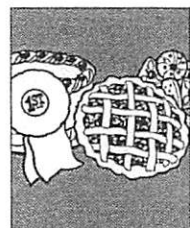


# BAKED GOODS



## **JUDGING FOOD PRODUCTS**

The preparation of appetizing foods necessitates a knowledge of what constitutes a satisfactory product, and it is desirable to have the ability to know the reason why certain products do not measure up to the standard.

As we see food which has been prepared we automatically judge it. Certain impressions are made regarding the general appearance, and if the product is tasted, other qualities will be judged in the same superficial manner. However, judging with a score card will necessitate a more thorough and critical examination with a definite record of the judgement. No discussion should be allowed while judging is in progress, as a decision may be biased.

A general discussion should follow the independent scoring which will emphasize the standard comparison with the good and the poor points of the product. This is the most valuable procedure to set up a desirable standard for each product.

When the products to be judged have variants the judge should not know the exact variant in each product. This will enable her to give an unbiased opinion. For example, in asking persons to judge your muffins a proper statement is: "Please judge these bran muffins. Kindly score and record your judgement and then I would appreciate some verbal comments and suggestions for improvement."

If much judging is done, a little bread, cracker, apple, or drink of water between samplings helps free the mouth from definite flavors. Do not sip coffee, tea or other beverages.

Several types of score cards follow. Modifications of these may be prepared. The type should be chosen according to the product, time for judging, and the use which is to be made of results. Variations in each type may also be made, depending upon the information wanted.

### **DEFINITIONS OF TERMS USED IN SCORE CARDS**

**Appearance:** Aspect of contour

**Color:** A shade, tint, or hue

**Consistency:** Degree of firmness, density, viscosity, resistance to movement

**Flavor:** Quality which affects the relish, zest, or savor; closely associated with aroma

**Lightness:** Well leavened, not dense, having low specific gravity

**Moisture content:** Degree of moisture

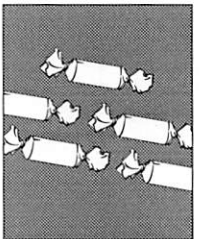
**Size:** Height, diameter or circumference, bulk, proportionate dimensions

**Taste:** The sense by which acid, bitter, salt, and sweet are ascertained by contact with the taste buds of the tongue

**Tenderness:** Ease with which anything can be cut, broken, or masticated

**Texture:** Structural quality, disposition of different ingredients or parts in relation to each other

CANDY



## CANDY CLASS

### When judging candy, what do you look for?

- A. Taste
- B. Texture - Grainy
- C. Appearance - Shape/Molded
- D. Color
- E. Freshness
- F. White Spots (chocolate is old)
- G. Water in chocolate
- H. Overcooked chocolate
- I. Too perfect - may be commercial (watch if it didn't seal)

### Types of Candies

- A. Chocolate Candy
- B. Hard Candy
- C. Chewy Candy
- D. Whipped Candy
- E. Grained - Cream Fudge - Caramels
- F. Cotton Candy - Crystals
- G. Marzipan - Pasti
- H. Licorice
- I. Jelly Beans

### Outside Appearance

- A. Shape - molded
- B. Surface - thick or thin
- C. Size

### Inside Appearance

- A. Texture
- B. Color - white spots - water - overcooked

### Flavor

- A. Eating quality
- B. Smell
- C. Taste - too waxy
- D. Filling - freshness
- E. Is it pleasant and satisfying - sweet to the taste - will have a delicate flavoring

## SCORE SHEET FOR CANDY

	Exhibitor #	
<b>Outside Appearance - 20 points</b>		
Uniform shape and size		
Bite sized pieces		
Natural color or delicate artificial color used		
<b>Inside Appearance - 40 points</b>		
Moist and creamy or brittle, depending on kind of candy		
No crystals		
No stickiness		
<b>Flavor - 40 points</b>		
Delicate flavor suitable to type of candy		

## Candy

The word candy comes from the Persian word qand or "candy" and although there is no one ingredient necessary to its making, the end result must be sweet.

Egyptians used honey, figs, dates, nuts and spices. The Arabs and Chinese used fruits, juices and honey. The Arabs have been credited with early refining and processing techniques of sugar. Gradually the use of sugar spread into Europe and was used in sea trade between countries. For a time sugar was remained in the hands of the early druggists because of its soothing and comforting properties to make medicines more palatable.

Columbus brought sugar to the new world on his second voyage in 1493 and by early 1500's growing sugar cane was established in Cuba and spread into most of the West Indian islands and into Central and South America. But, again, it was the druggist who had charge of the candy making. Candy drops such as peppermint, horehound and wintergreen were healing as well as tasty. Gradually the candy trade developed both in this country and in Europe especially when machinery was brought into the picture to help in the bulk manufacture of the sweets. It was even reported that Admiral Richard E. Byrd took two and a half tons of candy to the South Pole on one of his expeditions.

Today, candy-making is an important industry in the United States but many good cooks continue to turn out tasty treats for their families. In general, candies fall into two classes – creamy or crystalline and amorphous or noncrystalline.

*Creamy or Crystalline candies include fondant, fudge, penuche, divinity and seafoam. When making creamy candies, the chief concern is to control the mixture so that the sugar crystals in the finished product are so small they cannot be seen or felt when eaten. The texture must be smooth and creamy – never gritty or sugary.*

*Amorphous or Noncrystalline candies are defined as chewy or hard candies such as caramels, butterscotch, taffy, lollipops, nougat, brittles, gumdrops and marshmallows that become a hard mass as the candy hardens.*

Fondant is the foundation for most mints, bonbons, and creamy centers for chocolates. The chief ingredients are sugar, water, corn syrup or an acid such as cream of tartar to aid in keeping sugar crystals small so the candy is smooth.

Fudge is creamy and uses sugar, milk, corn syrup, chocolate in some form in order to keep the product smooth. Temperature in cooking as well as in the beating and cooling period are important as it can make a difference in texture and appearance of the finished product. Varieties of fudge include chocolate, cocoa, peanut butter, plain or with nuts, fruits or spices added. The candies known as penuche and pralines use similar methods but also include brown sugar to get the rich caramel flavor.

Divinity and Seafoam are fluffy and porous candies made by boiling sugar, water and corn syrup to a firm or hard-ball stage then slowly beating this syrup into egg whites while beating constantly until the mixture is very stiff. This is dropped by spoon onto wax paper, cut when firm, or sometimes kneaded depending upon the recipe being used.

Caramels are chewy by nature. This quality is achieved by the high fat content of butter and/or cream, corn syrup or molasses. After cooking to the proper state, they are usually cooled and cut into pieces with scissors or a knife.

Butterscotch is very similar in nature to the caramels but is normally a hard candy.

Taffy is made of a sweet syrup cooked without stirring until it reaches the soft-crack stage. Then it is allowed to cool until you can pull with the hands until it is completely cooled and silky in appearance. Temperature is, again, very important.

Nougat is a chewy candy made by adding syrup to stiffly beaten egg whites and then stirring in nuts.

Brittle is usually made with nuts as added texture after the cooking process has been completed. When it hardens, it is cracked into pieces. Many older cooks will tell you that brittle will remain sticky if you make it on a day with high humidity or raining. The best brittle seems to be made on a nice dry day!

Marshmallows are a simple concoction to make but very few ever attempt them. No cooking is required!