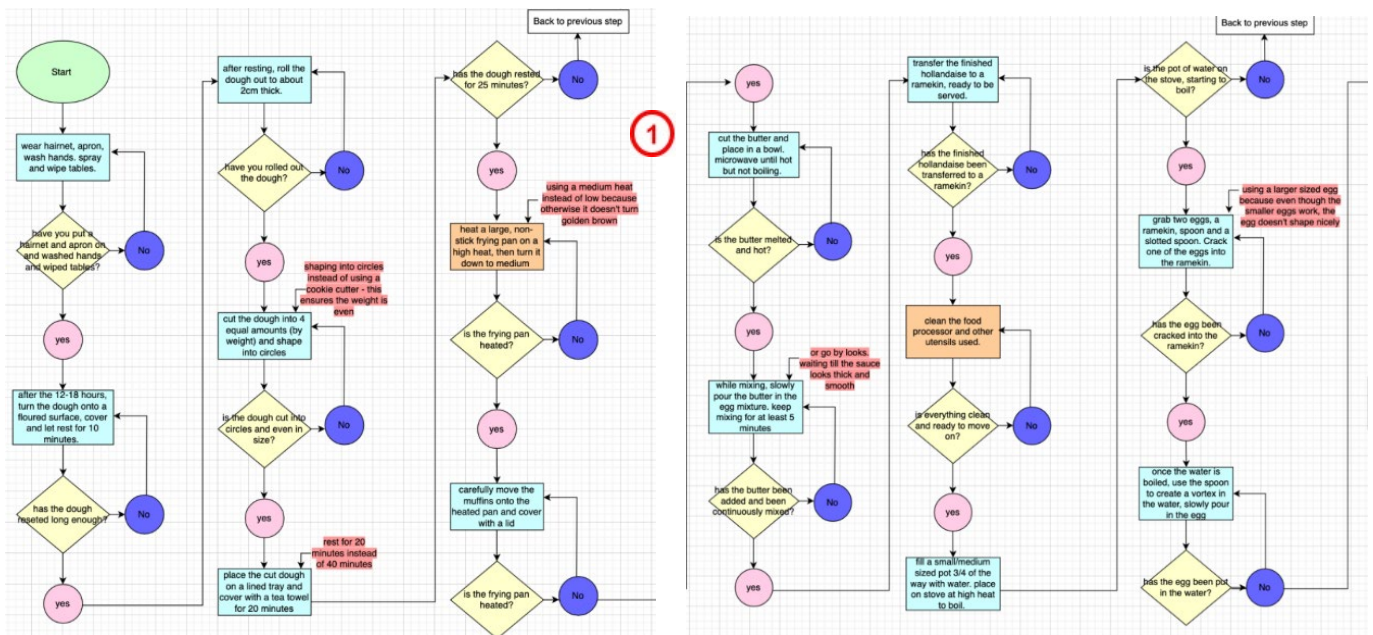


Student 5: Low Achieved
Intended for teacher use only



Trial one:

Aim: My aim is to make English muffins for the first time.

Specification:

- Crisp on the outside
- Golden coloured
- Light and airy (not doughy)
- Appropriately sized for requirements



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Trial two:

Aim: My aim for this trial is to see if there will be any effect to my dough if I rest it at room temperature rather than in the fridge

Specification:

- Crisp on the outside
- Golden coloured
- Light and airy (not doughy)
- Appropriately sized for requirements



Recipe Modification/changes:

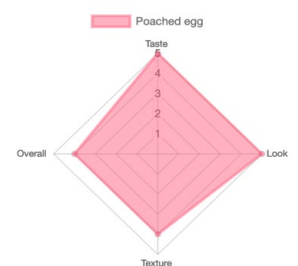
Instead of putting my dough in the fridge, I left it on the bench (at room temperature) to see if that would change anything when it came to cutting and cooking the muffins

Trial three:

Aim: My aim for this trial was to see if cutting the time the dough needs to be rested would affect the outcome of the English muffin and cutting the dough differently from the first two trials.

Specification:

- Crisp on the outside
- Golden coloured
- Light and airy (not doughy)
- Appropriately sized for requirements



Recipe modification/changes: In this trial I decided to see if changing the amount of time I rested the muffin dough would make a difference. Prior to cooking the English muffins the recipe says to rest them for 40 - 45 minutes, however I cut the time in half and rested the muffins for 20 minutes. I also changed how I cut the muffins - instead of using a cookie cutter I cut the dough into four even sized pieces and tried my best to shape them into circles.

Techniques/Processes tested:	What I learned from tests and feedback
Boiling the water, then reducing to a low heat	When boiling the water makes sure it is hot enough to cook the egg but turning the heat down to low makes it more controllable and means the egg won't get all broken up when being cooked
Putting the egg into a fine sieve (optional)	This can be done to remove the watery egg white from the egg to help with the eggs shape when poaching, stops there being too much loose egg white around the egg which look better and has better texture
Stirring the water into a vortex	This swirls the egg around, keeping all the egg together and creating the desired shape. Making them look better.
Placing the egg in a ramekin	Makes it easier/smoothier when putting the egg into the water
Tools used in recipe:	What I learned from testing and feedback
Non-stick frying pan/lid	Is the best to cook the muffins as the lid keeps the steam in and this helps cook the muffins on the low-medium heat
Cookie cutter	Cutting the muffin dough by hand was not very consistent, Miss suggested I used a 8cm cookie cutter to cut the dough into the correct shape. I learned to weigh the dough first to make sure they were all equal
Rolling pin	Used to roll the dough out evenly and prepare the dough to be cut by the cookie cutter
Spatula	The plastic spatula was better to flip the muffins as it was flexible.
Scale	Digital scales were really helpful and accurate for getting the weight of each muffin the same.

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Yield/servings:		4		
Recipe Link		https://www.biggerbolderbaking.com/homemade-english-muffins/		
English muffins				
Ingredient	Purchase quantity (g)	Cost (\$)	Quantity needed for the recipe (g)	Calculated cost of the ingredient
Countdown plain flour	1500	\$2.50	177	\$0.30
Edmonds active yeast	150	\$6	1	\$0.04
Countdown salt	110	\$4	1	\$0.04
Countdown milk lite	3000	\$5.79	71	\$0.14
Countdown butter	500	\$6.50	7	\$0.09
		Price per hour (\$)	Hours to make	
Labour (min wage in NZ from 1st april 2023)		22.7	1.5	\$34.05
			Time in oven, stove, fridge (hours)	
Power (using 29c per kwh - ref Electricity Networks Association (MBIE sourced data)		0.29	0.5	\$0.15
Hollandaise				
Yield/serving		1 https://downshiftology.com/recipes/hollandaise-sauce		
Ingredient	Purchase quantity (g)	Cost (\$)	Quantity needed for the recipe (g)	Calculated cost of the ingredient
Countdown eggs dozen free range size 7	12	11	3	\$2.75
Countdown lemon juice	250	2.2	21.25	\$0.19
Countdown dijon mustard	200	3.5	5	\$0.09
Essentials salt iodised	500	2.1	1.4	\$0.01
Mainland unsalted butter	500	8.5	113	\$1.92
		Price per hour (\$)	Hours to make	
Labour		22.7	0.3	\$6.81
			Time in oven, stove (hours)	
Power		0.29	0.5	\$0.15

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HACCP

English Muffins:

CCP/QCP	Process	Hazard	Risk Assessment	Control	Test
Critical Control Point	Steps from your flowchart	What is the risk? What could go wrong?	CCP = High QCP = Low	What will you do to minimise/stop the hazard?	How will you check this?
CCP	Take all jewellery off. Wash hands with hot water and soap. Put hair net on and tuck in all the hair.	Physical and Biological (hair coming out and hands not washed, filled with bacteria)	High	Wear a hair net and tuck in all your hair. Wash hands for 30 seconds with hot water and soap.	Visual & Time
CCP	Spray and wipe the work surface with antibacterial spray	Biological (tables can be filled with bacteria and germs)	High	Spray and wipe work surface with antibacterial spray	Visual
CCP	Gathering all ingredients together	Biological (ingredients might be expired/spoiled)	High	Check the expiry dates for all the ingredients or for moulds.	Visual
QCP	In a medium bowl add the flour, yeast and salt. Mix briefly. Set aside	Physical - If the yeast and salt touch directly, the salt can kill the yeast.	Low	Put the salt and yeast on opposite sides of the bowl and mix slightly	Visual

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Hollandaise sauce and poached eggs:

CCP/QCP	Process	Hazard	Risk Assessment	Control	Test
Critical Control Point	Steps from your flowchart	What is the risk? What could go wrong?	CCP = High QCP = Low	What will you do to minimise/stop the hazard?	How will you check this?
CCP	Take all jewellery off. Wash hands with hot water and soap. Put hair net on and tuck in all the hair.	Physical and Biological (hair coming out and hands not washed, filled with bacteria)	High	Wear a hair net and tuck in all your hair. Wash hands for 30 seconds with hot water and soap.	Visual & Time
QCP	While mixing, slowly pour the butter in the egg mixture. Keep mixing for at least 5 minutes	Physical - Not mixing it for long enough could mean that the sauce isn't thick and smooth. Adding the butter too fast could cook the egg.	Low	Putting a timer on to make sure that it has been mixed for at least 5 minutes.	Visual & Time
QCP	Transfer the finished hollandaise to a ramekin, ready to be served	Physical - It spills or separates while sitting waiting to be served.	Low	Stirring it slightly regularly while waiting to use it.	Visual
CCP	Clean the food processor and other utensils used	Physical and biological - If it isn't cleaned properly it could cause bacteria to grow.	Low	Cleaning and drying the food processor and utensils properly, checking them when done.	Visual