. Ensure the jalousie is cooked correctly to avoid any contamination of raw ingredients.
20 minutes	Check the temperature of the oven is correct as well as checking the timings.	Bake in the oven for 20 minutes until golden brown.	
2 minutes	Ensure the chutney has the correct texture and consistency due to its thickness.	When the chutney has become really thick, like a jam texture, turn off the heat and place in a ramekin dish. Prepare the salad ingredients e.g. chopping them to size and washing them etc.	
5 minutes	Ensure the ingredients are chopped to the same individual size.	Make a small side salad on the plate Remove the jalousie from the oven and leave to cool (in less than 90 minutes.)	Avoid any contamination from washing the salad vegetables correctly. This will avoid bacteria growth.
5 minutes 10 minutes	Give correct portion sizes on each plate. Make sure it is left to cool in a controlled atmosphere to 0-5°C	Depending on whether the clients want an individual jalousie or a slice from a large jalousie, place it onto the plate next to the salad. Then put the ramekin dish onto the plate as well.	
4 minutes	Give correct portion sizes of jalousie.		

Total Time = 145 minutes (2 hours 25 minutes)

Commercial equipment which could be used in the production of my jalousie



An Electrical Mixer

This electrical mixer would be used to mix the pastry together to make it into stretchy dough ready to be made into flaky pastry. It would be less time consuming and would be ideal for making larger quantities of pastry.



Digital Weighing Scales

Digital weighing scales would be used to give a more accurate measurement for the ingredients. They are less time consuming and give precise readings. They are also easier to clean which again would save time.



An Electrical Steamer

An electrical steamer would be used for large scale production for my final proposal as it steams a lot of vegetables at once therefore it saves a lot of time and is much easier and quicker to use instead of boiling a pan of water and then adding vegetables and waiting for them to cook. It also retains vitamins and minerals in the vegetables.



An Electrical Grater

This would be ideal for a large scale production as this would be able to grate the cheese and onion quickly and consistently to the same size, when making multiple numbers of the dish.

Testing and Evaluation



Testing against specification

Specification Points	How it was met
Must be a luxury main dish which is very attractive to the eye and taste very interesting	The jalousie had a high standard of presentation due to the variety of colours throughout the dish, such as the golden brown of the flaky pastry, the bright vegetable colours and the rich red colour of the chutney. My clients thought the jalousie tasted extremely delicious due to the unusual flavours present. Therefore this specification point was met.
Must be served hot	The dish would be served hot to reach its full potential, otherwise if it was served cold my clients wouldn't like it and the filling wouldn't taste that nice if it was cold. The cheese filling would go a bit stodgy and form a crust if it was left to cool down, therefore it is better to eat it hot as this would ensure the filling was to a high standard.
It must be suitable to be cook-	
Must contain a type of protein	This dish contained a lot of cheese which contains HBV protein. It didn't consist of any meat such as chicken, as my clients wanted to go down the vegetable route instead of incorporating meat into the dish.
Must include 3 interesting components	This dish has four different component parts to it, which are: <ul style="list-style-type: none"> - Cheddar and onion flaky pastry - Broccoli, Asparagus and baby corn in a cheese sauce - Spiced Tomato Chutney - Side salad My clients wanted at least three components parts to the final product as this would make it really interesting and add a lot of dimension to the plate, however there are four different components to the dish, therefore this matched my specification point.
Must include a carbohydrate	The flaky pastry is classed as a carbohydrate food in this dish and this provides a main source of energy.
Must include a sauce	There is spiced tomato chutney to accompany the jalousie which provides a burst of interesting flavours due to the ingredients used, such as onion and cinnamon. The filling in the jalousie was also sauce based.
Must be individual portion size	The jalousie can be made to an individual portion or I can make a large jalousie and cut individual slices out for my clients depending on which one they prefer, therefore this point was met.
Must be suitable for batch production	This dish is suitable for batch production because the filling can be made into large portions and then divided into the correct individual amount, the same with pastry and the chutney.
Used locally sourced ingredients wherever possible	There are many sustainable ingredients used within this dish, both local and organic ingredients. My clients wanted me to incorporate local and organic ingredients into the dish to ensure I am being really sustainable and environmentally friendly. Below is a list of the ingredients which are sustainable. Local Sourced onions asparagus garlic Organic Ingredients milk peppers chilli Tomatoes
Use fair trade ingredients wherever	I have used fair trade brown sugar for my spiced tomato chutney. My clients wanted me to use fair trade ingredients wherever possible to ensure I am helping third world countries as well as being sustainable.

Viscosity testing

A viscosity test is very simple and it shows the thickness of liquid mixture using a viscosity chart. This test is suitable for measuring the viscosity of products such as: sweet and savoury sauces, soup, custard, jam etc.

To do this test you need a viscosity chart, which has five or six rings which represent how viscous the liquid is. Then you need to place a plain cutter in the centre of the circle. The liquid should be poured into the top of the cutter and then the cutter should be pulled away, allowing the liquid to spread. When the liquid has stopped spreading this is how viscous it is, if the liquid is nearer 1 then it is a thick mixture however if its nearer 5 or 6 then the mixture would be quite runny.

I completed a viscosity test when I made my cheese sauce as I needed to ensure I was making it to the correct consistency. It shouldn't be too thin and watery other wise it would seep through the pastry however it shouldn't be too thick and stodgy. My cheese sauce shouldn't run any more than 2 on the viscosity chart otherwise this would be too runny.

As you can see from the photograph, my cheese sauce is to the correct viscosity as it hasn't reached 2 on the chart which means it's quite thick. This enables it to hold its structure for incorporating as a filling in the jalousie.



To the left is the roux sauce in the cutter.



To the right is the roux sauce after it has spread, showing its viscosity. It reached just under the two marks; therefore this is just the right consistency, and this test would be used for each batch of sauce produced.



Sensory Analysis/ Star Diagram Test

Star diagrams collect detailed descriptions to be gathered of a variety of aspects of a food product. A star shape is drawn, with each line divided into 5 - 9 sections.

A descriptor is identified at the end of each line, such as 'overall taste' or 'consistency of cheese sauce'. The descriptor used will depend on the aspects of the product being tested.

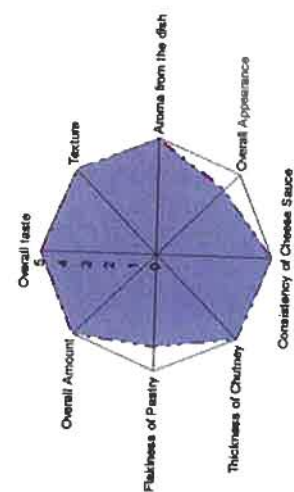
When a product is tasted, the taster assesses the areas and marks the star diagram as required. The marks on each part of the diagram are joined together to identify them clearly. If the shape of the joined lines is wide then this usually means the product has received high descriptive points opposed to if the joined lines are close in together, which means it hasn't received that many good points about the product. On the diagram 1 would be the lowest mark and 5 [or the highest number] would be the highest descriptive mark.

Below is an example of a star diagram I used for my final proposal. It is clear to see that I was testing for the taste, texture, smell, appearance, consistency of cheese sauce, thickness of chutney, flakiness of pastry and the overall amount of the dish.

I tested the taste of this dish as this was probably the most important sensory factor to test, because if the product didn't taste nice then I know I would have to improve on it. Also it was important to test the other component parts as it allowed me to know how good each factor was and whether I needed to improve on anything.

By conducting a sensory analysis diagram it helped me to understand the strengths and weaknesses about my product, so if I was to do it again I know what changes I could make to improve it. A sensory analysis is a visual way of clearly identifying the products strengths, it is a quick and simple procedure which allows the tester to clearly see what needs improving straight by looking at the diagram. This was completed by my clients to assess the success of the dish I produced.

Sensory Analysis of the Final Proposal



This particular star diagram told me that overall it was an extremely good dish; this is because the diagram is very wide and reaching either 4-5 on each descriptive point therefore I do not need to improve on much to ensure I make a high quality dish which my clients enjoy.

Testing for the Quality of Ingredients

There are a number of precautions to take to ensure the quality of ingredients are up to standards, these are outlined below:

- Use a reliable supplier who regularly visits and has a good reputation.
- Check the ingredients on arrival, such as the visual quality of vegetables, the weight of ingredients. Sieve wherever possible, such as flour to remove any contaminants.
- Ingredients in certain packaging should be checked to maintain the quality of them. Such as any fat needs to be sealed away from oxygen to prevent it from going rancid.
- Ingredients need to be stored at correct temperatures and in the correct places, such as the vegetables should be stored in a cool and clean area, away from the floor to avoid any infestation of rats. Also cheeses and milks etc need to be kept in refrigerated conditions of 0-5°C.

Quality Assurance

The quality assurance of my final proposal can be seen from the production plan. The quality of any products is maintained using quality checks during the production of the dish, this is to ensure a product of consistent quality is produced. The HACCP checks prevent any contaminant from entering the food. After production a full organoleptic quality check would be carried out as well, such as sensory analysis test which are all enforced to ensure the total quality assurance, as mentioned earlier.

Target Market

This product was aimed at clients celebrating their 25th wedding anniversary. The product must be sophisticated and have a very high standard. This was achieved because I made a very high quality dish with many interesting and unusual flavours in. The product is suitable for my target group due to the testing procedure during the development stages; I tested each development dish on my clients and they stated what they liked about each dish and how it could be improved, this was so I could produce a suitable final product. The flavours, textures, consistency and appearance of the dish are all suitable to be classed as sophisticated and unusual, this is because it is a very unusual but delicious dish.

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 - Robert Carrier - Cooking for You
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 - www.taste.com.au
 - www.realdidgast.com.au

Client's Opinions

My clients were extremely happy with the outcome of their final dish as they thought it was very attractive, delicious and had many pleasing textures. They thought the flavours worked well together, particularly the cheese and onion flaky pastry with the cheese sauce filling. One criticism was that the pastry wasn't flaky enough to meet my client's requirements; however this could easily be altered by chilling the pastry for longer before cooking. The cheese sauce was commented on as having a really smooth consistency with the added texture of crunchy vegetables in it which made it interesting to eat. The side salad was really attractive to the eye however there wasn't enough on the plate so a little more salad would have made the dish even better. Overall the jalousie achieved high levels of satisfaction and is very suitable for the requirements of the task. By testing throughout each stage I have ensured a quality outcome.

Summary

This project has been really successful and has produced a final product which is suitable for my given task, which is a high quality meal to be served at a 25th wedding anniversary celebration. Due to the product being tested in the development stages, it was very appealing and they enjoyed it very much. The dish could be made in the kitchen of the celebration address; therefore it could also be served straight away at the event. The pastry could be pre-made and the salad could also be prepared beforehand but to ensure quality it must all be cooked straight before being served, this is to make sure it has been cooked thoroughly for the specified length of time. This ensures the dish is freshly made and tastes really fresh. The dish had a wide range of flavours which worked very well together, it also had quite a simple appearance however it was still bright and looked appetising to eat due to the bright salad colours and the parsley on top of the jalousie. The product matches all of my specification points which are clearly outlined on the previous page. Overall the project has resulted in a successful final product that meets the requirements of the task and my clients.



Life Cycle Assessment of Broccoli, Asparagus and Baby Corn Jalousie



1. Raw material extraction

I have used locally sourced ingredients as much as possible as this reduces the amount of air miles to receive the raw ingredients and this therefore reduces the amount of pollution and carbon footprint. By using local ingredients it helps local business survive. However all the ingredients which were not locally sourced I ensured they were either organic or fair-trade as this ensured I was being sustainable and helping other countries. I didn't use any meat in my final product however I did use butter and I made sure this was farm assured, as I used country life butter. Because a lot of my ingredients were locally sourced it meant that I didn't use many air miles. However I have worked out that raisins from the USA to the UK would use 1.10 tonnes of CO2 emission per flight, therefore this is why I should use as many locally sourced ingredients as possible to reduce emissions and protect the environment. I believe I could have used more sustainable ingredients, even though I used locally sourced ingredients they could have been organic as well.

2. Material production

Pollution will come from the flights which import the ingredients I use, as well as from transporting the ingredients in a lorry to the place I collect it from. The way to minimise the amount of pollution is to use as many locally sourced ingredients as possible. There is a lot of energy used in the production of flour, for instance the wheat is cleaned and passed through magnets and metal detectors to remove any metal and there are machines which separate other seeds, stones or dust which might have got in with the wheat. The wheat is passed through special rollers called break rolls and they break each grain into its three parts: wheat germ, bran and endosperm. The endosperm particles pass through smooth rollers called reduction rolls to make white flour. Fuels would be used when growing vegetables, for spraying, harvesting and distribution, resulting in CO2 emissions. It is important that quality control checks are conducted throughout the production of ingredients to ensure their quality and reduce waste.

3. Production of parts

I am using batch production to ensure I am being really efficient. This is because I know the amount of people I am catering for therefore if I make the exact amount then I won't be wasting anything. I won't be using any packaging for my dish because it is served straight away. However I may need to use packaging for my raw ingredients such as flour and margarine, therefore I will try to purchase ingredients in packaging which are recyclable and biodegradable where possible. I will use a steamer to steam all the vegetables together, this will save time and energy rather than preparing them one by one. Water will be used for things such as washing plates so they can be reused and washing the ingredients etc, a water meter would indicate usage. I will also use fuel when I need to use the oven and I will need to use electricity for things such as the electrical mixer, steamer and electrical grater etc. All waste packaging will be recycled for collection in the correct containers.

6. Disposal/ Recycling

I will keep the amount of waste food to a bare minimum and I will ensure I do this by only making enough for 8 people. If I have made a little too much then I won't throw this away but instead I will take it home so it isn't being wasted. I am serving the food on crockery therefore this can be reused several times. I will only use packaging when I am transporting the raw materials to the house where I am making the jalousie's; therefore I will use biodegradable bags. Again, I will keep the amount of waste for landfill to a minimum by only making enough products for the correct amount of people and if there is any left over food then I will keep it in the refrigerator for up to two days so it can be reused instead of being thrown away, or frozen. All packaging will be washed and recycled wherever possible, to keep landfill waste to a minimum.

5. Use

It is possible to reheat the jalousie and chutney either in a microwave or an oven. By reheating it in a microwave it might destroy some vitamins and minerals found in foods as well as destroying some taste and flavour in some dishes. However it is very simple and quick to use therefore reduces time wastage by heating it up. The other option is to reheat the food via an oven and this might take longer however it will produce a better tasting dish opposed to reheating it in a microwave. I will serve the food on crockery which will be re-used however this needs cleaning therefore I will need to use a dishwasher to do this. This will take up more energy but it will be a lot faster than washing each piece by hand. I will only make enough food for the amount of people I am cooking for, which is 8 therefore I am keeping wastage down to a minimum. If there are leftovers then I will take this home and reuse it as opposed to throwing it away and wasting it. The jalousie will be made and should be consumed within the first day as this will maintain the quality of the product. If there are leftovers then this can be refrigerated 0-5°C and can be left for a couple of days however the quality will slowly deteriorate which means it won't taste as nice and as fresh when it was first made. Alternatively any spare ingredients/ component parts could be frozen for use in the future.

4. Assembly

As I am using batch production it means I can make the exact amount of dishes I need instead of over producing. It means I will not be wasting any unnecessary fuel or energy as I will be making a specific number of jalousies. The correct portion size is important to avoid waste. If there is some spare pastry which is left over from making the jalousie then instead of wasting it I will use it to make another portion or I will freeze it. I will use up all the filling in the jalousies so there will be none left over to waste. I can do this as I won't make too much of the filling for it to be wasted, so if there is a little left over then I can divide it into the jalousie portions. The house where I am making the meal has a water meter in place, which means I will have to pay for how much water I use. This means I will be extremely careful about the amount of water I use and will only use water when necessary to avoid any large costs as well as being more environmentally friendly. All of the components parts will be packaged in biodegradable bags so this means it will be lightweight, it will be easy to store and can easily be biodegraded and help the environment. I am serving my product on crockery which means I am being sustainable as it can be reused after washing the plates.

Life Cycle Assessment of.....

Complete as a flow chart under the headings listed below

This should show an assessment of the sustainability of your final design proposal.

You could also suggest any improvements that could be made to improve the carbon footprint!!

Useful websites: www.carbonfootprint.com
www.click4carbon.com

Raw material extraction

- ✓ Ingredients used that are: organic, Fairtrade, locally/nationally sourced, farm assured.
Consider environmental/economic costs of accessing the raw materials
- ✓ Energy/equipment required to harvest raw materials
- ✓ Transport costs, time, use of fuels from source to place of production
Could you have used fewer or more sustainable ingredients?

Material Production

- Resources required for the production of ingredients from raw materials
- ✓ Energy consumption/pollution
Processes involved – efficiency, by products of production, reduction/amount of waste
- Quality control to ensure the quality of ingredients being consistently produced
- Distribution of ingredients to factories for the production of component parts

✓ Production of parts

- As above
- ✓ Type of production for efficiency eg batch, continuous flow etc
- ✓ Energy use
- ✓ Packaging of component parts to reduce weight for transport and waste, reduce the amount used, use recyclable/biodegradable packaging
- ✓ Efficient and modern equipment and machinery during production to minimise the consumption of energy

✓ Assembly

This is the making of the product.

- ✓ Efficiency of assembly and cooking of the product. Economy of fuel usage. Type of production eg batch
- ✓ Production of waste – what happens to it?
- ✓ Servicing – use of materials (all reusable?)
- ✓ Recycling of the packaging of component parts and ingredients used
- ✓ Water meter

✓ Use

- ✓ Re-heating of product – ways of re-heating

using
1.10 tonnes
of
CO₂
emission
from UK.

- ✓ Packaging for serving – all served on crockery which will be re-used but needs cleaning, therefore use of the dishwasher (fuel/water)
- ✓ Waste – what would happen to leftover food?
- ✓ Shelf life of the product
- ✓ Portion sizes

Disposal/Recycling

- ✓ Reducing the amount of waste – for landfill
- ✓ Packaging – biodegradable/recyclable
- ✓ Reducing the amount of waste food

Evaluation

Product Profile

A hearty Beef and Guinness pie with chunks of vegetables and cheesy flavours. Layered with roasted chunks of main crop and sweet potatoes and topped with a cheese flaky pastry. Not suitable for vegetarians, contains gluten.

Ingredients Quality

Quality of ingredients can be ensured by taking a number of precautions:

- Using a reliable supplier and have regular visits
- Check ingredients on arrival e.g. temperature of meat on arrival, visual quality of vegetables, weight of ingredients. Sieve where possible to remove any contaminants
- Any ingredients delivered in certain packaging, e.g. airtight, should be checked to ensure the quality of ingredients inside is of a high standard e.g. any fat needs to be sealed away from oxygen to prevent rancidity
- Ingredients need to be stored at correct temperature and in correct places: vegetables, Guinness and flour on off ground shelf in cool, clean area; meat, butter, cheeses kept in refrigerated conditions of 0-5°C (Guinness could also be kept in refrigerated conditions).

Consistency

To keep a consistency of the product tolerances can be used during manufacture. Weight and size tolerances can be used rejecting any products outside the tolerance. Colour tolerances can be used for the main components and a viscosity tolerance for the sauce; ensures all products are same colours and sauce is always correct thickness. When rolling out pastry and dotting fat this can be done precisely to ensure consistent results once cooked. The potatoes could have a tolerance of chunk size and how roasted the potatoes should be. All these points would contribute to achieving a consistent product.

Shelf Life

Over time the product did deteriorate in a number of ways:

- Pastry began to turn soggy
- Potatoes became softer and soggy
- Some syneresis of the sauce; separation of liquid

These changes mean that the product would not last long with a consistent quality if stored at the pub or sold in a supermarket. Additives such as anti-oxidants and preservatives could be used to extend the shelf life and stabilisers could be used in the sauce to prevent separation. To keep a high standard of quality, this product should either be freshly made to order, or if sold in a supermarket, could be sold as a frozen ready-meal (stabilisers may be used to ensure freeze-thaw stability); these points would extend shelf life and keep quality.

Testing

All of my products have been tested by the same members of my target group to give valid and reliable results to lead me to a final product totally suitable for my target group.



Quality Assurance

See production plan for detail

Quality is maintained using quality checks during manufacture and tolerances, such as size, colour and viscosity, to ensure a product of consistent quality is produced. The HACCP checks prevent any contaminant from entering the food and also give quality assurance to the product. After production, a full organoleptic quality check would be carried out as well, including checking colour, weight and size tolerances. These would all be enforced to ensure total quality assurance.

Legislative Requirements

On any packaging all ingredients can be listed as well as allergy advice. On a menu, allergy advice can be shown and any other ingredients can be told to the consumer when requested. This product is not suitable for vegetarians and contains egg and wheat. In a healthy eating environment the nutritional status of the product should also be known, especially the amount of saturated fat which should be kept low.

Target Market

This product was aimed at a typical pub customer. The product must also be suitable to be made and served as part of a pub menu. I have achieved this by making a product that is very typical of a pub menu and can therefore be made easily in a pub environment and would fit in with other dishes on the menu. This product is suitable for the target group due to the testing process during development; products were tested on members of target group to give a suitable final product as a result. The flavours, textures and appearance of this product are all suited to a pub meal so means that this product fits into the pub menu very well, especially since it contains Guinness so would be popular with typical pub-goers and therefore my target group.

Marketability

As part of a pub menu:

This product would most likely be introduced during autumn when the weather is getting colder and people want foods with warming flavours. When introducing this product, a special event could take place such as 'Pie Night' when on a certain night of the week, nothing but the pie would be sold (and a possible vegetarian option), this means that the components could be made in larger batches which would save money; this means the pie could be sold at a lower price on 'Pie Night' to increase popularity and sales. When sold in a supermarket:

Product could be introduced as part of a new range of 'British Meals' to increase popularity and sales.

Enhancing Marketability

This product could be adapted so it would suit a wider variety of people. Many different pie fillings could be used to give a wider range; portion size could be increased to get an economy/family size. This would give more variability to the people buying the products.

Implications for Manufacture

This product can be easily manufactured for a supermarket ready-meal; one slight problem would be making the pastry, a standard component could be used or standardised.

Testing Against Specification

I will now evaluate how each of the specification points were met by my final product.

Specification Point	How it was met
Savoury pie	This product is a savoury pie since it has a meat-based filling and a pastry topping. Therefore this specification point is met.
Contains potatoes as a main component	There is a layer of 2 varieties of potato, main crop and sweet potatoes; therefore potatoes are a main component of this dish
Locally sourced ingredients	All of the ingredients are sourced from local sellers. The beef was bought from a local butcher and the vegetables were bought from a local farm shop. One problem when the product would be in production would be the seasonal sweet potatoes but they could be bought from other sources or grown in special conditions; therefore keeping all ingredients locally sourced.
Suitable size	The pie is of a good size so it is filling to the consumer but not so large that there is wastage. The pie was commented as being of a suitable size.
Varied flavour	The flavours throughout the pie did vary. The pastry had a slight cheese flavour which contrasted against the potatoes. The potatoes themselves had two different flavours from the different varieties. The filling was mainly a Guinness and cheddar flavour, then with the flavour from the beef and the slight flavours from the vegetables. This means that, overall the product had a wide variety of flavours.
Varied texture	The pastry was crisp and flaky. The potatoes had a crisp outside and soft inside. The filling had a smooth sauce with chunks of vegetables and tender beef chunks. All of these different textures all combined to give a varying mouth feel when eating.
Suitable for target Group	The product, during development, was tested by members of the target group to give results to end with a suitable final product
Suitable to be served as part of a pub meal	The product is a typical style of pub meal so would be suitable to be served in a pub environment. The product also contains Guinness which would gain popularity from typical pub-goers
Suitable price	The final selling price was £7.50. This is a very suitable price considering the quality of the ingredients used in the product. This also fits in with a typical main course price at the Butcher & Beast pub.
High standard of presentation	The pie had a variety of colours throughout with the smooth brown filling, the bright orange potatoes and the golden pastry. The pastry itself was sprinkled with cheese which browned to add to the appearance. The individual portion size gives a good presentation of the product and also aids heat retention. This means the product has a high standard of presentation.



Client Opinions

My clients, the owners at the Butcher & Beast pub, ate one of my pies and gave their opinions. It was commented that the pie was very good and would easily be successful on their menu. The flavours worked well together and the flaky pastry was perfect. One criticism was that the pastry may have had a slightly strong cheese flavour; this could easily be altered by reducing/excluding the cheese rolled into the pastry but keeping the light grating of cheese on top the same. The beef was commented as having a very good texture and being very tender. The potatoes were roasted well and tasted good, but the chunks could have been slightly bigger so they were more distinctive. Overall the pie was very good on all levels and is very suitable for the establishment.

Summary

This project has been very successful and has produced a final product which is suitable for my chosen client's establishment. The product would also be very popular with my target group since it has been tested on them and is a suitable pub meal. This product is suitable to be made and served in a pub environment; since it can be easily made in a pub kitchen and served easily due to them being in individual portions. The product could be pre-made, frozen then reheated for serving, but to ensure that the product looks and tastes fresh the filling could be pre-made then the potatoes and pastry could be made and cooked when ordered; this means the product would be cooked all the way through and would taste freshly-made. The product had a wide variety of textures and flavours which worked well together. The presentation of the pie was fairly simple with the browned cheesy pastry with a single curved pastry leaf on top. The product had many colours inside throughout the layers and a good aroma. It matched my specification perfectly, as shown, due to the product being tested and developed until a suitable final product was produced. It can be manufactured quite easily; whether using specialised machinery or some standard components, the product could be manufactured to be sold as a frozen ready-meal in a supermarket. The final cost of this product is £7.50 and this is a suitable price since it fits in with the typical main course price at my client's establishment and also fits into the £8-£14 range stated by my questionnaire results obtained from my target group. It is of a suitable size in the individual dishes and would work well as part of a pub menu. The product contains local produce with potatoes as a main component so meets the task stated at the start of the project. The project has resulted in a successful final product that achieves my task and could easily be sold in a pub.

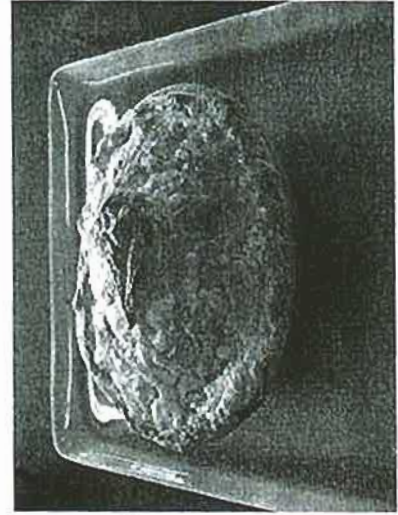
Bibliography

Books:

- 'Potato' by Alex Barker and Sally Mansfield, published by Anness Publishing Ltd.
- 'A Passion for Potatoes' by Paul Gayler, published by Kyle Cathie Limited
- 'Food Technology' Published by Collins Real World Technology

Websites:

- www.bbc.co.uk/food
- www.bbcgoodfood.com



A2 Food Coursework

Following the production plan, show any larger equipment that may be used in the commercial kitchen to produce your product and explain what processes the equipment would be used for.

Testing and evaluation

- Look at Ed's work to give you some ideas of what to include in this section.
- It is important to test against the specification with explanations
- Explain the sensory testing you have done on the final product and client feedback
- We will undertake a viscosity test, explain what it is and justify why it has been used
- Suggest possible modifications and future improvements to the product, suggestions should focus on improving the performance of the product, or its quality.
- Carry out a life cycle assessment on the final product to assess its impact on the environment. Use a flow chart using the headings below:

Raw material extraction

Material production

Production of parts

Assembly

Use

Disposal/recycling

Look at the work you did at AS on environmental impact of the product to give you some ideas.

VISCOSITY CHART

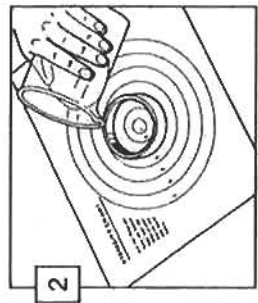
This is a simple test to show how to measure the viscosity of a mixture, ie the thickness of liquid mixture, using a viscosity chart.

This test is suitable for measuring the viscosity of products such as: *sweet or savoury sauces, soup, custard and jam.*

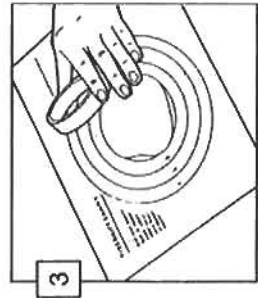
HOW TO USE THIS TEST



Place a plain cutter on sheet.



Pour the measured liquid into the top of the cutter.



Pull the cutter away and allow the liquid to spread.

