

Preparing a pastry recipe *mise en place*

Sous pastry chef = SP; Commis chef = C

SP Today we're going to make Brown sugar spice cake. It's an American recipe that I've just found. I've already converted it into metric.

C What do you mean?

SP Well, American recipes usually use the imperial system of measurement – pounds and ounces.

C Oh, that's right. I suppose the main ingredient is brown sugar. How much do we need?

SP 500g of brown sugar. And 400g of butter.

C How many eggs does it say?

SP Six. And 500g of flour. Next, the spices.

C Should I use a measuring spoon for the spices?

SP You can, but it's more accurate to use the digital scale given that the balance of spices is very important in this recipe. We need 1g each of ground cloves and nutmeg, and double the amount of cinnamon.

C OK. Done that. And I've weighed the other dry ingredients too.

SP Now, for the liquid ingredient, milk.

C Where's the measuring jug?

SP The recipe indicates the milk by weight not volume, so we need 500g. And that's it for the ingredients. Now for the equipment. The recipe calls for a loaf tin.

C What size should I get?


SP Why don't we use mini loaf tins?

C Good idea.



CHEF'S RECOMMENDATION

You can find conversion charts online and in recipe books for **metric and imperial measurements** but remember not to mix different systems within a recipe. The cup system of measurements, often found in American home baking recipes, is not considered accurate enough for professional baking.

 **2.18** Write the names of the equipment in the box under the correct photo. Then read and listen to the conversation. Tick (✓) which item(s) the chefs use for preparing this stage of the recipe.

mini loaf tin – baker's balance scale – measuring spoons – measuring jug – digital scale – sieve



1 ☐ _____



2 ☐ _____



3 ☐ _____



4 ☐ _____



5 ☐ _____



6 ☐ _____

Read the conversation again. Tick (✓) which statement is true.

- 1 ☐ This is the first time they have made Brown sugar spice cake.
- 2 ☐ The sous chef doesn't understand the imperial system of measurement.
- 3 ☐ The original recipe was written using the metric system of measurement.
- 4 ☐ They decide to make two big round cakes.

Complete these sentences with the verbs in the box.

convert – double – halve – increase – reduce – weigh

- 1 I suggest you _____ the amount of honey slightly: last time it was a little too sweet.
- 2 We can _____ the usual recipe, I think, as we don't need too many truffles today.
- 3 I need to _____ 10 ounces to grams. Where's the conversion chart?
- 4 Can you _____ out the dry ingredients into these bowls, please?
- 5 If we _____ the recipe, we'll have plenty for four loaf tins.
- 6 I think we should _____ the amount of chocolate. This doesn't look enough.

Indicating the correct equipment to use

Indicating requirements

- You need/require a wire whisk/copper pan/baking sheet for this part.
- You ought to/should use a smaller/bigger tin/bowl/sieve.
- It's essential/necessary/important to use the dough attachment/a metal rolling pin.
- This recipe calls for a loaf tin/fluted cutters/cake rings.

Stating the purpose

- I need something for whisking/cutting/dividing the eggs/dough/mixture.
- You need a knife/grater to score/grate the top/zest.

Asking for help/confirmation

- What should I use for preparing this custard/for measuring the spices?
- Could/Can you tell me what type/size of baking tin/nozzle/mould I need?
- I need to use a ladle/sugar thermometer/chinois, don't I?

Complete these sentences with a suitable word from the functions boxes above.

- 1 This preparation _____ for a large pastry bag and nozzle to pipe the biscuits.
- 2 I have to fold the flour in with a metal spoon, _____ I?
- 3 I need something _____ stirring the chocolate.
- 4 For this task, you _____ to use a plastic scraper not a metal one.
- 5 It's _____ to line the tin with some parchment paper.
- 6 _____ you tell me what size tin I should use?
- 7 You need a palette knife _____ spread the filling over the sponge.
- 8 What _____ I use for cutting the cookie dough?

Listen to a pastry chef talking about three of her favourite recipes. Tick (✓) the photos that she talks about.



☐ Pavlova



☐ Chocolate mousse



☐ Sachertorte



☐ Madeleines



☐ St Honoré

2.19 Write the names of the three recipes in the table below. Then listen again and, for each recipe, connect the information from each column.

Recipe	Basic ingredients
1 _____	fresh fruit, cream, egg whites, sugar
2 _____	eggs, butter, chocolate, apricot jam
3 _____	eggs, butter, sugar, flour

Origin	Essential equipment
created in France	grater
invented by an Austrian	whisk attachment
named after a Russian dancer	wire rack

Combine these words to make the names of common appliances in the pastry kitchen.

- 1 proofing
- 2 double arm
- 3 convection
- 4 steam
- 5 ice cream
- 6 planetary
- 7 retarder
- 8 dough

- a mixer
- b maker
- c cabinet
- d mixer
- e sheeter
- f proofer
- g kettle
- h oven

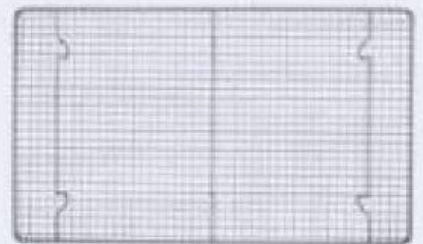
Write the name of the utensil under each picture.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

Complete these sentences with the verbs in the box.

convert - scrape - caramelise - brush - calls - weigh

- 1 You use a digital scale to _____ ingredients.
- 2 You need to _____ out the bowl with a spatula.
- 3 Don't forget to _____ the top of the pastry with egg before baking.
- 4 We need to _____ this recipe from imperial to metric.
- 5 This recipe _____ for tartlet tins with removable bottoms.
- 6 I need to use a blowtorch to _____ the top of the crème brûlée, don't I?

No-bake orange cheesecake

SERVES: 8-10

Ingredients

- 240g digestive biscuits
- 110g butter, melted
- 400g cream cheese
- 200 (1) _____ mascarpone
- grated zest of (2) _____ oranges
- 100g caster sugar
- milk, as (3) _____
- 185 (4) _____ double cream

Method

- Crush the biscuits and mix in the melted butter. Spread evenly in the bottom of a 23cm (5) _____ tin. Put in the fridge to set.
- Mix the cream cheese, mascarpone, orange zest and sugar in a (6) _____. Add a (7) _____ milk if necessary.
- Whisk the cream until thick and then carefully add to the orange mixture.
- Pour the filling over the biscuit base and spread evenly. Chill for at least 4 hours.
- Remove from tin and decorate with a (8) _____ segments of orange.



Read the recipe and choose the correct option.

- | | | |
|-----------------|--------------|------------|
| 1 A grams | B ml | C ounces |
| 2 A one | B a little | C three |
| 3 A much | B needed | C possible |
| 4 A litres | B pounds | C ml |
| 5 A spring form | B Swiss roll | C cupcake |
| 6 A saucepan | B bowl | C sieve |
| 7 A little | B some | C few |
| 8 A some | B little | C few |



Method

- Brush the madeleine tin with melted butter and dust with flour.
- Whisk the eggs and sugar until frothy.
- Lightly whisk in the remaining ingredients.
- Chill the batter for 20 minutes.
- Pipe batter into madeleine tin.
- Bake for 8-10 minutes at 200°C until golden.
- Cool on a wire rack.

Madeleines

Ingredients

- 2 eggs
- 100g caster sugar
- 100g plain flour, plus extra for dusting
- zest of 1 lemon
- 3/4 tsp baking powder
- 100g butter, plus extra for greasing

- 1** Read the recipe for Madeleines and underline the utensils mentioned. What other utensils and equipment will you need to prepare the recipe? Write down the complete equipment *mise en place*.

Mise en place
