Student

Professor

Class

Date

Old Fashioned favorites

**Old Fashioned favorites**

**Oreo Soufflé**

**A statement of the decision you have made to complete the task**

I decided to make Oreo Soufflé because it is a quick retro recipe which can be prepared anytime because of its readily available ingredients. The chosen recipe encapsulates appropriate time management skills and technology use because it takes only 20-25 minutes (less time) involving mixing of ingredients and baking it in oven (technology). Hence, it is the manifestation of appropriate “old fashioned favorites.”

**A discussion of the issues related to the completion of the task**

As achievement of perfection is something next to impossible, similarly, this recipe is having some issues as well. I categorized these issues in two classes; nature of ingredients and process of making it. Issues concerned with its “nature of ingredients” are evident when we tend to have a closer look at the amount of calories possessed by milk, thickened cream, thick cream, sugar and Oreo biscuits. Bulla dollop cream contains 66 calories in 1 serving, milk is enriched with fats, sugar is a rich source of carbohydrates and Oreo biscuits also contain similar proportion of ingredients. Mixing them together will undoubtedly give an excellent aroma and taste but we need to have a 20 minute walk after eating this.

Second issue that I may encounter while making this dish is its mixing. Probably you need to have professional mixing skills to make this. Secondly, each oven has different programming so it might be quite laborious to manage the required temperature and time. I may get the recipe done within 10 minutes of baking while others did it in 15-20 minutes. Baking, more than the enough time will lead to a disaster.

**A justification of what you intend to do**

I intended to prepare Oreo Soufflé which is a retro sweet dish. I will get 12 Oreo biscuits, 45g thickened cream, 1\4 cup milk, 170 Bulla dollop thick cream and 100g Powder sugar. I will blend them well till all the clots disappear. Then I will preheat the oven at 180°, grease the pan with butter and get the baking done for 10 minutes. It will be served hot.

**An outline of implementation strategies**

In order to overcome above mentioned issues, I will first mix all the dry ingredients well. Then I will add milk in smaller proportions accompanied with appropriate mixing. After mixing it well, I will add Oreo mixture and will bake it. I will definitely walk after consumptions so that this recipe could do anything unwanted to me. Rest of the procedure will be followed accordingly.