



Dish production

- Were you able to keep to your time plan?
- Did you have any problems during the practical? How did you resolve them?

Dish selection

- Did your dishes contain the right nutrients for your two groups?
- Were they expensive or cheap to produce?
- Did they contain seasonal or local produce?

Organoleptic

How did your dishes:

- Look (appearance)?
- Taste (flavour and texture)?
- Smell (aroma)?

Hygiene

- Did you follow all hygiene guidelines?
- Did you wear correct PPE?
- Did you wash up between jobs?

Reviewing of dishes

PEE: Point, Evidence, Explain

You need to write a self-reflection of how you performed during your practical session. There are 8 areas to consider when you write your review of your dishes.

Presentation

- Were the portions the right size for your two groups?
- How did you add colour to your dishes?
- Were your garnishes and decorations appropriate?

Health and safety

- Were you able to use equipment safely?
- Did you store ingredients correctly?

Waste

- Did you separate your waste into categories? (Food waste, recyclable materials, general waste.)
- Did you buy the right amount of ingredients?

Improvements

- If you made your dishes again, what would you do differently?
- If you had to do the task again, would you change your choice of dishes?
- Would you add additional accompaniments?

AC 2.3 How menu meets customer needs- Nutritional

Cooking methods

Some cooking methods add fat, adding too much fat to food increase the calories (energy content) drastically and is also thought to be a risk factor in cardiovascular disease. Cooks should be minimise their use where possible.

These include:

- Frying - deep (submerging food in hot fat)
- Frying – shallow (frying food in 1cm or less of fat in a pan)
- Roasting (cooking in fat in the oven)



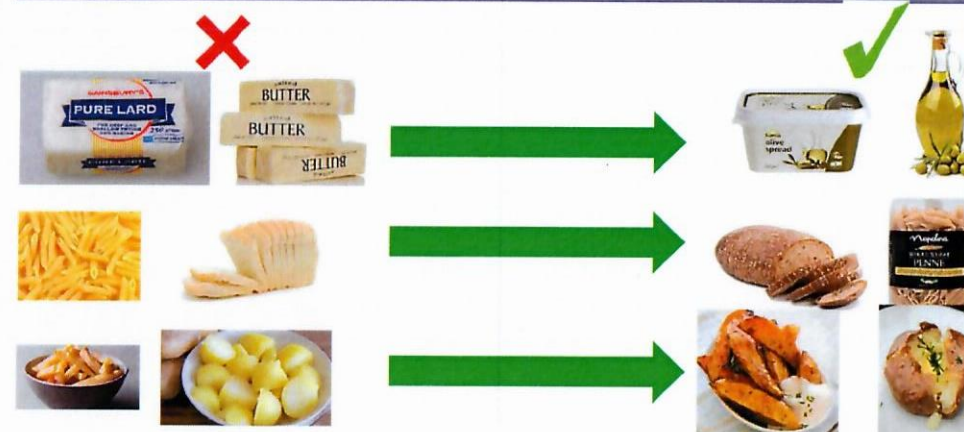
Healthier cooking methods only add small amounts of fat, or do not add fat to food at all. They can be dry (cooking without the use of water) or moist (cooking with water or steam). Healthier cooking methods include:

- Stir frying (cooking quickly in a small amount of oil at v high temps)
- Poaching (cooked gently in simmering liquid)
- Boiling (cooking food submerged in vigorously boiling 'rolling boil' water)
- Steaming (holding food above boiling water to be cooked by the steam)
- Grilling – on a cooker or on a BBQ (food cooked by radiant heat from a flame or glowing element)
- Baking in the oven (dry heat)
- Stewing (slow-cooking on hob or in slow-cooker with liquid)
- Casseroling (slow-cooking in oven with liquid)
- Braising (slow-cooking **pre-sealed** meat and vegetables in oven with liquid)



Preparation methods

- Do not add too much extra fat when preparing/marinating or cooking
- Trim fat off excess fat from meat where possible (leaving some is fine for flavour)
- Do not add too much extra salt when seasoning/marinating foods before cooking
- Do not add too much sugar when marinating foods



CHANGE THE INGREDIENTS USED:

- ✓ Avoid saturated fats such as butter, lard and dripping - Use heart healthy unsaturated fats such as olive oil, avocado oil
- ✓ Avoid using white flour where possible – use wholegrain or brown versions for extra fibre and B vitamins
- ✓ Leave the skin on potatoes for extra fibre and vitamin C
- ✓ Replace cream in recipes with reduced fat crème fraîche
- ✓ Replace mild cheeses with stronger ones, and use less
- ✓ REDUCE sugar content of recipes by using naturally sweet ingredients such as fruits
- ✓ Add extra **VEGETABLES, FRUITS, NUTS and SEEDS** into recipes where possible, for **extra fibre, vitamins and minerals** - these can be blended into sauces to 'hide' them for fussy eaters

AC 2.3 How menu meets customer needs- ORGANOLEPTIC

Changes to make dishes healthier can affect OTHER aspects of the finished dishes in several ways....

Organoleptic means the qualities of food that people experience with their senses. There are 5 senses: sight, smell, taste and sound. To enable people to enjoy their food, it is important that the menu planning, preparation, cooking serving food is carried out well so that food is **appetising**.

SIGHT: Appearance and presentation of the meal

- Adding vegetables to a dish to increase fibre, vitamins and minerals may also affect the **colour** of the dish.
- Adding greens such as green peppers or green beans will **create a fresher**, more vibrant look.
- Adding tomatoes/red peppers to a dish will make it look brighter. Remember – **contrast in colours** within a dish is good, makes dishes look more appealing and delicious!
- **Changing carbs to wholegrain or skin-on versions** may also change the colour of the dish, however this time may increase the presence of brown in the dish, which is considered a 'dead' or dull colour, and will need brightening up in other ways...
- Type of **serving dishes**.
- **Garnishing**
- Think cut, shape and form of food.
- Make sure plates and dishes are clean
- before serving food, to remove drips and splashes.



TOUCH: Texture (how food feels in the mouth)

- **Use fresh food**- stale food lose texture e.g. fruit, vegetables and fish.
- **Prepare food well to remove edible parts** e.g. shell, bones, stalk, tough skin.
- **Cook food well to avoid** unexpected textures e.g. lumps in a sauce, under cooked egg white, under cooked cake.
- **Cook food at correct temperature** and for correct time to allow textures to develop e.g. when melting chocolate, baking cake or bread, frying chicken.
- Reducing fat content in recipe may alter the texture, making it drier or more brittle.
- Adding vegetables or fruits to dishes can bring crunchiness, softness, chewiness.
- Changing the cooking method will also alter the texture – frying or roasting food in fat creates crispy crunchy textures, whereas replacing frying/roasting with the healthier methods of steaming, boiling, stewing etc will create soft textures. Grilling and barbecuing will also create chewy/crispy textures.

AC 2.3 How menu meets customer needs- ORGANOLEPTIC

TASTE

- There are 5 basic flavours: salty, sweet, bitter, sour and umami (savoury)
- **Use fresh food**- stale food loses its flavour.
- **Cook food carefully** to avoid damaging flavours.
- **Reducing fat** content in recipe may alter the taste – it can reduce creaminess aka 'mouth feel'.
- **Reducing the fat** content of baked goods can also alter the taste – making them taste less rich.
- **Adding vegetables** to dishes can alter the taste in many ways depending on what fruit/vegetables is added – e.g. red peppers will bring sweetness, adding kale will bring an earthy taste, adding broccoli will add a fresh taste etc...
- **Changing carbs to wholegrain** or skin-on versions will affect the taste, making the dish have a more 'nutty' flavour
- **Adapting the cooking method** may also change the taste of a dish:
- **Steaming or poaching** will preserve the flavours of the original food whereas barbecuing or grilling food will also impart charred flavours.
- **Sautéing vegetables** in butter or oil bring out the flavour.
- **Making stock** from meat, poultry or fish bones plus vegetables, herbs and spices.
- **Roasting root vegetables** intensifies their flavour by evaporating water and caramelising the natural sugars they contain.
- **Using natural flavours** e.g. citrus fruit zest, fresh herbs and spices.
- Avoid using too much flavouring
- Take care with delicate foods like fresh- less is more.

Top tip: always taste test before serving- REMEMBER FOOD HYGIENE!

Umami



Sour



Sweet



Salty



Bitter



Five Basic tastes



SOUND

- The sound of food can make it more appealing.
- Certain foods you expect to sound in a particular way e.g. crisp to crunch, biscuits to snap and food being fried to make a sizzling sound.
- To preserve these sounds food needs to be cooked and stored correctly to maintain its texture.



SMELL - Aroma

- **Use fresh ingredients**- stale ones lose ability to produce aromas.
- **Using natural foods** that produce a strong aroma e.g. fresh/ dried herbs and spices, garlic orange and lemon zest and cooking methods that develop aromas e.g. grilling, roasting, baking and frying.
- Plan and **select combination of foods** to produce a mixture of aromas, but avoid using too many, as the overall effect will be spoiled.

AC 2.3 How menu meets customer needs- Cost

For this part you need to explain how you will keep the costs of the dishes reasonably low . Your reasons could be....

- Buy **food in season** so it is not imported and expensive
- Buy **food locally** so that you don't have to travel too far to buy it and reduces carbon footprint e.g. support local business.
- **Minimise the waste** produced in both food and resources.
- **Control the portion** size so that you do not waste food that people are not going to eat and everyone gets the same size portion.
- **Not buying ready prepared** ingredients because it is cheaper to prepare them from scratch.
- **Buying cheaper** cuts of meat, this can effect the quality and fat content.
- Buy **non branded** food- supermarket own brands are cheaper.
- **Freeze left over** foods or use in other dishes.
- Store the ingredients at the **correct temperature** so they don't go off.
- **Buying organic, free range, fair trade** foods will cost more but is better for the environment and improved taste e.g. free range eggs, chicken, chocolate, bananas.

Portion control

Portion control is extremely important. Customers need to feel they are getting '**value for money**' and having the same size portion as everyone else.

It helps the caterer when **planning** (how many portions will these ingredients make?) **calculating selling price** (how much should I charge to cover costs and make a profit?) and **avoids waste**.

Using **standard recipes** can help a caterer by determining how many ingredients will make 10, 20, 30 or more portions.

ASDA Butcher's
Selection Beef
Mince (Typically
Less Than 20% Fat)
1kg Price £4.00



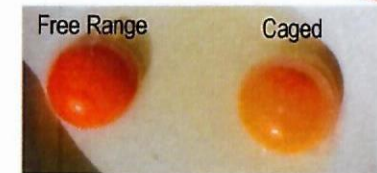
ASDA Butcher's
Selection Lean
Beef Mince
(Typically Less
Than 5% Fat)
1kg Price
£6.19



ASDA Extra Special
Aberdeen Angus
Mince
500g Price £4.00



The **quality of the product** can affect it's price and therefore can affect which people choose to purchase it. To the left are three minced beef packets from ASDA. The cheapest is a 20% fat mince, the next a 5% fat mince and the most expensive is made from an Aberdeen angus cow – one of the most luxurious beef products.





Decision making

- What were your strengths in completing the written tasks?
- What were your strengths in choosing dishes?
- How could you improve weak decisions?
- Were the dishes easy to make together?
- What were the disadvantages of the chosen dishes?
- Did your dishes meet the needs of the provision?
- Did your dishes meet the needs of your two groups (nutrition and cost)?

Planning

Was the practical session plan in a logical order?

- Discuss your strengths.
- Discuss your weaknesses.
- Suggest improvements.

Were you able to keep to the plan during the practical session?

- Discuss your strengths.
- Discuss your weaknesses.
- Suggest improvements.

Organisation

How did you organise your written tasks?

- Discuss your strengths.
- Discuss your weaknesses.
- Suggest improvements.

How did you organise your workstation during the practical session?

- Discuss your strengths.
- Discuss your weaknesses.
- Suggest improvements.

Time management

How did you manage your time when completing the written tasks?

- Discuss your strengths.
- Discuss your weaknesses.
- Suggest improvements.

How did you manage your time during the practical session?

- Discuss your strengths.
- Discuss your weaknesses.
- Suggest improvements.