

**PENANG SANGAM HIGH SCHOOL**  
**P.O.BOX 44, RAKIRAKI**  
**LESSON NOTES BATCH 5-WEEK 3**

Subject: Home Economics

Year/Level: 12

<b>Strand</b>	Food and Nutrition
<b>Sub Strand</b>	Food Planning & Product Development
<b>Content Learning Outcome</b>	1. Identify the types of meal service. 2. Establish culinary skills by developing meals using local foods and resources.

Yeast cooking

- Baker's yeast is the common name for the strains of yeast commonly used as leavening agent in baking bread and bakery products, where it converts the fermentable sugars present in the dough into carbon dioxide and ethanol.

Tips for using yeast:

- Test the yeast before beginning.
- If you're concerned that your yeast may not be active, dissolve 1 teaspoon of sugar in a 1/2 cup of warm water (110 to 115°F).
- Slowly sprinkle one packet of yeast into the water.
- Stir the mixture and set a timer for 10 minutes.
- In 3 to 4 minutes, the yeast should have absorbed enough liquid to activate and will come to the surface.
- If at the end of 10 minutes the yeast has multiplied to the 1-cup mark and has a rounded crown, it's still very active and fresh and can be used in your recipe.

- Remember to deduct the 1/2 cup of water used for the test from the total liquid used in the recipe.
- This process is sometimes referred to as proofing the yeast.
- Use a yeast or candy thermometer to accurately determine the temperature of liquids.
- Yeast is a living organism.
- If the liquid in which the dry yeast is dissolved is too hot, it will kill the yeast cells.
- If it's too cold, the yeast will remain dormant and won't raise the dough. Use very warm liquid (120 to 130°F) if the active dry yeast will be added to dry ingredients.
- If it's to be added to liquid ingredients, use warm liquid (110 to 115°F).
- Place dough in a warm spot to rise. Yeast dough rises, or "proofs," best when the temperature is 80 to 85°F.
- To make sure the dough is warm enough:
- Cover the bowl loosely with plastic wrap and/or a cloth towel.
- Place the bowl on a wire rack over a pan of hot water in a draft-free spot.
- Put a pan of hot water on the rack below it or turn the oven on at 400°F for 1 minute, then turn it off.
- Place the bowl on the center rack of the oven and close the door.
- Test the dough to make sure that it has risen sufficiently.

- When you think the dough has doubled in size, lightly poke two fingers about a 1/2 inch into the dough.
- If the indentations remain, the dough has risen enough.

### Herbs and Spices

Name	Image	Description	Flavor	Uses
Allspice		It is a dark brown, pea-size berry. Comes from the evergreen pimento tree.	Pungent, sweet mixture of cinnamon, clove and nutmeg flavors	Breads, cakes, cookies, fruit sauce recipes.
Basil		Member of the mint family. It has green leaves.	Sweet clove-like flavor, pungent	Mostly used in Italian and Mediterranean cuisine. Best with chicken, eggs, fish, pasta, tomatoes.
Bay Leaf		Leaves from the evergreen bay laurel tree. Also called laurel leaf.	Woody, pungent	Meats, pickling, sauces, soups, stews, vegetables.
Bouquet Garni		Small bundle of herbs wrapped in a cheesecloth bag or tied together and added in soups to add flavor (parsley, thyme, and bay leaves is the classic combination).	Herb blend	Soups, stews
Cayenne Pepper		A mixture of seasoning made from different tropical chilies, including red cayenne peppers. It is very hot and spicy, so use in moderation if you don't like spicy foods. Also called red pepper.	Hot, pungent	Eggs, cheese, Cajun recipes.
Celery Seed		Comes from wild Indian celery called lavage.	celery flavor, slightly bitter	For pickling, salads (potato and coleslaw), soups.
Chili Powder		A mixture of different seasonings (ground dried chilies, coriander, cumin, garlic, oregano and other herbs and spices).	Mild to hot	Chili, eggs and cheese, soups, stews.
Chives		Belongs to the onion and leek family. Source of vitamin A.	Onion or garlic flavor	Appetizers, shellfish, cream soups, salads, sauces.
Cilantro		Bright-green stems and leaves from the coriander plant.	Pungent, soapy fragrance	Very popular in Italian, Latin American and Mexican recipes (Fish, rice, salsas, salads).

<b>Cinnamon</b>		Bark from the Ceylon or Cassia tree Comes in buff color or dark reddish color.	Cinnamon sticks are added to dishes during the cooking process to add flavor. It is very aromatic and sweet.	Sweets, hot drinks, vegetables (carrots, winter squash, sweet potatoes).
<b>Clove</b>		Reddish-brown buds from the tropical evergreen clove tree.	Aromatic, pungent and sweet. They give a very strong flavor so use with care.	Spice cakes and cookies baked beans, pickling, and sauces.
<b>Coriander</b>		Related to the parsley family. Seeds from the coriander plant.	Mixture of lemon, sage and caraway flavors.	Mostly in Mexican and Spanish recipes, pickling, sausages
<b>Cumin</b>		Dried fruit from a plant in the parsley family.	Slightly bitter, pungent, hot	Middle Eastern, Asian and Mediterranean cuisine (Chili and curry powder blends, fish, lamb, pickling).
<b>Dill Seed</b>		Dried seed from the dill plant	Tangy and pungent flavor	salads, meats, sauces, vegetables
<b>Dill Weed</b>		Green leaves from the dill plant	Pungent, tangy	Fish, pickling, salads, sauces, eggs, vegetables, breads.

<b>Fennel Seeds</b>		Oval, greenish-brown seeds from the fennel plant.	Aromatic, slight licorice flavor	Breads, fish, sauces, sausage, soups, Italian recipes.
<b>Ginger</b>		The root from the ginger plant	slightly sweet, slightly pungent and spicy aroma	Chinese, Jamaican and German recipes, (cakes, cookies, marinades).
<b>Marjoram</b>		Member of the mint and oregano family. Oval, pale green leaves.	Aromatic, slightly bitter and pungent	Fish, meat, poultry, sausages, stuffing, vegetables
<b>Mint</b>		One of the most popular spice used.	Strong, sweet, cool	Refreshing beverages, desserts, lamb, sauces, soups
<b>Mustard Seed</b>		Comes in white, yellow, and brown seeds.	Hot, pungent	Meats, pickling, relishes. Powdered mustard (finely ground) is used in sauces.
<b>Nutmeg</b>		Oval seeds from the nutmeg tree. Dark grey color. Mace is the spice obtained from the membrane of the seeds.	Nutty, warm, spicy	Beverages, cakes, cookies, white sauces, sweet potatoes
<b>Oregano</b>		Member of the mint family, related to marjoram and thyme	Strong, aromatic with a pungent marjoram flavor	Fish, meat, poultry, tomatoes; Greek, Italian and Mexican recipes

Paprika		Powdered dried red peppers	Slightly bitter, sweet to hot	Dips, fish, poultry, salads (potato and egg), soups; important ingredient in goulash
Parsley		Curly leaf and Italian (flat-leaf) parsley are two of the more popular spices that exist.	Slightly peppery	Sprigs used as garnish, herb mixtures, sauces, soups, stews
Peppercorn		Berries from the pepper plant. Black, white and green peppercorns are three kinds processed from the plant.	Hot, peppery	Enhances flavor of most meats, eggs and poultry
Poppy Seeds		Very small gray, white seeds from the poppy plant.	Deep nutty flavor with crunchy texture	pastries, breads, cakes, salad dressings, vegetables, meat
Rosemary		Silver-green leaves; member of the mint family	Sweet, hint of lemon	Casseroles, fish, fruit salads, lamb, soups, stuffing, potatoes
Saffron		Dried yellow-orange stigmas from the crocus plant.	Pungent, aromatic	Rice, poultry, sauces, stews (bouillabaisse), Spanish recipes (paella), Swedish cakes and breads
Sage		Narrow, oval, gray-green leaves.	Musty, minty, slightly bitter	Chicken, duck, goose, pork, sausages, stuffing
Sesame Seed		Tiny, flat seeds, brown, red or black	Nutty, slightly sweet	Breads, cakes, cookies, salad dressings, seafood
Tarragon		Narrow, pointed, dark-green leaves	Slightly licorice flavor	Eggs, meats, pickling, poultry, salads, sauces
Thyme		Member of the mint family. It is a bush with gray-green leaves.	Pungent, tea-like	Fish, meats, poultry, soups, vegetables, potatoes
Turmeric		Yellow-orange root of a plant related to ginger; used to flavor and color food.	Pungent, earthy, slightly bitter flavor	Curries, East Indian cuisine, primary ingredient in American-style mustard food.

### Buying, Storage and Usage Tips

- When buying herbs and spices by weight, buy only what will fit into an average size spice jar.
- Keep dried herbs and spices in a place in your kitchen that is away from heat and moisture.
- When substituting fresh herbs for dry, use about three times the amount of fresh herb as the dry.

### Culinary Skills

Culinary Skills/ illustration	Description
Weighing/ measuring 	Specific quantity of food that is determined by weighing or measuring using scale or spoons and cups.
Decorating 	Making food more attractive by using different colored ingredients.
Glazing 	To brush the surface of sweet or savory dishes to give a glossy surface or to assist in browning.
Greasing 	Applying butter, ghee, oil or margarine on baking trays or tins.

<p>Creaming</p> 	<p>Combining butter and sugar until light and fluffy.</p>
<p>Coating and Binding</p> 	<p>To cover food with another ingredient or ingredients, for example, egg and breadcrumbs</p>
<p>Dusting</p> 	<p>Lightly sprinkling a fine layer of powdered or granulated ingredient of food e.g. sprinkling sugar on dough nuts.</p>
<p>Kneading</p> 	<p>To and press dough into a uniform mixture using palms and fingers.</p>

<p>Proving</p> 	<p>It refers to a specific rest period within the more generalized process known as <i>fermentation</i>. Fermentation is a step in creating yeast breads and baked goods where the yeast is allowed to <b>leaven the dough</b>.</p>
<p>Rolling</p> 	<p>To flatten dough using a rolling pin while making roti or any form of pastry.</p>
<p>Basting</p> 	<p>Basting a technique for moistening the surface of roasting meat, roasted chicken or other roasted items, with pan drippings, stock, butter or some other liquid. In addition to preserving moisture, basting adds flavor to the surface of the meat.</p>
<p>Caramelize</p> 	<p>caramelisation or <b>caramelization</b>) is the browning of sugar, a process used extensively in <b>cooking</b> for the resulting nutty flavor and brown color. As the process occurs, volatile chemicals are released, producing the characteristic caramel flavor.</p>

### Activity

1. Explain the following cooking methods:
  - a. Baking
  - b. pastry making
  - c. roasting
  - d. Yeast cooking.
2. Discuss the effects of the following culinary skills on food: greasing, creaming, decorating, glazing.