



EFFINGHAM SECONDARY SCHOOL

DEPARTMENT OF HUMANITIES



GRADE 10: TERM 2 – HOSPITALITY ST WORK GUIDE

HOSPITALITY STUDIES RESOURCE PACK

GRADE 10 TERM 2

- This resource pack consists of 10 pages and contains:

Notes for term 2 and activities.

→ **1. PANCAKES AND CRUMPETS PAGE 80**

→ **2. EGGS PAGE 84**

→ **3. CEREALS PAGE 92**

→ **4. DAIRY PRODUCTS PAGE 102**

- Ensure that activities are completed in note books
- **Note:** Keywords are underlined, definition in brackets.

Regards

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1. PANCAKES AND CRUMPETS PAGE 80 OF TEXTBOOK

- **Batters**

Batters are thin mixtures of flour and liquid. Proportion of liquid to flour is 1:1 or more liquids. Air or gas incorporated into batters to aerate (to fill with air) or make them light. Air incorporated by beating eggs. Gas (carbon dioxide) released when baking powder is added to batter.

→ **Types of batters**

Batter for pancakes and crumpets differ in consistency.

Thin batters: referred to as 'pour' batters. Liquid to dry ingredients ratio is 1:1. Thin consistency, pour easily. Example – pancake batter.

Drop batter: liquid to dry ingredients ratio of about 1:2. Thicker consistency, break when poured or dropped from spoon. Example – crumpet batter.

→ **Cooking methods**

Cooked on a greased griddle or frying pan. Fried on one side, turned and fried on the other side. Pan must be well greased but not too much fat or oil.

→ **Presentation and serving**

Pancakes: pancakes refer to crepes in South Africa. Served with cinnamon flavoured sugar and sometimes lemon juice. Sugar left to dissolve on pancake. Crispy if eaten immediately. Can also be eaten with savoury filling.

Crumpets: also known as flap jack. Served in a stack with syrup and butter can be accompanied by bacon. Always served hot for breakfast or tea time with butter and golden syrup or honey.

→ **Characteristics**

Pancakes: thin, flat round cakes may be pale with dark spots where bubbles occurred.

Crumpets: small more cake-like texture than pancakes.

Activity

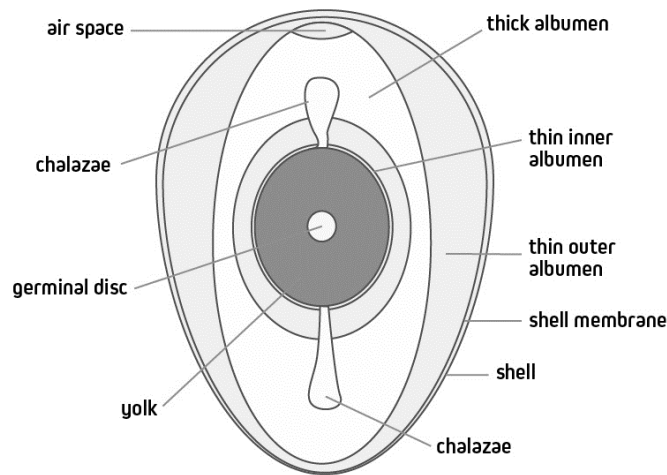
1. Give the ratio of liquid to dry ingredients for thin and thick batters.
2. Differentiate between a pancake and crumpet.
3. Determine what is a batter.
4. **Pancakes, waffles and crumpets are made from flour, water and eggs. They are high in carbohydrates and provide energy. Keeping this in mind answer the questions that follow:**
 - 4.1 Explain one difference between thin batters and drop batters.
 - 4.2 Give one advantage of using the emulsion method of mixing batters.
 - 4.3 Recommend TWO appropriate accompaniments for the following:
 - 4.3.1 Waffles
 - 4.3.2 Crumpets

2. EGGS PAGE 84 OF TEXBOOK

Fresh eggs should have a sell by date on the carton.

→ **Characteristics of good quality fresh eggs**

Shell clean not cracked. Colour of shell does not indicate quality. Stale eggs have shiny shells. If fresh, shell is not shiny. Two membrane layers enclose yolk and white. Membranes split and form air cell. As egg deteriorates, moisture loss from egg white, membrane shrinks, air cell gets larger. Thick gelatinous (like jelly) white surrounds yolk. When fresh egg cracked, white should not be flat, but round high and firm. As egg ages white becomes weak and more liquid. Yellowness of yolk does not indicate nutritional value or quality. Yolk should be translucent and firm. Egg should be free of any blood spots.



STRUCTURE OF AN EGG

→ **Sizes of eggs**

Small, medium, large, extra-large, jumbo

→ **Storage of eggs**

Do not wash before storing. Store eggs in packaging. Store eggs with the round end up. Keep eggs refrigerated and away from odours. Fresh eggs keep for 2 weeks when refrigerated at 5°C. Leftover egg yolks kept for 1 to 3 days, cover thinly with oil or water. Use cracked eggs soon as possible. Use eggs at room temperature.

→ **Cooking methods**

→ **Boiled eggs**

Soft or **hard boiled**, with or without shell. **Whole** or with other ingredients such as:

egg croquettes (egg mixture rolls, covered in bread crumbs and fried eggs), **eggs au gratin**(hard boiled eggs, sliced, covered with white sauce, breadcrumbs and cheese, and baked), **eggs mornay**(eggs served in a cheese sauce)and**scotch eggs** (hard boiled eggs covered in sausage meat and crumbs and fried). Boiled eggs served to order in egg cup. Degree of cooking ranges from soft-set white and runny yolk to a firm-set white and soft-set yolk. Plunge immediately into cold water after boiling. Rapid cooling makes white shrink away from shell, making shelling easier. Green/grey ring around yolk caused by cooking at high temperatures or cooking for too long.

→ **Guidelines for boiling eggs**

Simmer rather than boiling. Make tiny hole at round blunt end. Submerge eggs in water.

Method 1: The hot water method			Method 2: The cold water method		
Cooking times:			Cooking times:		
Size of egg	Soft-boiled	Hard-boiled	Size of egg	Soft-boiled	Hard-boiled
Large: 55g	3 – 4 minutes	10 minutes	Large: 55g	2 – 3 minutes	10 minutes
Jumbo: 69g	4 minutes	12 minutes	Jumbo: 69g	3 minutes	12 minutes

→ **Poached eggs**

Egg without shell in hot liquid. Eggs coagulate (to set, to change to thick and solid paste) at 65°C therefore liquid does not have to be at boiling point.

→ **Guidelines for poaching eggs**

Keep liquid below boiling point, simmering. Add few drops vinegar or salt to liquid. Use fresh eggs. Break in bowl then slide gently into pot. When done remove with slotted spoon, trim, serve immediately.

→ **Fried eggs**

Fried in small amount of butter or oil. Cooking ranges from soft set to firm set white and runny to soft set yolk. Cooked to order, served immediately.

→ **Guidelines for fried eggs**

Moderate heat, little butter or oil. **Sunny side up** – to cook slowly, without turning, yolk still soft. **Easy over** – fry then turn them over to cook lightly on the other side. Whites should not be brown and crisp at the edges.

→ **Omelette**

Solid sheet of coagulated egg. Can be sweet or savoury. Folded omelette (French omelette) has filling spread across the middle before folded over to serve.

• **Uses**

Binding: Coagulate and hold ingredients together.

Fillings: Boiled eggs, chopped or mashed, mixed with other ingredients.

Coating: Used to protect, add outer coating to food.

Glazing: brushed over uncooked pastry to give a glossy and golden finish.

Egg dishes: dishes where main ingredient is egg.

Garnishing: boiled eggs used for garnishing.

Emulsifying sauce: hold ingredients in suspension, preventing separation. E.g.: mayonnaise.

Clarification: used to clarify stocks.

Thickening: mixtures thicken because of coagulation.

Aerating: through whisking, air is trapped into a mixture. Results in foam like structure that lightens mixtures.

• **Beating of egg white**

Whisk at room temperature – whisk faster, greater volume. Use balloon whisk or beater. Use immediately – becomes watery if left to stand. Over whisking – eggs become dry and lose volume. Use metal spoon to fold egg whites into a mixture. Never fold egg whites into a hot mixture – egg

whites will collapse. The presence of fat, oil or yolk will slow down foaming or prevent it. Addition of an acid (lemon juice, cream of tartar or vinegar), will help stabilize foam. Sugar delays and reduces volume.

- **Stages of beaten egg whites and uses**

Soft peak –beating egg whites until they stand up in small peaks, curl over when beater is lifted. Used in soufflé's.

Stiff peak –beating egg whites more stiffly. Used for making meringues.

Dry stage – egg whites beaten too much. Over beating egg whites destroy their elasticity and decreases volume.

Activity

1. Determine the correct way for an egg to be placed/stored.
2. Provide 3 characteristics of a fresh egg.
3. List 3 uses of eggs.
4. **Study the recipe below and answer the questions that follow:**

LEMON MERINGUE PIE

INGREDIENTS

- 1 cup white sugar
- 2 tablespoons all-purpose flour
- 3 tablespoons corn starch
- 1/4 teaspoon salt
- 1 1/2 cups water
- 2 lemons, juiced and zested
- 2 tablespoons butter
- 4 egg yolks, beaten
- 1 (9 inch) pie crust, baked
- 4 egg whites
- 6 tablespoons white sugar
- Add all ingredients to list



METHOD

Prep:30 m

Cook: 10 m

Ready In:40 m

1. Preheat oven to 350 degrees F (175 degrees C).
2. **To Make Lemon Filling:** In a medium saucepan, whisk together 1 cup sugar, flour, cornstarch, and salt. Stir in water, lemon juice and lemon zest. Cook over medium-high heat, stirring frequently, until mixture comes to a boil. Stir in butter. Place egg yolks in a small bowl and gradually whisk in 1/2 cup of hot sugar mixture. Whisk egg yolk mixture back into remaining sugar mixture. Bring to a boil and continue to cook while stirring constantly until thick. Remove from heat. Pour filling into baked pastry shell.
3. **To Make Meringue:** In a large glass or metal bowl, whip egg whites until foamy. Add sugar gradually, and continue to whip until stiff peaks form. Spread meringue over pie, sealing the edges at the crust.
4. Bake in preheated oven for 10 minutes, or until meringue is golden brown.

4.1.1 **Eggs are very versatile and useful.** In the recipe above eggs are separated by their yolks and whites, State their use for the following preparation process:

4.1.1.1 Lemon filling

4.1.1.2 Meringue

4.1.2 Describe what it meant by stiff peak.

4.1.3 What type of egg is best suited for the recipe above?

4.1.4 Eggs coagulate when heated, State the temperature at which egg whites coagulate.

4.1.5 When certain ingredients are added to egg mixtures, it alters the state of coagulation. Discuss how the following ingredients change the settings of these mixtures.

4.1.5.1 Sugar

4.1.5.2 Salt

4.1.6 Eggs are highly perishable and fragile, discuss two ways of storing eggs to keep it from deteriorating.

5. Name and explain 2 ways eggs can be prepared.

6. The class does a practical on soufflés. Determine which stage the learners would have to beat the egg whites too.

3. CEREALS PAGE 92 OF TEXTBOOK

- **Classification**

Wholegrain: cereal grains used whole with all their parts intact.

Crushed grain: wholegrain kernel mechanically broken into smaller pieces.

Rolled seeds: external wall of grain kernel is removed and kernel then rolled between hot rollers.

Granulated seeds: bran and germ removed before granulated.

Finely granulated seeds: bran and germ removed before being finely granulated.

- **Types of cereals**

Wheat, corn or maize, oats, sorghum, rye, barley.

- **Wheat**

Wheat used to make flour (many different flours). Wheat protein known as gluten and enables bread dough to rise.

- **Corn or maize**

Staple food in South Africa. Products made from maize: cornflour, popcorn, cornflakes (breakfast cereal), polenta, Samp, maize-rice, maize-meal, corn on cob, wholegrain maize.

- **Oats**

Short shelf life. Rolled oats are grains with bran removed, kernel flattened, to produce oval-shaped flakes. Rolled oats used to make porridge (served hot with sugar and milk), biscuits and flapjacks. Main ingredient in muesli products.

- **Sorghum**

Mainly used for production of beer, porridge (maltabella). Can be ground and used for baking.

- **Cooking methods**

- **Moist heat method**

Starch granules added to cold water, absorb some water and swell. When heated, granules start to expand. Mixture starts to thicken. Increase in temperature causes mixture to become even thicker and smoother and turn into a gel. This process called gelatinisation.

- **Dry heat method**

Dark becomes soluble, means dissolved more easily. Dry heat breaks down starch into dextrin, which reduces thickening power. Colour of starch becomes brown. Starch tastes like caramel, sweet taste. If exposed to dry heat for too long. Will carbonise (burn).

- **Prevent lump formation**

Mix starch with cold liquid to form paste. Add paste little at a time to boiling liquid and stir constantly. Starch can be mixed with fat (e.g.: roux). Dry starch can be mixed with sugar, will help separate starch granules. Then made into a paste.

- **Prevent skin formation**

Place cling onto surface of sauce (must touch surface of sauce). Sprinkle little sugar over sauce if sweet sauce. Cover surface of sauce with little liquid.

- **Portion sizes**

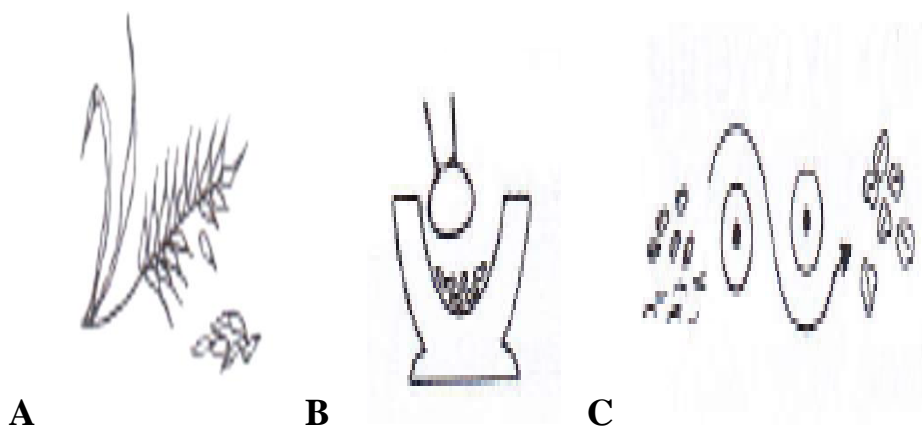
Breakfast cereals: 200 – 250ml per person.
20g raw oat bran weighs 100g when cooked.

Activity

1. Determine one way skin formation can be prevented.
2. Determine 2 ways lumps can be prevented.
3. Differentiate what happens during cooking of starch granules using both moist and dry heat.

4.1 Cereals are grasses cultivated especially for their edible grains which are highly nutritious.

- 4.1.1 Classify the following cereal grains and give a short description for each. **Write the letter and answer only.**



- 4.1.2 Briefly describe the process of gelatinisation.
4.1.3 Recommend a suitable accompaniment for cereals.

4. DAIRY PRODUCTS PAGE 102 OF TEXTBOOK

• Types and classification

Dairy products divided into the following categories:

Milk and its uses, milk treatments, cultured dairy products, cream and its uses, butter and its uses, cheese and its uses.

• Milk and its uses

Full cream or whole milk: is fresh milk, from cow. Nothing removed or added. 3.5% butter fat.

Low fat milk: 0.5 – 3% fat. Popular for everyday use. This milk may have effect on finished product.

Skimmed or fat free milk: most of butter fat removed 0.5% or less.

• Milk treatments

Evaporated milk: pasteurized then concentrated by evaporating large percentage of water content.

Condensed milk:60% of water has been removed, 40% sugar added.

Powdered milk:spraying milk onto hot stainless steel plates will cause water to evaporate. Should be rehydrated by adding water.

Ultra-heat-treatment (UHT) (long life milk): homogenised then heated to 130°C for one to two seconds, packed into sterile cartons and rapidly cooled.

- **Cultured dairy products**

Buttermilk:refers to the liquid left after making butter. Fresh skim milk cultured with bacteria.

Maas (inkomazi):sour milk product. Substitute for buttermilk in cooking.

Yoghurt:cultured by special bacteria. Flavoured and sweetened.

- **Cream and its uses**

Fresh pouring cream:thin consistency, cannot be whipped. Replace milk in coffee.

Fresh single cream:Slightly thicker, can be whipped. Used for enriching sauces and soups.

Fresh double cream:very thick, fat content 59%. Used to decorate gateaux and pastries. Accompaniments to fresh fruit and compotes.

Sour cream: cultured or fermented by adding lactic acid bacteria. Makes it thick and slightly tangy.

Long-life cream or UHT cream: made using UHT to prolong shelf life. Whip well if cold.

- **Cheese and its uses**

Produced by curdling milk and separating the milk solids (curds) from the liquid (whey). Bacteria or enzyme called rennet responsible for curdling.

Hard cheese:cheddar, Cheshire, Gruyere – drier texture, firm consistency. Slice and grate easily.

Semi-soft cheese:solid, not easy to grate. Inedible wax rind used to coat cheese to preserve moisture and extend shelf life.

Hard grating cheese: Italian Parmesan (Parmigiana Reggiano) grated or shaved.

Soft or rind-ripened cheese: Brie or Camembert has surface mould and ripen from the outside to the centre.

Blue-veined cheese:Roquefort and Gorgonzola. Consistency varies from smooth and creamy to dry and crumbly.

- **Storage of milk and cream**

Refrigerate milk and cream at temperatures below 4°C. Seal milk/cream to prevent absorption of odours and flavours. Avoid freezing milk and cream unless homogenised. Do not milk fresh products with old. If unopened store UHT products at room temperature, once opened at 4°C.

- **Store cheese**

Keep fresh cheeses cold in original packaging. Keep on clean, dry lightly crumpled paper towel. Add dry biscuit to container to reduce humidity and prevent moulds. Wipe of mould, rub with fresh oil store in clean container. Store different cheese separately.

- **Cook milk and cream, and the effect of heat**

When it is heated:

Taste of milk changes. Water evaporates and sugar caramelises if milk exposed to heat for long period. Fat in cream can separate when exposed to high heat. Cream thickens when heated slowly. Add cream to cooked sauce to thicken.

- **Cook cheese, and the effect of heat**

Uses:

Fresh or toasted sandwich filling. Cheese platter. Food on its own. Ingredient in pasta, bakes and sauces.

Effect of heat on cheese:

Protein in cheese harden when exposed to heat. Fat separates from the protein. Some cheeses become stringy. Cheese should be added to the end of cooking process.

Grilled cheese:

Grilled cheese sandwich heated till cheese melts. Additional ingredients can be added e.g.: peppers, onions etc. grated cheese melts faster, more evenly.

Melted cheese:

Melt at low temperatures. Do not boil sauces with cheese. Keep cooking time short. Add cheese at end of cooking. Aged cheeses melt and blend into foods easily than young cheeses. Aged cheese adds more flavour than young cheese.

Activity

1. Differentiate between milk/cream and cheese when it is heated.
2. Provide the fat content for the following milks: full cream, low-fat, fat free.
3. Determine what UHT stands for and explain the process.
4. Determine what type of cheese the following fall under: Gruyere, Parmigiano Reggiano, Gorgonzola, Brie.
5. Explain how yoghurt is produced.