

# A.I.M For Gold

Annelies..Iris...Michelle

Golden Delight  
(Fruity Angel Dessert)

A Hokey Pokey cheesecake with a nutty base



## Project brief

Our project brief that is given by NZIFST/CREST, is to make a cheese-based product that must contain 30-40% of fresh cheese. The product is a novel, chilled product and as a team we have decided to make a cheesecake. The product will be chilled at a temperature between 0-7°C and we will have a food label and a nutrition label stating the allergies. And of course it will be concealed in a cardboard like packaging.



## Initial Brief:

We have been given a task to research and present a conceptual design for a suitable product that could be modified and joined into the CREST competition. Our challenge is to research and present a conceptual design which is a type of cheese that is suitable for the cheesecake that we are making and is suitable for 16 year old and over students and teachers to have. We also have to make the base of the cheesecake and do research on that too. Also see what are the best biscuits or fruit and nuts to use for the base. We are also going to make the cheese ingredients international so our cheese is going to have an international feel to it. With our research we need to identify the needs, opportunities and limitations after our research.



Trail 1- The Pumpkin, roasted pumpkin seeds and rhubarb  
Not suitable for a cheesecake  
There was no taste of rhubarb  
Disaster  
Not to be carried forward



Final Product:  
Hokey Pokey Cheesecake



Trial 2- Mixed Herbs  
The stakeholder loved the flavours  
Good Texture  
Ideal for a type of cheesecake



Trial 3- Fig, Marshmallow, coconut, golden syrup.  
It tasted good with all the flavours  
May carry it out but not with all flavours ( not marshmallow and coconut)



Trial 4- Hokey Pokey , Figs and golden syrup  
Good Flavour but figs over power the dish  
If figs were not in the dish it would be a winner



Trial 5- Fig and honey  
Soft Texture  
Fig still over power the dish

Recipe for labneh cheese serves for about 2 mini cheesecakes

Ingredients	Equipment	String
1 tub (500g) of greek yogurt	A sift 2 hair nets or paper towels	Large pot Medium sized plate

## Method

Get all the equipment and ingredients ready  
With the hair nets, open it and place over the sift and pour in the Greek yogurt and The sift should be over the pot  
Secure the hair nets with some strings and flatten it with the medium sized plate  
Cover the sift and pot with glad wrap for about 3 times and that there will be no smell coming in or out from the cheese/yogurt  
Store the yogurt in a fridge that is below 5°C  
After storing in the fridge overnight or a few days, then it is ready to be used  
At the bottom of the pot there should be some butter milk, and you can use for something else, and the cheese that is set in the hair nets is what we will be using  
With the cheese you can add your desired ingredients then put the cheese in the fridge to keep cool

**Nut base recipe** serves 2 mini cheesecakes

**Ingredients**  
3 tbsps of pistachios  
3 tbsps of hazelnuts  
3 tbsps. of almonds  
4 or 5 super wine biscuits  
20 g of melted butter

## Method

Either crush or blend the pistachios, almonds, hazelnuts and biscuits in a food processor until nice and fine  
Melt the butter  
In a bowl combine the pistachios, hazelnuts, biscuits and butter until the butter is disappeared.  
Then in the desired tin, place the mixture inside and flatten it out and it should be about 1/3 to the top  
Leave in the fridge until it sets

**Homemade Hokey Pokey recipe** serves 3-4 mini cheesecakes

**Ingredients**  
5 Tbsps. of white sugar  
2 Tbsps. Of Golden syrup  
3 tsp of baking soda

## Method

Put the sugar and golden syrup into a sauce pan  
Heat gently and stir constantly until the sugar dissolves.  
Increase the heat and bring to the boil. Boil for two minutes. Stir occasionally if necessary to prevent burning.  
After two minutes, remove from the heat and add baking soda.  
Stir quickly until mixture froth up rapidly.  
Pour the mixture into a buttered tin immediately.  
Leave to cool  
When ready for used, crush or put into a food processor to make the hokey pokey into smaller pieces.  
This hokey pokey is used for both the filling and the topping

## Filling

For the filling we put some crushed hokey pokey into the cheese and we left the cheese in the fridge so it is cold.

## Final recipe/idea

For our final cheesecake idea, we have chosen a hokey pokey cheesecake with a nutty base. The reason why we have chosen a hokey pokey cheesecake is because it was one of the most popular ideas chosen and we like the idea of something sweet yet simple. We wanted the cheesecake to be innovating and hokey pokey cheesecake is not what you can buy from the supermarket.

## Final recipe

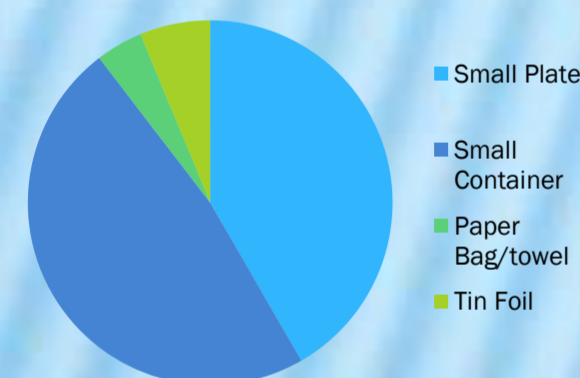
When all the ingredients are ready to use, the base should be set as well as the cheese and we put the cheese on top of the base. The filling should be about filled close to top of the tin, somewhere around 3/4 full and flatten out the filling. The cheesecake is to be put back into the fridge to properly chill. If the cheesecake is made for the next day then it is recommended that you put the cheesecake in the freezer for overnight. On the day of using the cheesecake or eating the cheesecake put the cheesecake back into the fridge/ chiller

## Initial Recipe/Research

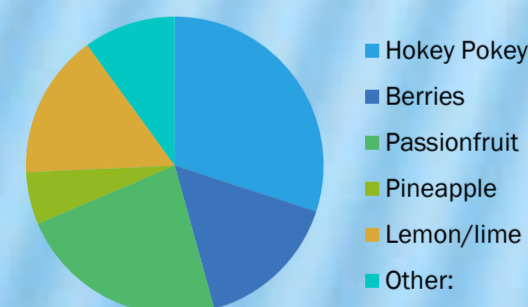
We are trying to make a cheesecake product to be original as it can be, so we thought of the of Labneh cheese\* for our filling. labneh cheese was chosen because the texture is similar to cream cheese. As for the idea of what to put in the cheese, we thought and tried many different ideas like fresh fruits and/or vegetables, herbs or something sweet. Since we are using the age group, 16 and over, we have chosen an international cheese labneh cheese. For our base, we thought of nuts, dried fruits and like orange juice to combine.

\* Labneh cheese is just simply the curd from greek yogurt. It is where you put the greek yogurt into a sift, that is covered in a few hair nets or paper towels and strained over a large bowl. Then is it put into the fridge and put inside overnight for a few days. You will know when it is done when there is butter cream in the bottom of the bowl and the newly labneh cheese that is wrapped in the hair nets should be soft and ready to be used and that is what we are using.

## Packaging for Chesse



## Flavour



## Food Safety

- ~Utensils need to be cleaned and washed
- ~the sifter must be clean so there will be no odours
- ~ Clean hairnets are to be worn.
- ~A food label should be clearly shown, to show what it is and tell how long it had been since first used
- ~Cling wrap to cover the cheese.
- ~the ingredients are at a good quality and stored in the correct environment
- ~you must properly wash hands before handling food, even if it means washing your hands every time you do something new.
- ~when using equipment, there is no excess food waste from previous usage
- ~blades from a machine must be properly switched off before touching and/or cleaning. This is so that you avoid injuring yourself if you accidentally turn the machine on
- ~Since the final product is a chilled product, the product is to be kept in a refrigerator that is below 5°C

## Nutrition Facts

Serving Size 100 grams	
<b>Amount Per Serving</b>	
<b>Calories 321</b>	<b>Calories from Fat 198</b>
<b>% Daily Value*</b>	
<b>Total Fat 22g</b>	<b>35%</b>
<b>Saturated Fat 10g</b>	<b>50%</b>
<b>Trans Fat</b>	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 207mg</b>	<b>9%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
<b>Dietary Fiber 0g</b>	<b>2%</b>
<b>Sugars</b>	
<b>Protein 5g</b>	
<b>Vitamin A 11%</b>	<b>Vitamin C 1%</b>
<b>Calcium 5%</b>	<b>Iron 3%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
<b>NutritionData.com</b>	



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