

Catering - profiteroles



In this task use My Recipe section of the Nutrition Program to analyse a recipe for profiteroles. Use the recipe below

Task

- Click on My Recipes.
- Create a recipe for Profiteroles - makes 8 portions

Profiteroles

75g strong plain flour
1 g salt
50g butter
125ml water
2 eggs
284ml double cream
50g icing sugar
150g milk chocolate

- Go to Cost analysis, export the information and copy it into a Word document.
- Click the selling price of this product - add this to Word.
- Go to Nutrition info and export the Nutrition data - select the 4 button.
- Copy and paste this information into the Word document. Save your work.
- Add comments to the Word document - write about the cost of the product and its nutritional value.

Extension task

Look at the different graphs on the Nutrition Data.
Export them and paste them into your work.
Look at 8, Show all and Customise.
Export the GDA chart and paste it into your work.

Further extension

Find a picture of profiteroles from the internet and save it.
Go to Food Label and insert the picture.
Complete all the sections and change the colours of the background and text.
Export your work and place it into Word.

Find out how to make profiteroles. Copy the method onto the Recipe sheet and export the work and save it.

This idea is based on a worksheet by Fiona Dowling, Teacher of Product Design and Catering, Bradley Stoke Community School