

**In this chapter you will learn to ...**

Demonstrate your knowledge and understanding of desserts:

- Nutritional value
- Classification and description: hot, cold, frozen, meringue
- Techniques
- Quality characteristics of end product
- Presentation
- Storage conditions and temperature
- Traditional desserts

## 1

**Introduction**

The majority of desserts are sweet, served towards the end of a meal and are often the highlight. A dessert or pudding should contrast with earlier courses and should also complement the meal. A dessert plays an important role in determining the customer's overall impression of the meal.

**Important word**

**Pudding:** Used for numerous dishes, sweet or savoury, hot or cold. Dessert puddings usually refer to starch thickened, baked, steamed or boiled puddings, e.g. sago puddings, baked chocolate or Cabinet puddings, and steamed Christmas puddings



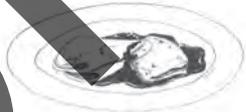
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## Classification

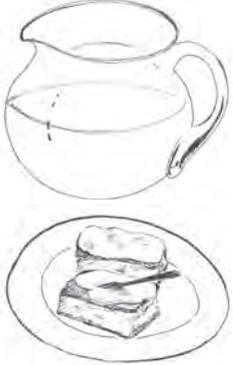


### 3.1 Hot desserts

NAME	DESCRIPTION	PICTURE
<b>A BAKED DESSERTS</b>		
1.Soufflés	The foundation of a baked soufflé is a confectioner’s custard or a white sauce with sugar, bound with egg yolks and flavoured (vanilla, liqueur, fruit puree, etc.) before stiffly beaten egg whites are folded in. Soufflés are baked in buttered, sugar-coated moulds in a bain marie. Soufflés should be served immediately before they collapse <b>Examples:</b> Lemon or chocolate soufflé	
2.Sponge-based desserts	These require similar ingredients to a sponge cake (i.e. flour, eggs, sugar and shortening). Other popular ingredients include fruit or dried fruit, syrup, nuts, chocolate or vanilla <b>Examples:</b> <b>Malva pudding</b> (a South African favourite where a hot, sweetened cream and butter sauce is poured over the warm sponge base) Fruit sponge pudding, sticky toffee pudding	
3.Egg-based set desserts	Egg custard (made from milk, eggs and sugar) is poured over other ingredients and baked until set <b>Examples:</b> <b>Bread and butter pudding</b> (buttered slices of bread, layered with dried or stewed fruit) Cabinet pudding (squares of sponge cake with cherries, sultanas and currants)	
4.Baked fruit-based desserts	Baked fruit is often served hot with cream, ice-cream or custard <b>Other examples:</b> Fruit wrapped in pastry and baked (e.g. <b>apple strudel</b> ) or used to make fruit pies (e.g. Christmas mince pies) Hot Charlotte (a buttery bread crust with a sweet and juicy fruit filling, baked in a Charlotte mould) Apple crumble Tarte Tatin (an upside down tart made with apples or pears)	
<b>B STEAMED PUDDINGS</b>		
Steamed sponge- or shortening-based desserts	The batter for these puddings (similar to sponge cake) is steamed in moulds in a steamer or a big pot with water and then turned out for service <b>Examples:</b> Lemon, ginger and coconut puddings <b>Christmas pudding:</b> a rich pudding containing dried fruit and mixed spice, often flambéed with brandy or rum	

NAME	DESCRIPTION	PICTURE
<b>C BOILED PUDDINGS</b>		
Starch-based milk desserts	Semolina, sago, tapioca and short-grain rice are boiled with milk. The mixture may be placed in a pie dish, dotted with butter and lightly browned under a grill or it can be baked in a bain marie in the oven. Alternatively, it can be baked with a meringue topping. <b>Examples:</b> <b>Sago pudding</b> and rice pudding	
<b>D STEWED OR POACHED DESSERTS</b>		
Fruit-based desserts	Stewed or poached fruit is often served hot with cream, ice-cream or custard <b>Examples:</b> <b>Poached pears in red wine</b> Fruit compote: fresh or dried fruit is gently cooked whole or in pieces in sugar syrup	
<b>E FRIED DESSERTS</b>		
1. Pancakes or crêpes	Pancake: A runny batter (emulsion method: mix eggs, milk, oil, raising agent and flour) is shallow fried on both sides Crêpes: a very thin pancake made with a rich batter without baking powder <b>Example:</b> <b>Crêpes Suzette:</b> crêpes in an orange sauce that is flamed with brandy, i.e. flambé	
2. Fritters	Fresh or cooked fruit or flowers are dipped in batter and deep fried. Fritters can also be made with choux pastry, yeast dough or waffle batter. Fritters are almost always dusted with sugar or castor sugar <b>Examples:</b> Apple fritters or banana fritters Churros and beignets (choux pastry base)	

### 3.2 Cold desserts

NAME	DESCRIPTION	PICTURE
<b>A CUSTARDS</b>		
1. Stirred custards	Custards can be stirred or baked. Stirred custards are cooked on top of the stove. As coagulation of the egg proteins thickens the sauce, it should be stirred constantly and overheating should be avoided to prevent curdling <b>Types:</b> <b>Crème Anglaise</b> (vanilla custard sauce made from egg yolks, milk, sugar and vanilla and cooked in a bain marie just until it coats the back of a spoon). Apart from the sauce it can also be used as the base for a variety of desserts e.g. bavarois or ice cream <b>Crème pâtissière</b> (pastry cream made from eggs, milk, sugar and flavourings and thickened with starch, i.e. cornflour and cake flour; although it must be boiled to fully gelatinise the starch and until it is thick enough to hold its shape, it won't curdle because the starch protects the egg). It can be used as a filling for a variety of pastries	

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## Quality characteristics of end product



- **Freshness:** The product must be made from fresh ingredients and should look and taste fresh.
- **Flavour:** A proper blend of complementary and contrasting flavours, e.g. chocolate and orange, go well together.
- **Colour:** A blend of complementary and contrasting colours, e.g. red strawberries and green mint, adds life to a brown chocolate bavarois.
- **Texture:** A blend of complementary and contrasting textures, e.g. crisp puff pastry, soft Chantilly cream and tender mango slices. The texture of the dessert should be typical of the specific dessert, e.g. a firm gel for a jelly, a smooth texture for a cream, but a crisp texture for an apple strudel.
- **Shape:** Moulded or sliced desserts should maintain their shape during service and not collapse.
- **Suitability for the occasion:** Desserts for large numbers of people should not be too elaborate or fragile and must be served easily and attractively without falling apart. The base should also be strong enough to hold the filling and garnish without collapsing.
- **Appearance:** The dessert must be neat (neatly unmoulded, cut or piped) and the plates or bowls must be spotless.
- **Size:** When making a number of desserts, it is important to divide or portion the mixture or final product accurately, in order to have a uniform size and the correct number of portions. Desserts should never be too big – take the previous courses into consideration.

### Classroom activity 2



1. Bring a photo of an interesting and nicely garnished dessert to school. Discuss the different styles of garnishing regarding the following:
  - 1.1 General appearance
  - 1.2 Colour
  - 1.3 Types of garnishing used
2. Prepare at least one dessert from each of the following groups of desserts in a practical class and garnish it appropriately:
  - 2.1 Hot desserts
  - 2.2 Cold desserts

You will be assessed on criteria such as written planning, preparation (using the correct techniques), hygiene and the suitability to serve this dessert to guests, etc.

## Melting

Chop or break chocolate into smaller pieces.

- Indirect steam: Put chocolate in a bain marie. Stir occasionally. Remove from stove once water starts boiling to prevent overheating.
- Microwave: Put chocolate in a bowl and heat in 30-second bursts, stirring in between.

## Important tips

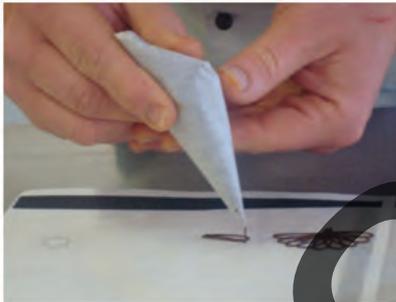
- If chocolate becomes too hot, it will become grainy and scorch.
- Contact with water will cause chocolate to harden or “seize” into a stiff grainy paste that won’t melt. The only solution for this problem is to add more warm liquid and to try and dissolve the paste.
- If you need to add water, cream or alcohol, you must add it before melting, because the chocolate may seize if it is added afterwards.



## Making decorations

Melted chocolate can be spread or piped onto a variety of moulds, thin sheets of acetate, bubble wrap or even leaves.

*Chocolate piping*



*Chocolate discs*



*Cutting shapes*



*Chocolate piping*



*Chocolate transfers*

## Important words

**Tempering:** To heat and cool chocolate to specific temperatures, making it more resistant to melting and resulting in a smooth, hard, shiny finish

**Hard crack:** Cooked sugar syrup dropped into ice water so that it forms a hard, brittle thread or sheet

## EXTRA ACTIVITIES



### Knowledge and comprehension

1. State the name and give a description of a savoury dish that is called a pudding, but is not served as a dessert. (2)
2. List THREE types of baked desserts and give an example of each. (6)
3. Classify the following desserts in the correct groups (hot, cold or frozen) and give a short description of each. Tabulate your answer as follows: (9)

DESSERT	CLASSIFICATION	DESCRIPTION
Cabinet pudding		
Coffee granita		
Lemon chiffon		

4. Explain the THREE methods of making meringue. (9)

### Extension

5. Distinguish between a bavarois, a mousse and a chiffon. (6)
6. Answer the following questions on Crème Anglaise:
  - 6.1 Explain how the preparation differs from a Crème Pâtissière. (6)
  - 6.2 Predict what may happen when the Crème Anglaise is cooked over high, direct heat on the stove and motivate your answer. (3)
  - 6.3 Suggest TWO different uses for Crème Anglaise and give an example of each. (4)
7.
  - 7.1 Evaluate the following crème caramels according to appearance and garnish, and choose the one that you would rather serve. (7)

A



B



- 7.2 Design TWO other suitable garnishes (one chocolate and one sugar) that could be used on these desserts. Draw or paste a picture and explain how each one is prepared. (6)