

**I am designing and making a savoury food product that represents the identity of my family.**

### **Specifications**

- Have three components:
- An edible “wrapping” or outer layer
- A savoury or sweet filling
- Served with dipping sauce
- Able to fit in one hand
- Appealing to look at
- Delicious to eat
- Affordable to make
- Suitable family recipe to pass on to your whanau.
- Be served to your whanau at home.

**Interview with my stakeholders (Mum, Dad and my brother). I made some questions and they gave me answers to guide my design**

- Mum was born in England and Dad was raised in Papua New Guinea. My brother was born here.
- No one has any allergies
- They all like to try new foods
- Mum and Dad like fruit and my brother prefers to eat vegetables
- They don't like anchovies, tofu, eggplant and olives
- I found out that my family is really interested in Asian foods. They also like fried rice a lot
- Hoisen sauce was new to me. I thought that my Dad's favourite sauce was a honey marinade but it's Hoisen sauce.
- All my family members said that they liked herbs and spices so I need to keep in mind that they enjoy herbs when designing my food product. My dad doesn't like things too spicy.

## First trials we did as a whole class to try different ways to wrap fillings.



### Paper Modeling - wrapping and folding

In class we made different shapes, we were able to be creative and by doing this it allowed us to see what the different shapes advantages and disadvantages were. It is important for us to test these different shapes out so then when we make our final prototype we will know which shape best fits.

We then trialed some recipes with the different shapes and different fillings to see what worked and what didn't.



### Fruit puff pastries

This wasn't complicated and I enjoyed the taste of the finished product, we were able to be creative and make lots of different shapes, including triangles, squares and ovals. The combination between berries and the pastry tasted good and had a nice texture which was a little bit hard on the outside and soft in the inside. I also liked the finishing touch which was adding icing sugar. My favourite shape was the bottom triangle one in the photo, I liked this shape as it was able to hold the inside ingredients, I think this would be a good shape design for this meal.



### Dumplings

This design really fitted the paper modeling and - wrapping + folding design, I used the steam fry technique and I enjoyed it but I tried some of the deep fried dumplings and I preferred them better as it was crunchy on the outside and moist on the inside.

### Green thai curry fillo pastry

I enjoyed making these but I don't really like green Thai curry so I didn't like the taste of the final product, although I really enjoyed the taste and the texture of the pastry but not the inside, we also did not have enough time and I don't think it was cooked enough. I would try making this meal again when I have more time.



## Feedback on some concepts

Concept	Short description	What do you like about this idea?	What do you dislike about this idea?	How could I change or improve this idea?	Summary - which is your favourite concept/s
1	Hash browns bites wrapped in bacon with maple syrup	Sweet and savoury I think the flavours will go well together	Im not to sure about the portion sizes I need to figure out a sizing for each one	Use a different wrapper	My family most liked the sound of concept 4 which was the Vegetable and beef sprince spring rolls served with sweet chilli suace. My family really likes mince and they enjoyed spring rolls.
2	yorkshire pudding with kumara and mash potato mixed together with gravy	An intersting combination and the flavours would be yummy mixed together	Has a lot of english culture	Add in cheese to go with the mash potato	
3	butter chicken pie with kumara on top instead of potato with tomato suace	A different combination and would be interesting to see if the ingredients go well together	Not sure if they flavours will go well together	Test out which one is better wether its Kuamara on top or potato	
4	vegetable and beef mince spring roll with sweet chilli suace	I think the suace would go well with the vegetables	Its an original suace	Have different pastries	
5	Rice and chopped vegetables inRice paper rolls with ginger, soy suace and sweet chilli suace	I think the suaces and the vegetables will go well together	Mums not too keen on rice so woudnt be a good meal for her	Have a different filling that all my family likes such as a meat	
6	yorkshire pudding filled with lamb and ontop of the lamp with a maranade cotained of herbs and spices.	Lots of different tastes and textures	Dont know how I would present the lamb in the pudding	I dont really like herbs and spices but my family does	
7	Falafel wrap - A wrap that includes falafel balls, hummus, salad, and a yogurt-based sauce wrapped in a flatbread.	Different textures and Different ingridients used.	Dosen't really represent my culture that well	Have a different suace that replaces the hummus	

## Recap - Brief Development

**WHAT** To design a food product that reflects the history of my family and represents my family

**WHY** We get to find out more background information about my family's history and the more we know ourselves makes us more strong designers and also makes us better with making our own recipes, more skills in the kitchen.

**WHO** The members of my whanau who are giving me feedback are my dad,mum and my older brother. My friends, XXXX and XXXXXX and my teacher will also help me develop my product with taste testings and advice on my cooking.

**HOW** After interviewing my whanau, alongside the specifications from my teacher, I need remember to

- Include cultural ingredients commonly used in the following countries: England and Papua New Guinea
- Use cooking techniques typical of these countries, such as: Roasting, stewing, frying
- Keep the spice/heat tolerance as: mild
- Not to include anchovies, tofu, eggplant and olives as these are ingredients members of my whanau won't eat
- Include one/some of these favoured ingredients: Hoisin sauce, chilli sauce or fried rice
- Keep the size no bigger than my hand

## Results from my filling tests

### Final Recipe for Beef spring roll filling

- 2 leafs Cabbage
- 1 leaf spring onion
- 150g minced beef
- 1 carrot
- ½ thumb size of ginger
- ½ squeezed lemon juice
- 1 tsp crushed garlic

1. Cook mince in a medium frying pan on a medium heat.
2. Grate carrot, ginger, dice cabbage, spring onion
3. Once the mince is almost cooked, add in vegetables and stir.
4. Squeeze lemon juice on the top and mix crushed garlic in with the other ingredients.
5. Once all stirred take of the heat.
6. Dish up and enjoy.



## Feedback received from classmates

Positive comments	Negative comments	Other ideas/suggestions
The flavours and textures went really well together.	Mince was a little dry and needed another flavour.	Adding lemon and garlic to add more flavour.

### My evaluation and next steps:

The texture of the first test was good, but it was a little bit burnt. I didn't taste too much of the burnt bits but it was dry but then I took XXXXX's advice and added lemon.

For the second test it had the right amount of lemon in it which just made the flavouring a lot better. I will keep the lemon and add garlic to the last test.

For my prototype I will add lemon and to my recipe to make the flavourings stronger and better.

**Sample A:** Beef mince and my recipe vegetables

**Sample B:** Added ½ squeezed lemon

**Sample C:** Same as sample A and but added Lemon and crushed garlic

## Results from these tests

**Sample A:** Filo Pastry

**Sample B:** Puff Pastry

**Sample C:** Wonton pastry



## Feedback received from my classmates

Positive comments	Negative comments	Other ideas/suggestions
Textures for puff pastry and filo pastry went really well. The filo pastry had a nice crispy texture.	After a while the puff pastry got a bit sickly to eat.  The wonton pastry was really hard to cook right	To have different shapes on the plate to make it look more appetising.

### My evaluation and next steps:

The texture was crunchy and went well with my mince filling. I enjoyed the taste with both the fillings.

I agree with my feedback I agree that the filo pastry went best for my filling.

So for my prototype, I will need to adapt my recipe by choosing the filo pastry

## Testing my dipping sauce recipe



### Base recipe

- ¼ cup rice vinegar
  - ¼ cup water
  - 1 Tbsp sugar
  - 1 Tbsp Sambal oelek
  - ½ tsp cornstarch + 1 Tbsp water
- Add the rice vinegar, sugar, water and sambal oelek to a sauce pot, heat and stir the mixture over medium heat until the sugar is fully dissolved.
  - Stir the cornstarch into the 1 Tbsp of water until dissolved, then pour it into the sauce pot with the sweet chili sauce. Continue stirring and heating until the mixture comes up to a simmer, at which time the cornstarch will thicken the sauce and it will go from appearing cloudy to then becoming clear.
  - The sauce will now be ready, enjoy.

**Sample A:** base recipe

**Sample B:** added ¼ teaspoon of paprika

**Sample C:** added 1 teaspoon of sugar

## Feedback received from my classmates

Positive comments	Negative comments	Other ideas/suggestions
The flavours were good, after the sugar was added it was sweet and not sour.	The original sample we had wasn't the best as it tasted too vinegary.	Adding more sugar or adding less vinegar to make the overall sauce balanced.

## My evaluation and next steps:

The taste was alright but it needed to be improved, the texture was like original sweet chili sauce so that was good. To make it taste less bitter, an idea was to add more sugar so I did this in my second test and it made the sauce a lot better and nice and sweet. For my prototype, I will need to adapt my recipe by adding sugar to make it less bitter and more sweet.

## Final prototype recipe

### Ingredients:

#### Filling:

- 2 leafs Cabbage
- 1 leaf spring onion
- 150g minced beef
- 1 carrot
- ½ thumb size of ginger
- ½ squeezed lemon juice
- 1 tsp crushed garlic

#### Wrapper:

- 6 filo sheets

#### Dipping Sauce:

- ¼ cup rice vinegar
- ¼ cup water
- ¼ cup sugar
- 1 Tbsp Sambal oelek
- ½ tsp cornstarch + 1 Tbsp water

### Complete method:

1. Cook mince in a medium frying pan on a medium heat.
2. Grate carrot, ginger, dice cabbage, spring onion
3. Once the mince is almost cooked, add in vegetables and stir.
4. Squeeze lemon juice on the top and mix crushed garlic in with the other ingredients.
5. Once all stirred take of the heat.
6. Set up filo pastry sheets
7. Add filling into the sheets and fold into spring roll shape or any shape you desire.
8. Once they are all folded, put them into a deep fryer and wait until a golden and crispy look.
9. Take them out once they have reached the amount of time that they need to cook.
10. Damp with paper towels to decrease the amount of oil.
11. Now for the sweet chili sauce .
12. Add the rice vinegar, sugar, water and sambal oelek to a sauce pot, Heat and stir the mixture over medium heat until the sugar is fully dissolved.
13. Stir the cornstarch into the 1 Tbsp of water until dissolved, then pour it into the sauce pot with the sweet chili sauce. Continue stirring and heating until the mixture comes up to a simmer, at which time the cornstarch will thicken the sauce and it will go from appearing cloudy to then becoming clear.
14. The sauce will now be ready, enjoy.
15. Dish up and enjoy.



## Evaluation - Was my dish fit for purpose?

My spring rolls had Filo pastry, A mince, vegetable, lemon juice with a sweet chili sauce as my dipping sauce. This dish was very easy to hold, and it fitted into one hand. The golden and crunchy look to it made the meal look appetizing. I know that it was delicious as I tasted it, and my family also tasted it and they demonstrated their appreciation by telling me how much they enjoyed the spring rolls. If I were to calculate my ingredient costs, I think it would be cheap as I could get some of the ingredients (vegetables) from school and from home. It is a suitable meal for my family as it was mixed with Papua New Guinea and England foods. It was also quick and easy to prepare and cook.

Mince is an important ingredient to put on a plate with food in Papua New Guinea and England. This is where I got my ingredients from to make my spring rolls. I fried them in a deep fryer. It included lemon, beef mince and vegetables so my family would enjoy the taste. Overall my family and I loved these spring rolls, and they would like me to make them at home for lunch or dinner.