**T.L.E Reviewer**

**Preparing Desserts**

**Desserts:**

* **Desserts** – Are a variety of confectioneries such as sweets, cakes, preserves, and the like. They are served at the final phase of a meal. Set meals and buffets nowadays serve various kinds of desserts such as fresh or cooked fruits with or without dressing, puddings, pies, muffins, crepes, cakes, gelatins, mousse, meringues, sherbets, and ice cream.
* **Hot Desserts** – Are those served at a lukewarm temperature and higher (40°C or 104°F and above).
* **Cold Desserts** – Are those served at below room temperature or are chilled and frozen (20°C to 18°C).

**Types of Desserts:**

* **Tarts** – Small pies with a **single crust** and **fillings** such as **cooked custard, macapuno preserves, fruits, and nuts**, often **topped with meringue**. They come in **round or boat shapes**.
* **Variety of Cakes** – **Cakes** contain a **high proportion of fat, sugar, and eggs**. They are **elaborate desserts** often **served for special occasions**, such as **custard rolls, macapuno rolls, ube rolls, mango rum cake, and chocolate marble cake**.
* **Muffins** – **Small cakes** made with a **high amount of fat, sugar, and eggs**. They are **heavy and tender**, and come in **flavors like strawberry, blueberry, and banana**.
* **Custards** – **Tender, thickened mixtures** of **milk, eggs, and sugar**, **molded in flan containers** and **steamed or baked**. They are **topped with caramelized sugar** for a **sweet and golden finish**.
* **Creams** – **Milk products** that **contain more fat than milk itself**. Types include **light cream, medium (whipping) cream, and heavy cream**, used in **fruit salads and cream cakes**.
* **Meringues** – Made from **egg whites beaten to stiff peaks** with **sugar added gradually**, then **baked until golden brown**.
* **Crepes** – **Thin pancakes** served with **fillings** such as **fresh or cooked fruits** like **mangoes, peaches, and strawberries**, and topped with **whipped cream, custard, or chocolate cream**.
* **Pancakes** – **Snack or breakfast batter** made from a **1:1 ratio of flour and liquid**, with **eggs and butter** added for a **richer flavor**.
* **Waffles** – Similar to pancakes but with **extra egg and fat**, making them **crispier, drier, and more golden**. They can be **filled with cheese, sausage, ham, or bacon**.
* **Cream Puffs** – **Pastries with hollow shells**, **crispy and brown outside**, but **soft and moist inside**. Filled with **rich, sweet, creamy mixtures** made from **milk, eggs, and butter**.
* **Popovers** – **Richer and lighter** than cream puffs, often **topped with caramelized syrup**.
* **Ice Cream** – A **frozen milk product** made with **cream or milk, sugar, and flavorings** such as **fruits, nuts, chocolate, or coffee**. Contains about **8% milk fat content**.
* **Sherbet** – A **frozen dessert** with **3% milk fat** and **fruit flavorings**, making it **lighter than ice cream**.
* **Yogurt** – A **healthy fermented milk product** made from **whole, low-fat, or skim milk**, with **bacterial culture** added for **flavor and acidity**. It may also **contain fruits**.
* **Fruits (Fresh, Cooked, or Processed)** – **Nutritious desserts** rich in **vitamins, minerals, sugar, fiber, and water**. Examples include **bananas, mangoes, pineapples, apples, grapes, and peaches**. Often **served fresh or with cream** during **breakfast, lunch, or dinner**.
* **Marzipan** – A **sweet confection** made from **ground almonds, confectioner’s sugar, and water**. It is **rolled into thin sheets** to **cover cakes or fruits**. **Fruit marzipan** includes **raisins, prunes, dates, candied mangoes, jackfruit, and wax gourd (kundol)**.
* **Doughnuts** – Made from **soft dough leavened with yeast or baking powder**, mixed with **milk, sugar, and shortening**. They are **rich and filling**, with **whipped cream, lemon, or chocolate cream fillings**.
* **Shortcakes** – **Tender, sweet cakes** often **layered with whipped cream and fresh fruits** such as **strawberries**.

Dessert Buffet:

* **Buffet** - Is **a system of serving meals wherein food is placed at a specific area** where **guests help themselves in getting food**. At present, eat-all-you-can meals, which are growing popular in large restaurants and hotels, are served in buffets.
* **Dessert Buffet** – Is **part of a complete buffet consisting of appetizers**, **main dishes**, **salads**, **confectioneries**, **and cold and hot beverages**. There is a section of the buffet layout called the dessert buffet section or area. There, you will find a wide array of desserts.

**Equipment for Making Desserts**:

* **Equipment for making desserts and sweets are either electronically or manually operated**. Blenders, ice cream makers, ice makers, mixers, oven, chillers, and freezers are electric-powered equipment. Juicers, ice-crushers, whisk beaters, and weighing scales are operated mechanically, although some of these are now available in the market as electric-operated equipment.

**Principles in the Preparations of Desserts:**

* **Choose quality fruits** — ripe, fresh, and free from blemishes or decay. **Use seasonal fruits** for best flavor and price. **Canned fruits** are consistent, fully edible, and save prep time.
* **Bananas and apples discolor easily**; cut and serve immediately or **dip in acidic juice** (calamansi/pineapple) to prevent browning.
* **Keep dessert salads chilled** (gelatin, mousse, aspic) and **add dressings only before serving.**
* **Serve food at proper temperature:** hot – 130–150°F (54–66°C); cold – 59–60°F (16°C).
* **Use warmers/chillers** to maintain dessert quality during holding.
* **Use canned pineapples** for salads; fresh ones cause a **bitter taste.**
* **Reduce acid** in gelatin mixtures; too much **prevents proper gelation.**
* **Adjust starch thickening** in fillings or puddings to avoid over-thickening when held.
* **Add egg yolks early** in cream pie filling and **use a double boiler** to prevent curdling.
* **Avoid overstirring tapioca**; it becomes **stringy.**
* **Add cream of tartar or corn syrup** to sugar syrup to **prevent crystallization.**
* **Use correct flour type** to control **gluten, structure, and texture.**
* **Avoid overmixing batters**; follow **exact mixing times.**
* **Add acid to lemon pie** after cooking and removing from heat.
* **Add sugar gradually to egg whites** for **stable foam** (e.g., frostings, meringues).
* **Beat egg whites gradually** when combining with other mixtures for **soufflés.**

**Sauces for Desserts:**

* **Sweet Sauces** – Sugar Syrup, Fruit Syrup, Fruit Paresis.
* **Creamy Sauces** – Vanilla Sauce, Sweet Cream Cheese Sauce, Basic Chantilly Cream.
* **Buttered Sauce** – Caramel Sauce, Hard Sauce, Hot Fudge Sauce.