

ANSWERS TO EXAM QUESTIONS

COMMODITIES: CEREALS (P 208)

Q1. a) i) white bread. ii) wholemeal bread. iii) it contains the bran and the germ, which is where fibre is found. b) i) & ii) can use flour with a lower protein content, and it is faster than the bulk fermentation method. b) reasons to include: the more you knead the more elastic the dough will be. The more you knead the more gluten (protein) will be developed, which gives bread the structure. If bread dough is not kneaded enough, it will not be able to hold the tiny pockets of gas (CO₂) created by the leavening agent (such as yeast), and will collapse, leaving a heavy and dense loaf. c) answers could include: yeast is not active or not enough CO₂ production; not enough liquid to assist the softening of gluten; proving time too short, needs to prove for longer; protein content in flour too low, must use a high protein flour.

Q2. i) durum wheat. ii) from top down, fusilli, farfalle and tagliatelle. iii) to the tooth / with a slight bite. iv) Roux consists of equal quantities of fat and flour. When the fat has melted the flour is added. The melted fat (butter / margarine) coats the starch granules. The fat and flour mixture (called the roux) are cooked over a low heat. Some starch will gelatinise, but most will remain uncooked. This is because at this point there is not enough liquid to complete the gelatinisation process. The liquid (infused milk) is added gradually and carefully stirred into the roux. The starch will form a suspension until the sauce is returned to the heat the sauce is stirred continuously whilst heating to keep the starch granules dispersed. This constant stirring is important to avoid lumps forming. As the temperature rises the fat melts and is absorbed by the starch. The starch granules swell as they take up the milk. As the sauce comes to boiling point the starch gelatinises causing the mixture to thicken and produce a smooth, glossy and lump free sauce. A gel is formed.

Q3. a) from top down: self-raising flour, strong plain white flour, plain flour. b) i) 13%. ii) Ham. iii) 6g. iv) wholemeal bread or similar high fibre bread suggestion / add salad / vegetables such as peppers, spinach. sliced tomatoes, cucumber, onion. v) Correct answers include: rotate stock – FIFO (first in, first out); make sure all stock is clearly labeled with use by dates; food operators must have high standard of personal hygiene – hair covered, protective clothing, all clean clothing, no chewing, washing hands regularly (after breaks, loo visits, blowing nose etc) and each time task is started, no eating, chewing, coughing etc, wearing disposable gloves is optional – emphasis is on clean hands rather than glove wearing; separate equipment and utensils for different foods – eg coloured tongs, knives, chopping boards; wash all fresh salad ingredients; make sure ingredients are pre-chilled; check each ingredient is free from pest contamination; avoid cross-contamination during sandwich assembly and storage; all food contact surface and equipment must be cleaned and sanitized; store and transport sandwiches safely. c) Correct answers include: freeze the bread and use it as you need to from freezer; make breadcrumbs from stale bread and freeze them until needed; use breadcrumbs in recipes such as bread pudding, treacle tart, as a crumb for fishcakes, goujons, mixed with cheese for an au-grain topping; use leftover or stale bread to make into other dishes (bread and butter pudding, Summer pudding, croutons (can be kept in an airtight container), make toasted sandwiches; make a salad such as panzanella; brown bread ice cream