

## 8.6 Specialty Desserts Notetaker

### Frozen Desserts

#### Ice Cream

- To be accurately labeled ice cream, must contain a certain % of milkfat
  - Vanilla ice cream must contain no less than \_\_\_% milkfat
  - Other flavors: No less than \_\_\_% milkfat
- Quality ice cream characteristics:
  - has a \_\_\_\_\_ base
  - \_\_\_\_\_ readily in the mouth
  - does not \_\_\_\_\_, or separate, when it \_\_\_\_\_ at room temperature.

#### Gelato:

- \_\_\_\_\_ version of ice cream
- Unlike ice cream, however, it does \_\_\_\_\_ contain \_\_\_\_\_
- Often made with \_\_\_\_\_, rarely with cream

#### Frozen yogurt:

- Contains yogurt in addition to the normal ice cream ingredients, such as sugar/sweeteners, \_\_\_\_\_, colorings, & flavorings
- Make with \_\_\_\_\_-fat or \_\_\_\_\_-fat yogurt
- Frozen yogurt both freezes and melts \_\_\_\_\_ than ice cream.

#### Frozen mixtures of fruit juice or fruit puree:

- **Sherbet:**
  - Contains \_\_\_\_\_ and/or \_\_\_\_\_ for creaminess
- **Sorbet**
  - Contains \_\_\_\_\_, just fruit \_\_\_\_\_ or \_\_\_\_\_ with sweeteners and other flavors or additives
  - Serve as a:
    - \_\_\_\_\_ course
    - \_\_\_\_\_ between courses
    - Dessert

### Poached Fruit and Tortes

#### Poached Fruit

- **Combination of \_\_\_\_\_ with a liquid, usually a mixture of sugar, spices, and \_\_\_\_\_.**
- More \_\_\_\_\_ in the poaching liquid, the more the fruit will hold its \_\_\_\_\_
- Use fruits that are firm enough to \_\_\_\_\_ during cooking.
  - Ex. \_\_\_\_\_
  - Popular Recipes: Peach Melba and Pears Belle Hélène

#### Poaching Technique:

- Heat the fruit and liquid together until the fruit is \_\_\_\_\_
- Test for doneness with a \_\_\_\_\_; the fruit is fully poached when it is easy to pierce.

#### Torte:

- An elegant, rich, many-\_\_\_\_\_ cake often filled with \_\_\_\_\_ or \_\_\_\_\_
- Pastry chefs often use **Génoise**, \_\_\_\_\_ sponge cake, in preparing a torte.
  - Split it into layers
  - Top each layer with buttercream or jam filling
  - Place layers back together and coat the entire cake with \_\_\_\_\_
  - Frost cake

## Dessert Sauces and Creams

### Crème Anglaise

- Light, \_\_\_\_\_ sauce made from milk, egg yolks, & sugar
- Is a classic accompaniment to soufflés and steamed puddings

*Note:*

- If overheated, can \_\_\_\_\_ (develop clumps)
  - Possible to save it by \_\_\_\_\_ immediately into a container set in an \_\_\_\_\_

**Fruit sauces** can be raw or cooked, depending upon the desired flavor.

- **Coulis:**
  - Fruit sauce made from fresh \_\_\_\_\_ used to top ice cream, cheesecake, or other desserts
  - If cooked, only just to activate a thickener
  - \_\_\_\_\_ seeds with a \_\_\_\_\_
  - Thicken remaining pulp with cornstarch, arrowroot, or a light pectin
  - Can be spooned or piped onto dessert

### Fruit syrups

- **Cooked sugar-based juice**
- Sugar itself provides the thickening as the liquid boils & is reduced
- Used to garnish desserts and ice cream or to complement breakfast items.

### Caramel Sauce

- Cooked sugar caramelized with \_\_\_\_\_
- Sometimes have added cream
- Greater the \_\_\_\_\_, the darker the \_\_\_\_\_ (ideal: \_\_\_\_\_ brown)
- Longer the cooking time, more \_\_\_\_\_ will develop (harder the caramel)
- If overcooked, sauce will become \_\_\_\_\_
- **Butterscotch-Flavored Sauce:**
  - Caramel sauce with added \_\_\_\_\_ & \_\_\_\_\_

**Chocolate sauce** is a family of sauces and syrups with \_\_\_\_\_ or melted chocolate as the base.

- Usually some \_\_\_\_\_ to maintain \_\_\_\_\_ quality
- Some will harden when cooled (ex. Chocolate \_\_\_\_\_)
  - If truly a syrup, sauce will remain \_\_\_\_\_ when cooled
- Hardened shells over ice cream:
  - Use a special formulation of chocolate with a saturated oil

### **Sabayon** (*sa-by-on*) or **Zabaglione** (*zah-bahl-YOH-nay*)

- **Fragile wine dessert sauce made from egg yolks, sugar, and wine (often Marsala wine)**
- Whip constantly over simmering water until light and thick
- Too delicate to be made ahead of time & held

### **Pastry creams** (*crème pâtissière*)

- Have greater \_\_\_\_\_ than custards
- Part of *mise en place* for many kitchen desserts
- Used as fillings for pastries such as \_\_\_\_\_
- Use creams as a soufflé base
- Cook eggs, sugar, flour or cornstarch, milk and/or cream together until it is a \_\_\_\_\_ mixture

### Bavarian creams

- Combination of three basic ingredients: \_\_\_\_\_
- Combine vanilla sauce with \_\_\_\_\_ gelatin
- Cool mixture over an \_\_\_\_\_ until it \_\_\_\_\_ slightly when dropped with a spoon
- \_\_\_\_\_ whipped cream into the mixture and pour into molds
- Use as single items or as fillings for pastries

### Plating and Presenting Desserts

- Good plate presentation requires careful attention to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_ of food on the plate.
  - Guests eat first with their \_\_\_\_\_, then their noses, and finally with their mouths.
- There are two areas of presentation technique:
  - The \_\_\_\_\_ itself
  - The \_\_\_\_\_ as a whole

### 5 Components of a Plated Dessert

- Main item: \_\_\_\_\_ ounces
- Sauce/sauces: \_\_\_\_\_ ounces
- Garnish- \_\_\_\_\_
- Crunch garnish- cookie, chocolate decoration, \_\_\_\_\_, \_\_\_\_\_
- Frozen Component (optional)- \_\_\_\_\_
- Plated Dessert Contrasts
  - Temperature- \_\_\_\_\_/cold
  - Texture- creamy/\_\_\_\_\_
  - Shape- round/\_\_\_\_\_
  - Color- bright/\_\_\_\_\_
  - Flavor- lean/\_\_\_\_\_, sweet/\_\_\_\_\_

### Tips For Plating

- Mise en Place
- Don't use \_\_\_\_\_ - flavors
- Don't confuse the \_\_\_\_\_ with too much \_\_\_\_\_
- Don't confuse the \_\_\_\_\_ with too many \_\_\_\_\_
- Glazes should be used sparingly and only if they enhance an item
- All items on the plate should be \_\_\_\_\_
- Avoid unnatural colors – \_\_\_\_\_
- Best to place dessert decoration in \_\_\_\_\_, as it tends to be more appealing to the eye
- All plates should be \_\_\_\_\_