

# COLD SET DESSERTS

'Explore the working characteristics of egg white foam used in cold desserts and develop a cold dessert using egg white foam'.

Use the following information along with the assessment criteria sheet to help you.

## **Information to include:**

- Functions and working properties for egg white.  
  
(See notes on colloidal systems in food preparation and stability of egg white foams).
- Look at existing products on the market (market research).
- Manipulating and combining materials.
  - Look at raw materials to be used in cold desserts (e.g. sugar)
  - Effect of sugar on stability of egg white foams
  - Methods to combine ingredients
  - Use of additives, colours, sweeteners, emulsifiers, flavourings and stabilisers for sensory, physical and nutritional qualities.
- Communication methods.  
  
ICT – collate and present data for analysis (e.g. bar charts, product profile, pie charts, spreadsheets).
- Industrial and commercial practice.  
  
Use of mechanical/electrical equipment to produce consistency of outcome : designated tolerances.
  - Food risk categories – e.g. egg is high risk category.
  - Food safety –
- Extending shelf life : chilling as a method of storage for cold desserts.
- Packaging
  - Function of food packaging : containing, protection and identification.
  - Materials : type and properties of packaging to ensure quality control  
Selection and combination of packaging materials.
  - Environmental issues of packaging.
- Food Labelling
  - The role of food product labelling.
  - Legal requirements
  - Manufacturers information.