food tech focus

2ND EDITION
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written to the STAGE 5 NSW FOOD TECHNOLOGY SYLLABUS

NELSON CENGAGE Learning
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FOCUS AREA: FOOD TRENDS

There are many reasons why a particular food, type of food service, cooking technique, recipe or food presentation technique becomes popular. A trend often reflects changes in society, technology or our beliefs about food. Today, with the power of social media, a food trend can become a worldwide phenomenon. In this chapter, you will investigate current food trends and the influences on these trends. You will of course also be preparing and presenting food in a modern style.
FOOD FACTS

Australia’s first KFC was located in the Sydney suburb of Guildford in 1968, because it had a large population of young families. It caused Australia’s chicken production to increase significantly.

You can regrow a spring onion after you have used it. Place the end of the spring onion that has the roots into soil a few centimetres from the top of the soil, water regularly and wait for it to grow.

Aboriginal culture has always practised what is now termed clean eating: eating unprocessed food direct from the land.

Many cafes and restaurants have their own herbs and gardens in order to source fresh produce.

Genetically modified canola, modified for herbicide tolerance, was approved for commercial production in Australia in 2003. Canola oil is used in margarine-type spreads, dairy blends and as an ingredient in tinned and snack foods.

Restaurants are not required to state if they use genetically modified ingredients.

For quality control, wrap fresh herbs in a paper towel and place in a plastic bag in the fridge, or stand for up to one week in a jar of water covered with a plastic bag.

The colour of a chilli will not indicate its degree of spiciness. Usually, the smaller the chilli, the hotter it will be.

The tea bag was created by accident, as tea bags were originally sent as samples. Today, a wide variety of teas are available, including herbal teas. High Tea events have come back into vogue.

The most popular carrots used to be purple. These vintage carrots have made a recent comeback.

If the food displayed on a food label is not exactly the same as is in the package, then the term ‘serving suggestion’ must be used. Otherwise, it is false advertising.

RECIPES

• Lemonade scones, p. 364
• Chocolate brownie bites, p. 365
• Spinach gozleme, p. 366
• Custard horns recipe, p. 367
• Breakfast wrap, p. 368
• Beef stroganoff, p. 369

FOOD WORDS

clean eating a diet of whole foods that have minimal processing
degustation menu appreciative tasting of various foods and focusing on the senses
herbs leafy plants, valued for their flavour and scent
spices aromatic seasonings obtained from the bark, buds, fruit, roots, seeds or stems of various plants
cuisine style of cooking
cafe informal restaurant, offering a range of hot meals
condiments food accompaniments, such as salt, pepper and sauces
10.1 Trends in food

Food trends reflect popular changes that consumers have made in the way they purchase, prepare and serve food. Current trends indicate that Australians lead hectic lifestyles but they appreciate technology, value the environment and good health. They also have an interest in new and exotic foods.

Organic ingredients and produce

Organic foods are grown without the use of artificial fertilisers, pesticides, herbicides, antibiotics, growth regulators or hormones. Instead, farmers rely on non-chemical methods to produce food.

The ‘paddock to plate’ concept reflects the recent trends towards eating less processed foods and conserving the environment. This has resulted in an expanding range of organic and free-range foods available to consumers. Animals kept free range are allowed to roam around for a majority of the day, rather than caged in a very small space.

Organically produced grains, meats, chicken, milk, eggs, fruit and vegetables are now commonly found in supermarkets, butchers, greengrocers and fresh food markets. The range of products using organic ingredients is also expanding; it now includes items such as bread, muesli and baby food.

Organic foods are generally more expensive than their non-organic counterparts. They can also be smaller, have more pest marks and have a shorter shelf life than non-organic foods. However, many consumers believe they are more tasty and nutritious and have had less impact on the environment. To certify foods as having been legitimately organically produced, many organic products carry a logo to state their authenticity.
Genetically modified foods

Genetic modification involves a gene from one plant or animal being transferred into another plant or animal. For example, the gene that makes a plant tolerate drought can be inserted into the gene of a plant that does not.

With genetic modification the good features of one food can be incorporated into another food, which can help to improve the nutritional value, appearance, shelf life and processing of the food. It is claimed that genetic modification could also protect the environment, because fewer chemicals are needed to grow crops and combat pests.

The technology is still new but it is being used extensively overseas. Tomatoes with firmer skins and soy bean plants that are herbicide-resistant have been developed as a result of genetic modification. Genetically modified varieties of corn, potatoes, sugar beet, cotton oil and canola oil are now found in many food products overseas.

Australian authorities are uncertain of the long-term effects of genetic modification so they have banned the growing of genetically modified crops in Australia except for canola and cotton, which can be used to make cooking oils. Imported products such as corn chips, taco shells, burritos, spaghetti sauces and soy sauce may contain genetically modified ingredients. Australian manufacturers are permitted to use imported genetically modified ingredients but they need to be identified on food labels by law.

ACTIVITIES
1. How does Sadhana Kitchen define raw foods?
2. Define an ‘organic’ food.
3. Who do Sadhana Kitchen meals suit?
4. Besides lunch, what other services does Sadhana Kitchen offer customers?
5. Find a raw food vegan recipe on the internet.
6. Find an example of a degustation menu on the internet.
Prepared fresh food products

Australians appreciate the flavours of fresh ingredients, but with many Australians leading busy lives, there has been a trend towards purchasing fresh foods already prepared for us in some way; for example, marinated chicken wings, premixed salads, crumbed meat, prepared rissoles, dips and fresh pasta.

Fresh herbs and spices

Modern Australian cooking uses a variety of herbs and spices – fresh are preferred because of their flavour. Many of these herbs and spices stem from Mediterranean and Asian cooking but, increasingly, Australian native herbs and spices are being used in many contemporary recipes. Herbs and spices also provide a wide range of nutrients and phytochemicals (plant chemicals) that can help prevent disease and contribute to better health.

Table 10.1 Common herbs and spices

<table>
<thead>
<tr>
<th>MEDITERRANEAN</th>
<th>ASIAN</th>
<th>AUSTRALIAN NATIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Allspice</td>
<td>Lemon ironbark</td>
</tr>
<tr>
<td>Bay leaves</td>
<td>Cardamom</td>
<td>Lemon myrtle</td>
</tr>
<tr>
<td>Chilli</td>
<td>Chilli</td>
<td>Mountain pepper</td>
</tr>
<tr>
<td>Chives</td>
<td>Chinese five-spice</td>
<td>Native mint</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Cinnamon</td>
<td>Riberry</td>
</tr>
<tr>
<td>Dill</td>
<td>Coriander</td>
<td>Wattleseed</td>
</tr>
<tr>
<td>Garlic</td>
<td>Cumin</td>
<td></td>
</tr>
<tr>
<td>Marjoram</td>
<td>Fenugreek</td>
<td></td>
</tr>
<tr>
<td>Mint</td>
<td>Garlic</td>
<td></td>
</tr>
<tr>
<td>Oregano</td>
<td>Ginger</td>
<td></td>
</tr>
<tr>
<td>Parsley</td>
<td>Lemongrass</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>Pepper</td>
<td></td>
</tr>
<tr>
<td>Rosemary</td>
<td>Saffron</td>
<td></td>
</tr>
<tr>
<td>Sage</td>
<td>Thai basil</td>
<td></td>
</tr>
<tr>
<td>Tarragon</td>
<td>Turmeric</td>
<td></td>
</tr>
<tr>
<td>Thyme</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vanilla</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

GROW YOUR OWN MICROGREENS

PURPOSE

Microgreens are greens, lettuces and herbs that are harvested young. They are packed with nutrients and add flavour and goodness to salads, soups and sandwiches.

MATERIALS

- Specially designed microgreen seeds or rocket, amaranth, coriander, basil, fennel, radish and mizuna (Japanese mustard) seeds
- Plant liquid fertiliser
- Spray water bottle
- 5 cm–8 cm pots or deep berry containers with lids (Take-away plastic containers with lids are also good but you will need to punch drainage holes in the base.)

STEPS

1. Fill a container almost to the top with potting mix. Water the soil and allow it to drain. Sprinkle the seeds thickly over the top and cover with a thin layer of potting mix, then water with a mist sprayer. If the container has no lid, cover it with plastic wrap to encourage germination. Remove lid once seedlings are growing well.

2. Place the container in a sunny spot – bright, indirect light works best, like a window sill – and turn the container regularly for even growth. Apply half-strength liquid plant food every 3–4 days and ensure the potting mix does not dry out. Use a mist sprayer or sit the container in water.

3. Once microgreens are between 3 cm and 5 cm tall and showing their second leaves, they’re ready to eat. This usually happens 10–14 days after planting. Cut the whole seedling with scissors just above soil level.

4. You should only get one harvest because but you can start a second crop straight after harvest simply by scattering fresh seed and repeating the sowing process with the old roots providing a good source of organic matter. This process can be repeated many more times.
ACTIVITIES

Produce a collage of images where microgreens have been used in food preparation.

Heat-and-serve meals

Heat-and-serve meals include canned soups, frozen pizzas and TV dinners. These types of meals were traditionally used in cases of emergency or as treats but today, with smaller household structures and lifestyle pressures, heat-and-serve meals have become popular solutions for preparing quick meals, particularly as many are easy to heat in the microwave.

Besides frozen and canned, many heat-and-serve meals are now sold chilled, bottled or in long-life form. Chilled soups, pasta dishes, frozen dinners and simmer sauces are big sellers on the Australian market.

DELICIOUS NUTRITIOUS

Woolworths has launched a new range of frozen meals under the brand ‘Delicious Nutritious’. This range has been designed and promoted by celebrity personal trainer Michelle Bridges. Woolworths said it decided to create the range after discovering that 90 per cent of Australians feel they do not eat enough vegetables.

Each meal is less than 450 calories, has three serves of vegetables and rates at least a four-star rating as part of the Federal Government’s Health Star front-of-pack rating system for promoting healthier food.

Options within the ‘Delicious Nutritious’ range include:

- Chicken Pesto Pasta
- Beef & Tomato Casserole
- Asian Style Chicken
- Spicy Chimichurri Beef & Vegetables
- Salmon Fish Cakes
- Italian Style Chicken
- Moroccan Style Chickpea Tagine
- Mild Massaman Beef

The recommended retail price for each of these meals at the time of launch is AUD$7.99.

According to Nielsen figures, Lean Cuisine currently has the largest brand volume in the health-related frozen meals sold in Australian supermarkets with 47.9 per cent share. Weight Watchers followed with 30.1 per cent and McCain had 19 per cent of the market, while other brands make up the remaining 3 per cent.

Source: Australian Food News, October 2015

ACTIVITIES

1. Who is Woolworths using to promote their new range of frozen meals?
2. Why did Woolworths develop the Delicious Nutritious range of frozen meals?
3. Identify the nutritional features of the Delicious Nutritious range.
4. Which option from the Delicious Nutritious range is suitable for vegetarians?
5. Identify two competitors for the Delicious Nutritious range of products.
6. Suggest another meal option for the Delicious Nutritious range.
Meal replacements

Breakfast beverages and bars

With so many Australians citing lack of time as a reason for not eating breakfast, breakfast bars and breakfast beverages have become a popular substitute. Unfortunately, breakfast bars and beverages usually contain more sugar, fat and less dietary fibre than packaged cereals, so dieticians recommend that they only be consumed occasionally. For young children, cereal with milk is preferred over breakfast bars, because milk contains the valuable nutrients that children need.

Weight control products

Some meal-replacement products, such as milkshakes, soups, bars and powders, promote weight loss. While they may initially lead to weight loss, these products can become boring and restrictive, and the weight lost may be regained. This is because the dieter may not have learned to make healthier food choices.

Many such diet products also recommend a minimum 30 minutes of exercise a day. For many people, increasing physical activity rather than dramatically changing food habits can help to control weight.

Some meal-replacement products are designed to increase body mass, particularly muscle size, because of their high protein, vitamin and mineral content. These products are popular with males. It is important to note that excessive amounts of some vitamins and minerals may be dangerous and excess protein is stored as body fat.

Snack bars

Snacking is an important part of the diet, but research indicates that Australians are replacing meals with snacks. Many food manufacturers have responded to this trend by producing snack bars.

While chocolate bars have always been popular snacks, they have become smaller and available in bulk packaging, making it tempting to always have one on hand for a treat.

Cereal, muesli and protein bars are also popular snacks. Care must be taken to examine the sugar content of these products, as many contain high quantities of glucose and honey, which can cling to the teeth and so contribute to tooth decay. Added ingredients such as chocolate and nuts can also make such bars high in fat. Bars that claimed to be low carbohydrate and high protein are believed to help to delay hunger but any excess protein the body does not require for growth or maintenance is stored as fat.

Snack bars and drinks containing a caffeine extract called guarana have become popular with children and teenagers. They are marketed as energy boosters, as caffeine is a stimulant, providing a short, sharp boost of energy. Caffeine in high levels can also increase blood pressure, contribute to anxiety, dehydration and disturb sleep.

Electrolyte replacement drinks

During strenuous exercise the body loses fluids, making it harder for a person to cool down and keep performing well. Electrolyte drinks help to replace and retain the fluids and the electrolytes (sodium, potassium, chloride) and salts lost through sweating. These drinks also contain some carbohydrate, usually glucose, to provide energy.

While originally intended for athletes, electrolyte drinks are now marketed to the general public. They are advertised as thirst quenchers and energy boosters and come in many flavours that appeal to the young. These drinks should be drunk in moderation, as large quantities of electrolytes such as sodium can contribute to health problems such as hypertension.
CHAPTER 10 – WHAT’S IN?

Functional foods and ingredients

Functional foods are those that have been modified to provide extra health benefits beyond the traditional nutrients they already contain. There are numerous varieties of functional foods on the market, each aiming to provide different health benefits.

DO MEAL REPLACEMENT SHAKES HELP YOU LOSE WEIGHT?
JOCELYN LOWINGE

The idea behind meal replacement shakes is to replace one or two meals a day to help reduce the chances of over-eating. According to Professor Tim Crowe, a dietician and nutrition researcher at Deakin University, ‘shakes have an advantage in that they are very easy to use but to lose weight you do need to eat sensibly around them and your other meals still have to be portion controlled. ‘They are reasonably high in protein and lead to a feeling of fullness, but you will still be hungry.’

Crowe says replacing meals isn’t going to help you learn how to eat in a healthy way so that you can maintain weight loss for the long-term. Evidence suggests they can help with weight loss but most people regain weight. People tend to do better with weight loss if they get support from a dietician, he says.

Most meal replacements come as powders that you make into shakes, but some come in the form of soups or bars. Crowe says there are regulations around what can be called a meal replacement – for instance, they must provide adequate amounts of 16 vitamins and minerals.

Crowe says you should ensure you know what you’re buying as other protein and energy bars are likely to be high in sugar and kilojoules and not suitable if you’re trying to lose weight. “Meal replacements also don’t contain enough fibre and they lack phyttonutrients, which are beneficial nutrients from fruit and vegetables.”

‘Shakes also don’t address the social aspect of eating and people using them will have a hard time eating out,’ Crowe says. ‘You can’t eat like that forever. Taste fatigue can be quite common.’

Dr Priya Sumithran an endocrinologist from the University of Melbourne says ‘using meal replacements as part of a very-low-energy diet should only be done under medical supervision. This way they can have their health monitored.’

Source: Australian Food News, 8 July 2015

ACTIVITIES
1 How often should you use meal replacement shakes?
2 Besides shakes what other meal replacement products can you purchase?
3 Give an example of what is required before a product could be labelled as a meal replacement.
4 Outline the advantages of meal replacements.
5 Outline the disadvantages of meal replacements.

Figure 10.6 Many brands of diet shakes are available, but long term they may not help you to maintain weight loss.
Table 10.2 Food and functional variety

<table>
<thead>
<tr>
<th>FOOD</th>
<th>FUNCTIONAL VARIETY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milks, yoghurts and cheeses</td>
<td>Low fat, high calcium, cholesterol free, iron enriched, fermented</td>
</tr>
<tr>
<td>Breads and cereals</td>
<td>High fibre, high protein, low carbohydrate, cholesterol reducing, vitamin and iron enriched</td>
</tr>
<tr>
<td>Margarine, butters, cream</td>
<td>Cholesterol reducing, fat reduced, salt reduced, rich in omega 3</td>
</tr>
<tr>
<td>Jams, jellies, spreads</td>
<td>Low kilojoule, fat reduced, sugar reduced</td>
</tr>
<tr>
<td>Drinks</td>
<td>Low kilojoule, low carbohydrate, low sugar</td>
</tr>
</tbody>
</table>

UNIT REVIEW

LOOKING BACK
1. Define the term ‘organic food’.
2. Briefly explain what is involved in genetically modifying food.
3. List two examples of prepared fresh foods.
4. Name three herbs and/or spices used in Thai cuisine.
5. Identify three meal-replacement products available on the market.
6. Outline the role of electrolyte replacement drinks.
7. Define the term ‘functional food’.

FOR YOU TO DO
8. Find an image of a functional food and outline the health benefits that may be gained from using the product.
10. Find a recipe using an Australian native herb or spice.

TAKING IT FURTHER
11. a. Interview an older member of your community, such as a grandparent, your parents, a senior from the local retirement village or a neighbour, to discover the foods they ate when they were your age.
b. Write a one- to two-page report on your findings, comparing their food intake to yours today.
c. Prepare a dish from the era of the person you interviewed.
12. a. Purchase a heat-and-serve meal, such as chilled lasagne or a prepared soup.
b. Find and prepare a recipe that makes the same product but from raw ingredients.
c. Compare and evaluate the:
   • time taken
   • ingredients used
   • quantity produced
   • flavour
   • appearance
   • cost.

10.2 Trends in dining

Despite the huge array of cooking books, cooking shows and cooking appliances available today, Australians are eating out and ordering in more than ever before.

Establishments and levels of service

Restaurants, cafes, canteens, bistros and fast-food and take-away stores are examples of establishments providing the service of preparing, cooking and serving food to customers. These form part of the hospitality industry and each provides different types of foods and level of service.

Take-away service

Take-away establishments offer quick service and relatively inexpensive meals and snacks in a throwaway container. Some provide dine-in seating, while others provide ‘drive-thru’ or home deliveries.

Prior to the 1960s, the milk bar and the fish and chip shop were the most common take-away establishments but today there are many different
types of take-aways selling a variety of foods such as hamburgers, pizza, salads, sushi and wraps.

Most take-away outlets are located at convenient locations near workplaces and entertainment venues, in shopping centres and even in service stations. Many restaurants and cafes also offer take-away and home delivery services. Current trends also include serving restaurant quality food from food trucks.

Dining out
Cafes are very popular in Australia. They offer casual dining where a customer can enjoy a cup of coffee, a sweet or light meal. They have become a social meeting place, with many located near workplaces, entertainment venues, tourist attractions and in shopping centres. Most cafes open early to cater for breakfast and stay open until late. Many offer ‘modern Australian’ menus that include updated versions of Australian classics, as well as dishes from other cultures.

The bistro is another popular dining venue. Often located in clubs and pubs, bistros offer a variety of food choices and relaxed, inexpensive dining.

Restaurants provide menus consisting of several courses. A variety of restaurants tend to be commonly found on main streets and in shopping complexes in towns and cities across Australia. Modern Australian, Chinese, Italian, Thai, Mexican and Indian are the most popular cuisines but others, such as Japanese, Vietnamese, Korean, Lebanese and Moroccan as well as vegetarian restaurants, are increasing in popularity. Many of these dining venues also offer alfresco dining, where customers can enjoy eating outdoors.

FOOD IN FOCUS

CRUST PIZZA
When Costa Anastasiadis and Michael Logos entered the pizza business over a decade ago everyone said they were crazy, particularly with established brands like Domino’s and Pizza Hut where you could get a pizza for a few dollars. They noticed the pizza industry was either low-cost take-away and home delivery chains or quality individual stores that mostly didn’t do deliveries. So they decided to offer high quality pizzas and allow take-away customers to see the ingredients going into the pizzas.

They piloted their idea at their first Crust Gourmet Pizza Bar at Annandale (in Sydney) and now Crust has over 100 stores in Australia. They’ve also expanded the product range to offer healthy pizzas as well as dessert pizzas.

Most of the stores are franchised owned where franchisees pay around $400,000 to set up a store and pay Crust a royalty on turnover. Anastasiadis says being flexible and keeping up with change and trends has been one of the reasons of Crust’s success. The use social media as a marketing platform has been a good way of keeping up with change.

Source: Rod Myer, Sydney Morning Herald, November 9, 2011

ACTIVITIES
1 What did Crust decide to offer customers when they first opened?
2 How have they expanded their product range since opening?
3 How much does it cost to set up and buy a Crust franchise?
4 How do you think Crust uses social media to market their business?
Formal and buffet service

In the past, tables at home and at restaurants were set in a formal style. Tables would be set with appropriate cutlery and glassware and menu courses would be individually presented to each diner.

Today, while formal service is still used, less formal service is commonly used at home and by many food service providers. It is not uncommon in many dining venues to use paper serviettes and dinner knives and forks for most courses rather than specific cutlery, such as dessert forks and fish knives and forks. There is also a trend to share food, such as Spanish Tapas, pizza and platters of pasta.

Many food service providers, including function centres, caterers and bistros, commonly use buffet service, particularly when feeding large numbers of people. This type of service is again very casual as prepared foods are set on a table and guests help themselves.

Trends in table setting

A few decades ago Australians would set their fine bone china dinner set, crystal glassware and silver cutlery on a crisp white linen tablecloth for their formal dinners. These were served in the dining room and always ended with a cup of tea.

Technology and social changes have resulted in a wider selection of table setting options. Crockery and cutlery that are microwave- and dishwasher-safe are now available and plastic items are commonly used for outdoor dining. Table-setting items from different cultures, such as chopsticks and pasta plates, are common in most households, while the coffee mug has replaced the teacup in many cupboards. Wine glasses, too, are no longer reserved for formal dinners and while white china and white tablecloths are still popular, so are bright colours, prints and placemats.

Even the venue for family meals has changed. The formal dining room has been replaced by a more open-plan design combining the kitchen, dining and lounge rooms, and often opening to an outdoor dining area. Family sit-down meals are increasingly being replaced by meals eaten individually at the breakfast bar or in front of device such as television or computer tablet.

Figure 10.7 Alfresco dining suits the Australian lifestyle.

Figure 10.8 Formal dining setting is still commonly used for formal occasions.

UNIT REVIEW

LOOKING BACK
1 List five different types of food service establishments.
2 Explain what take-away establishments offer customers.
3 Name three types of dining out venues popular with Australians.

FOR YOU TO DO
4 You are about to move out of home into your own place. Make a list of the table setting equipment you would need to purchase.
5 Name your favourite eating out establishment and explain why you like the venue.
TAKING IT FURTHER
6 Design your own modern food service establishment, including the following tasks.
• Choose a type of establishment.
• Name your establishment.
• Describe and justify its location.
• Describe and justify the services it will provide.
• Produce a professional-looking set menu.
• Design a computer-generated logo that would help to identify your establishment.
• Prepare and present a dish of your menu in a practical lesson.
7 Conduct a survey by asking each student in another class to list the favourite menu item from a take-away venue.
• Enter the results on a spreadsheet.
• Produce a suitable graph that best reflects the result.

10.3 Trends in food presentation and food styling

We are drawn to food that looks interesting and appealing. Various techniques are often applied to help make food look more enticing.

Garnishing and decorating
Garnishes and decorations are ingredients that are usually placed last on a dish to provide a special finishing touch. Garnishes are used for savoury dishes and decorations for sweet dishes.

In the 1970s, a sprig of parsley garnished most savoury dishes, while whipped cream, strawberries, dusted icing sugar, canned fruits and chocolate shavings were common decorations for desserts. In the 1990s, garnishes became more dramatic with the use of watercress, dill, and continental parsley, while desserts were decorated with fruit sauces and spun toffee.

Today, garnishes and decorations have become less dramatic. Chefs use simple, fresh ingredients, such as fruit, herbs and liquids including oils, vinegars and fruit sauces to highlight dishes and add flavour, colour and texture to a dish.

Figure 10.9 The fresh fruit on this dessert adds flavour, texture, colour and height to the berry cheesecake.

Figure 10.10 The use of garnish on a soup adds flavour, texture and colour.
DECORATING WITH SAUCES

PURPOSE
Sauces can add not only flavour to a dish but also visual appeal. Practise these techniques of plate decoration using sauces.

MATERIALS
White plates
Strawberry or chocolate topping in a squeeze bottle
Skewers

STEPS

HANDS-ON
Plating styles
The classical plating technique uses the three basic food items of starch (usually a white vegetable), vegetables and protein in a specific arrangement. A simple guide to classical plating is to think of the plate as the face of a clock. The meat is placed at the 6 o’clock position and the vegetables arranged from 10 o’clock through to 2 o’clock. Plating is an art form that is always evolving. Today, more freeform plating styling is a trend. White plates are still popular because they contrast food well, but more natural objects such as stone and recyclable items such as jam jars and enamel plates have become popular to serve food and drinks.

The basics of plating
Create a framework
Start with drawings and sketches to visualise the plate. Find inspiration from a picture or object and also do a practice plate.

Keep it simple
Select one ingredient to focus on and use space to simplify the presentation. Clutter distracts from the main elements of a dish.

Balance the dish
Use a range of colours, shapes and textures but remember too many colours, shapes and textures can become confusing. However, presentation should never overpower the flavour.

Get the right portion size
Ensure there is the right amount of ingredients and the plate complements the dish, not too big or too small. Make sure each diner receives the same amount and ensure the right proportion of protein, carbohydrates and vegetables to create a nutritionally balanced meal.
Highlight the key ingredient

Ensure the main ingredient stands out and pay equal attention to the other elements on the plate, such as garnishes, sauces and even the plate itself.

Cleverly cut or sculpted ingredients can enhance the visual appeal of dishes. Sculpted food also provides height and structure and keeps the plate neat and clean. Sauces and garnishes should complement and highlight the main ingredients.

Table 10.3 Plating style

<table>
<thead>
<tr>
<th>The classic clock-face plating</th>
<th>Freeform plating</th>
<th>Landscape plating</th>
<th>Food art</th>
</tr>
</thead>
<tbody>
<tr>
<td>A simple method of plating food for meat and vegetables</td>
<td>Just like modern paintings, free form plating involves placing the dish in an abstract yet intriguing set-piece on a plate.</td>
<td>Taking inspiration from landscape gardens, this arrangement of food components is laid out flat and 'landscaped'.</td>
<td>Decorating food into a work of art, this is commonly used as a centre piece.</td>
</tr>
</tbody>
</table>

UNIT REVIEW

LOOKING BACK
1. What is the role of a garnish or decoration?
2. Distinguish between a garnish and a decoration.
3. List two examples of garnishes.
4. Give two examples of decorations.
5. Describe how to position food in a classical plating style.

FOR YOU TO DO
6. Produce a one-page collection of food garnishes and decorations ideas.
7. Research the sauces that traditionally accompany:
   a. fish and chips
   b. roast beef
   c. roast pork
   d. spring rolls.
8. Justify why each garnish or decoration might have been used on each of the following foods:
   a. a lemon wedge on fried calamari
   b. a strawberry fan on vanilla ice-cream
   c. croutons on pumpkin soup.

TAKING IT FURTHER
9. Use a slice of plain cheesecake and plate it in a modern style.
10. Sketch and annotate a design idea for the traditional ‘Australian dinner’ of meat and three vegetables.
Preparation of a visual display of food is known as food styling. A food stylist often works in consultation with a photographer in order to get a perfect shot to meet the client's brief. Food styling is time-consuming but it creates an atmosphere that stimulates the appetite to encourage consumers to try the food. You see examples of food styling and photography in:

- recipe books and magazines
- newspaper articles
- television, billboard and magazine advertisements
- brochures and leaflets
- posters and framed pictures
- webpages and social media
- food labels and packages
- menu boards
- television shows.

When presenting foods, food stylists employ the basic design principles of variety in colour, texture and flavour. They also like to create themes; for example, a children's birthday party may be displayed with streamers, balloons and a bright background. In food advertisements, food stylists usually repeat the colours of the food package being promoted in the background to help reinforce the product.

Getting the perfect shot when photographing food can be difficult. Lighting causes foods to dry out, shrink, sag and discolour, so food stylists employ some interesting techniques. Computer programs and digital cameras assist work of the photographer.

A stylist's tool kit will often consist of tapes, a tape measure, tacks, pins, clips, elastic bands, safety pins, glue, matches, scissors, scalpels, eye droppers, syringes, wire, brushes, touch-up paints and other items to help in setting up the food.

**Tricks of the trade**

- A whole roast chicken is often only partially cooked to keep it plump and juicy. It is then browned with a coat of soy sauce and a blowtorch crisps up the edges. A final coat of oil or liquid glucose gives a hot, freshly cooked shine.
- Sometimes mashed potato is placed under the skin to help plump the chicken up further.
- A hamburger shoot involves treating the meat in the same manner as chicken and then finding the perfect bun, tomato slices and lettuce leaves. Sometimes extra sesame seeds are glued onto the bun. Layers of plastic may be used to separate the layers and pins to hold everything in place. Tomato sauce is mixed with tomato paste to stop it running and placed exactly where desired with a syringe.
- Ingredients for stir-fries are usually individually cooked, then tossed in a sauce and painstakingly arranged with tweezers to look random.
- In breakfast cereal advertisements, cream often replaces milk to prevent cereal looking soggy, while plastic ice cubes are used instead of real ice in soft drink commercials.
- Ice-cream melts under lights, so coloured mashed potato or a mixture of corn syrup, margarine and icing sugar may be used.
- Meat pies are often cooked with a filling of mashed potato to make them easier to slice (usually with a scalpel to get a perfect cut). Once the filling is removed, chunks of meat are arranged neatly in place.
- Swiss cheese is usually given extra holes with little round cutters.

![Figure 10.17 A food stylist at work](image-url)
UNIT REVIEW

LOOKING BACK
1 Define the term ‘food styling’.
2 With whom does a food stylist normally work in consultation?
3 List six situations in which food styling is used.
4 List tools you would have in your food stylist’s tool box.

FOR YOU TO DO
5 Select a photo of a food that has been styled for an advertisement, recipe book or webpage. Analyse:
   a the theme or mood that has been created
   b the styling techniques employed
   c how the styling may influence the viewer.

6 You have been employed as a food stylist for a photo shoot for an advertisement for a tropical fruit juice. Sketch a design idea for the advertisement. Describe your theme and label your props.

TAKING IT FURTHER
7 You have been commissioned to produce a recipe card to promote the use of fresh fruits and vegetables.
   a Find a suitable recipe.
   b Prepare the recipe.
   c Style and photograph the dish.
   d Produce the recipe with the photo at the front and a recipe at the back.

10.5 Accepting new food trends

There are a number of factors that affect whether individuals will accept and adopt a new food trend.

Personal experiences

Food habits are established early in life and can be difficult to change. Bad experiences with food, such as food poisoning or being forced to eat a food, can mean that you will not even try a particular food no matter how appetising it looks. Good experiences may encourage you to adopt new food trends. For instance, most people are willing to try new chocolate bars, because chocolate is often associated with good times.

Cultural taboos and beliefs

Australians enjoy foods of many different cultures. However, there is still resistance to some cultural foods, such as Japanese raw fish or French frogs’ legs and snails, and we tend to strongly believe that some meat, such as that of whales, should not be consumed.

In some cultural groups, certain foods may be restricted or forbidden. Examples include the following.

• Muslims do not eat pork or drink alcohol.
• Seventh-day Adventists are vegetarian and avoid drinking tea, coffee and alcohol.
• Many Jews follow a kosher diet and therefore do not eat shellfish or pork products, and also have strict laws in relation food preparation.

Weddings

The Anglo-Saxon tradition is to celebrate weddings with an iced fruitcake. Today, many couples like to demonstrate individuality by selecting cakes non-traditional cakes, such as mud cakes, sponge cakes or towers of cupcakes or profiteroles.

Menus for weddings have also become less traditional, with some couples preferring formal sit-down meals while others prefer finger foods. Many couples now like to give their guests the traditional European gift of a bomboniere with sugared almonds as a gesture of gratitude.
Christmas

Traditional Christmas foods are changing. It is not uncommon to find Christmas cakes of other cultures, such as the Italian panettone or the German stollen, being sold alongside mince tarts and fruitcakes. Even the traditional hot Christmas lunch of turkey or ham and hot plum pudding with custard is being replaced by cooler, lighter foods such as cold meats, seafood, salads, trifle and pavlova. Lunch is often eaten outdoors to take advantage the Australian summer. Traditional hot and heavy Christmas foods are now commonly enjoyed during July, when many ‘Christmas in July’ functions are held.

For many families, occasions such as Christmas mean combining the traditional foods from different cultures. For example, many families with Italian backgrounds have lasagne followed by the Anglo-Saxon tradition of a roast as a main course.

CULTURAL TRADITIONS

Josephine, Tom, Ali and Steve all are in Year 10 at the same school. All were born in Australia but each comes from a different cultural and religious background.

Josephine’s background is Greek and Easter is taken very seriously in her family. They avoid meat and dairy products during Lent, and on Good Friday they eat fish. On Easter Sunday they eat chocolate eggs as well as coloured boiled eggs and Greek Easter biscuits. Lamb is usually on the menu at the big family lunch.

Ali has a Lebanese Muslim background. During Ramadan he does not eat during daylight to remind him what it would be like to go hungry. The family all get up before daylight to have breakfast and then gather at night for dinner. They break their fast with a fresh date. At the end of Ramadan his family enjoys the company of others and hold several parties where a lot of food is prepared such as barbecued meat and Lebanese sweets.

Tom is of Chinese origin. For Chinese New Year, his family like to eat and enjoy the entertainment provided by a Chinese restaurant, where they enjoy a banquet that includes a variety of dishes such as duck and pork. Of course, the whole family read their fortune cookies and the children wait for their red envelopes of money.

Steve has a Macedonian background. In his orthodox religion, Christmas is celebrated on the 7th of January. On this day, a cake is baked with a coin and whoever finds the coin will receive good luck for the year.
ACTIVITIES
1 What are the four cultural groups represented in the text above?
2 Identify two religious events in the text above.
3 Identify a traditional food that Tom eats.
4 Why would pork not be on the menu at Ali’s home?
5 What is the significance of placing a coin in a cake?

UNIT REVIEW
LOOKING BACK
1 Identify one example of a religion and a food that it forbids.
2 What is the traditional wedding cake of the Anglo-saxon culture?
3 What is a bomboniere?

FOR YOU TO DO
4 Choose a festive celebration your family celebrates. Describe the traditional foods served and the roles that family members undertake in preparing the feast.

5 Sketch an idea for a modern wedding cake.
6 Make up a quote for Chinese fortune cookies.

TAKING IT FURTHER
7 Research the history of a festive tradition of a particular culture and produce a story book to teach young children about this tradition.

10.6 Marketing and food trends

Marketing is more than just advertising a product. For a new product to become a new food trend, it must be:
- aimed at particular consumers
- a product that consumers need or want
- easily available
- affordable
- suitably promoted.

Promotion is used to inform consumers about a new product and to persuade them to purchase it. Promotion is planned to gain the attention of the consumers most likely to buy their products. For example, a women’s breakfast cereal is often advertised in a women’s magazine or on websites that appeal to woman. Techniques such as jingles, slogans, celebrity endorsements and references to happier lives are common in food advertisements.

Most companies promote new foods through several of the different forms listed below. This allows consumers to hear about products in a number of different ways.

Forms of promotion include:
- advertisements in newspapers and magazines, and on billboards, radio, television and the internet
- leaflets and brochures
- point-of-sale displays
- sponsorship
- sample giveaways
- in-store demonstrations
- competitions.
The media and food trends

The media greatly influence food trends. There are many food and cooking shows both online and on television. There are also many articles on food and nutrition online, on radio and in the print media.

Celebrities and celebrity chefs are commonly used to demonstrate how easy it is to prepare modern foods. They introduce people to new recipes, ingredients, cooking and food products. Sometimes they also discuss health issues. Today, with the availability of the internet, home cooks and food bloggers also promote food trends via cooking channels and social media.

Figure 10.21 Celebrity chefs (such as Curtis Stone, pictured) and competitions show how easy it is to cook modern food.

FOOD IN FOCUS

THE ONE POT CHEF

David Chilcott began making cooking videos on YouTube as a hobby in 2007. Having no previous experience with video making, he had to learn everything from scratch. Starting out with an old camcorder and setting up in his home kitchen, the OnePotChefShow channel was born.

David’s passion for cooking and his love of simple, home-style food was an instant recipe for success, drawing viewers from all over the world. Within 12 months, David was offered the chance to join YouTube’s Partner Program, allowing him to start making money from the video content he uploaded to the site.

Using the money earned from his videos, David invested in new camera equipment, professional editing software and updating his kitchen supplies. Taking the channel to the next level, the quality of videos improved and the audience started growing rapidly.

Since then, David runs the OnePotChefShow as a full time business. He has also created a series of cookbooks based on his recipes and he even filmed a studio-based version of his popular cooking show in a real life film studio in Los Angeles.

Source: Adapted from one pot chef website

ACTIVITIES

As a team, produce your own short video clip on how to cook a recipe. Make sure everyone in your team is clear about their job. For example, presenter/cook, camera operator, video editor, sound technician/editor, researcher and food stylist. Each team member may need to take on more than one role.

Figure 10.22 David Chilcott, the One Pot Chef
UNIT REVIEW

LOOKING BACK
1 Identify four different forms of media.
2 List four forms of promotions used in marketing foods, apart from advertising.
3 What do you think Australians gain from watching cooking shows?

FOR YOU TO DO
4 You want to take the country by storm with your healthy ice-cream aimed at the teen demographic. Market this product by:
• describing it
• listing places where it would be sold
• identifying the recommended retail price
• developing a slogan
• selecting and justifying a celebrity to endorse it
• justifying the forms of media you would employ to advertise it.

TAKING IT FURTHER
5 Observe a current television cooking show or video and discuss the food trends portrayed.
6 Collect two advertisements for food from magazines or newspapers. Assess the:
• product being advertised
• audience the advertisement is aimed at
• message(s) the advertising is trying to communicate.

10.7 Additional content: marketing and current food trends

Marketing teams research the market in order to develop and promote appropriate products for particular consumers. The ‘four Ps’ of marketing are product, price, promotion and place. In the case of heat-and-serve meals, they are:
1 product: targeted at Australia’s rising population of single adults and busy working families
2 price: commonly discounted with regular specials and competitive with take-away meals
3 promotion: samples and taste testing followed up with prominent advertising in the media
4 place: easily available at supermarkets, convenience stores and service stations.

Marketing, the media and food styling

The print, electronic and social media use food styling and photography to market products. Food styling tempts customers to buy the product that is being promoted. Many cooking shows are sponsored by food companies, and many magazines and websites feature enticing colour photographs of food dishes promoting a food product. Celebrities also often become involved in marketing campaigns. Social media in particular can create worldwide food trends in a short space of time.
FOOD IN FOCUS

FOOD IN FOCUS SKI D’LITE

Ski D’Lite yoghurt has been relaunched with 25 per cent less added sugar.

The yoghurts will continue to be low-fat and come in a variety of flavours including strawberry, smashed berry and peach & mango.

A new marketing campaign will accompany the relaunch. Titled ‘Practically Perfect’ it will focus in on Australian mothers trying to do their best in raising their children.

Advertising efforts will include a video in which children recognise their Mum as being perfect despite not always getting the little things right.

Public relation efforts and influencer relations (such as bloggers, journalists, celebrities) and Facebook advertising will also be part of the campaign.

Ski D’Lite is currently available for purchase in supermarkets across Australia.

Source: Australian Food News, 5 October 2015

Figure 10.23 Part of the relaunched range of Ski D’Lite yoghurts with 25 per cent less sugar

ACTIVITIES

1 Is the Ski D’Lite with 25 per cent less sugar a new product? Explain your answer.
2 What is the slogan used in the yoghurt in the new marketing campaign?
3 Where is the product to be placed for sale?
4 Who is the product being promoted towards in new marketing campaign?
5 What strategies will be employed to promote the product?

UNIT REVIEW

LOOKING BACK

1 What are the ‘four Ps’ of marketing?
2 Identify three examples of print media.
3 What is the purpose of food styling?

FOR YOU TO DO

4 a Design your own new food product.
b Address the ‘four Ps’ of marketing to ensure your food trend will be a success.
c Explain how you can determine whether your marketing plan has been successful.

TAKING IT FURTHER

5 Use a camera and related computer software to produce a finished visual image of styled foods; for example:
   • an advertisement for a new food product
   • a supermarket catalogue with sale prices
   • a web page with images of recipe directions
   • a calendar with different recipes and health hints for each month.
Chapter review

LOOKING BACK
1. Define the term ‘organic food’.
2. Outline one advantage and disadvantage of organic foods.
3. Define the term ‘genetically modified food’.
4. Outline one advantage and disadvantage of genetically modified foods.
5. List two examples of meal replacement products.
6. Name two herbs.
7. Define the term ‘functional food’.
8. Identify an example of a functional food.
9. Distinguish between a garnish and a decoration and provide an example of each.
10. List four places where you could expect to see the work of a food stylist.
11. List five items you would expect to see in a food stylist’s tool box.
12. Identify and describe three techniques a food stylist may use when shooting a television commercial.
13. Identify four different forms of media.
14. List five examples of how food products can be promoted.

FOR YOU TO DO
15. You are planning to go away for a week with your friends. Your accommodation has a microwave and a stove. List some heat-and-serve foods that you can purchase at the local supermarket. Justify your reasoning for purchasing heat-and-serve foods.
16. You notice a friend frequently drinking an electrolyte replacement drink when she is thirsty throughout the day. Discuss the advantages and disadvantages of consuming electrolyte replacement drinks in this situation.
17. What advice would you give a parent or caregiver when choosing muesli bars for their children to take to school?
18. Compare and contrast the benefits of takeaway service with restaurant dining.
19. Discuss how table setting has changed by comparing the past few decades.

TAKING IT FURTHER
20. Plan a wedding menu for a sit-down dinner.
21. Make a list of celebrities and the products they promote.
Lemonade scones

Scones are suitable for High Teas and morning teas.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups self-raising flour</td>
<td>1 Preheat the oven to 220°C.</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td>2 Lightly grease a baking tray.</td>
</tr>
<tr>
<td>¼ cup caster sugar</td>
<td>3 Sift the flour and salt.</td>
</tr>
<tr>
<td>½ cup thick cream</td>
<td>4 Add the sugar.</td>
</tr>
<tr>
<td>½ cup lemonade</td>
<td>5 Add the cream and lemonade and mix to form soft dough in the shape of a ball.</td>
</tr>
<tr>
<td>2 tablespoons milk</td>
<td>6 Turn out onto a lightly floured board and knead lightly until combined.</td>
</tr>
</tbody>
</table>

**QUESTIONS**

1. Why does the method instruct you to glaze the scones with milk?
2. What ingredients in the recipe help to make the scones rise?
3. What other ingredients could be added to the scones to vary the flavour?
4. If there are 55 grams in a ¼ cup of caster sugar, how many grams are there in 1 cup of caster sugar?
5. If there are 300 grams in two cups of flour, how many cups are there in 1.5 kilograms of flour?

**Preparation time** 15 minutes  
**Cooking time** 15 minutes  
**Makes** 12
Chocolate brownie bites

Many menus now offer gluten-free options for customers.

Preparation time 15 minutes  Cooking time 20 minutes  Makes 16 slices

INGREDIENTS
- 200 grams unsalted butter, chopped
- 200 grams dark chocolate, broken into pieces
- 1 cup brown sugar
- 3 eggs, lightly beaten
- 1 teaspoon vanilla extract
- ¾ cup gluten-free plain flour
- 2 tablespoons cocoa powder

METHOD
1. Preheat oven to 190°C.
2. Lightly grease and line a 5cm deep 18cm square baking pan.
3. Melt butter, sugar and chocolate in a saucepan over a low heat, stirring constantly until melted and smooth. Transfer to a heatproof bowl and cool slightly.
4. Add eggs and vanilla to chocolate mixture, mix well.
5. Sift flour and cocoa over chocolate mixture. Stir to combine.
6. Pour brownie mixture into pan. Bake 20 minutes or until just set. Cool and place in an airtight container.

QUESTIONS
1. Predict the equipment needed to prepare the dish.
2. What preparation is required to the ingredient before you start the method?
3. Why do you need to cool the mixture before adding in the eggs?
4. Determine the duties of each partner if you were to work in pairs when preparing this recipe.
5. What is gluten?
6. Why is low-gluten flour recommended for use in cake making?

HINT: It is best to cut the brownies the day after baking.
Spinach gozleme

This Turkish dish is often prepared on site at fetes and festivals.

**INGREDIENTS**

**Dough**
- 100 grams Greek-style plain yoghurt
- 125 grams self-raising flour
- 2 tablespoons olive oil
- spinach filling
  - 50 grams baby spinach
  - 100 grams feta cheese

**METHOD**

**Dough**
1. Combine the yoghurt with the self-raising flour and mix with a fork until a ball is formed in the bowl.
2. Knead dough on a floured board for 2–3 minutes.
3. Cut into 2–4 portions. Cover with a damp tea towel until ready to use.

**Filling**
1. Pour boiling water over the spinach and then drain.
2. Crumble feta up and stir through spinach.

**Cooking**
1. Roll each dough ball into a 25 cm round and place 4 tablespoons of filling on one half.
2. Fold dough round in half and press together the edges.
3. Heat a frying pan or barbecue hotplate to medium heat and brush each gozleme with olive oil.
4. Cook on each side until golden ‘eyes’ appear.

**QUESTIONS**

1. Identify the ingredients in the dish that are high in both calcium and protein.
2. What are the nutrients that are found in spinach?
3. Why do you cover the dough with a tea towel?
4. Identify some other alternative fillings you could use in the gozleme.

**Preparation time** 15 minutes  
**Cooking time** 20 minutes  
**Serves** 2
Custard horns recipe

This old-time favourite is good finger food for special occasions.

**INGREDIENTS**
1 sheet of puff pastry
spray oil
1 tablespoon of whisked egg or milk
1 tablespoon sugar
½ cup thickened cream
1 cup thick chilled custard

**METHOD**
1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Grease the outside of 6 cream horn moulds.
3. Cut one of the pastry sheets into 2 cm thick strips.
4. Starting at the pointed end of the mould, wrap pastry strips around in a spiral manner to cover completely, slightly overlapping the strips.
5. Brush pastry with beaten egg or milk, being careful not to get any on the top of the mould. Sprinkle with sugar and lay onto the tray.
6. Repeat with remaining moulds.
7. Bake for 12–15 minutes, or until golden.
8. Cool for 10 minutes and then carefully remove moulds.
9. Fill with custard when horns are cold or store in airtight container until required for filling.

**Filling**
1. Whisk cream and custard together until thick.
2. Place into a piping bag fitted with a 13 mm star-shaped nozzle.
3. Fill horns with custard cream and serve.

**QUESTIONS**
1. What other filling can be used?
2. How is custard made?
3. Why should you not glaze the metal mould?
4. How can you change this recipe into a savoury food?

**HINT:** Ice-cream cones covered with foil make a good substitute for metal moulds.

**Preparation time** 15 minutes  
**Cooking time** 15 minutes  
**Serves** 2
Breakfast wrap

Breakfast menus are now common in many dining establishments.

INGREDIENTS

- 2 eggs, lightly beaten
- 1 tablespoon chopped parsley
- 1 tablespoon chopped chives
- 50 grams sliced ham chopped
- 1 tablespoon tomato chilli jam
- 1 tortilla

METHOD

1. In a small bowl, whisk together the eggs and herbs, then season to taste.
2. Heat a non-stick frying pan on medium and lightly spray with cooking oil. Pour the egg mixture into the pan and gently swirl, evenly distributing the mixture like a pancake.
3. Sprinkle over the ham and cook for 2–3 minutes or until the egg is just set.
4. Spread the tomato chilli jam over the flour tortilla.
5. Slide the omelette onto the tortilla, and then roll up like a wrap.

QUESTIONS

1. What equipment would you require to prepare this dish?
2. What could you substitute for the ham?
3. What are some common breakfast dishes on cafe menus?
4. From which country does the tortilla originate?
5. Describe the flavours would you expect from the jam.
6. What does it mean to ‘season’?
7. What is the role of the herbs in this recipe?
Beef stroganoff

A good dish for buffet menus because it is easy to serve and make in bulk quantities

<table>
<thead>
<tr>
<th>Preparation time</th>
<th>15 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking time</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Serves</td>
<td>2</td>
</tr>
</tbody>
</table>

**INGREDIENTS**

- 1 teaspoon oil
- 200 grams beef
- 2 tablespoons plain flour
- ½ onion, finely sliced
- ½ cup water
- 1 mushroom, sliced finely
- 1 beef stock cube
- 1 tablespoon tomato paste
- ¼ cup sour cream
- ½ cup long grain rice
- 4 sprigs parsley, chopped finely

**METHOD**

1. Half-fill a medium saucepan with water and bring to boil. Add rice and boil for 15 minutes or until tender. Drain.
2. Cut beef into thin strips and then coat in flour.
3. Heat oil in frypan, add meat and cook until brown. Remove from pan and keep warm.
4. Fry the onion and mushrooms for 2–3 minutes. Return the meat to the pan. Add water, stock cube and tomato paste.
5. Bring mixture to the boil and then reduce heat to simmer for 5 minutes.
6. Mix the sour cream into the meat mixture to allow the sauce to thicken. Simmer another 5 minutes.
7. Serve stroganoff on a bed of rice, garnished with parsley.

**QUESTIONS**

1. List the main nutrients found in red meat.
2. Historically, why did Australians eat large quantities of lamb and beef?
3. How can you test if rice is cooked?
4. What is the purpose of coating meat in flour?
5. What does “simmering” mean?