

Functional and Chemical Properties of Ingredients

Aerating	Make food lighter by adding air, carbon dioxide or steam.	Meringue Cakes Mousse Choux pastry
Thickening	Gives food a more viscous (thick) consistency	Sauces Custard
Emulsifying	Holding an oil (fat) and water mixture together to stop it separating.	Mayonnaise Hollandaise sauce
Setting	Changing from a liquid to a solid.	Jelly Gelatine Cheesecakes
Shortening	Making mixtures crumbly by reducing the length of gluten molecules in	Pastry Biscuits

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	pastry and biscuit dough	
Coating	Covering the outside of food with another ingredient.	Fish Cakes Scotch Eggs Battered Fish
Glazing	Giving food an improved appearance either golden brown or shiny	Egg glaze on pastry / bread Sugar glaze Arrowroot glaze
Binding	Sticking ingredients together.	Burgers Pastry dough Bread dough
Sweetening	Adding sugar taste to foods.	Cakes, Biscuits, Puddings
Bulking	Ingredients that form the main part of the recipe	Flour in making bread

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	and provide structure to the product.	Pasta Rice Potatoes
Preserving	Ingredients that help to make foods last longer.	Sugar in jam Vinegar in pickles
Gelatinisation	Starch granules swell when cooked in liquid so that they burst releasing the starch to thicken	Sauces Gravy
Caramelise	When sugar is heated to change the flavour and colour	Cakes Biscuits Crème Brulee
Dextrinisation	The action of dry heat on starch to produce a brown colour and crust	Toast Bread Scones Pastry

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Coagulation	Change in the structure of protein, when proteins set, brought about by heat or acids	Quiche Custard Tarts Marinated meat
Foaming	Gas (air) trapped inside a liquid giving a very light, airy texture	Meringue Whisked Sponge
Raising agent	Ingredient or process that introduces a gas into a mixture so that it will rise when cooked	Baking powder Yeast Bicarbonate of soda
Creaming	Mixing fat and sugar together to hold air	Creamed Sponge Cake