**Activity 6.** **Experiment: making the product**

The amounts included in the recipe are often quite large. Since all the groups (optimal group size would be 4-5) need to be able to use the materials available, it should be noted that the amount of the product that is to be made should not exceed 50ml (50g). The amounts of the ingredients can be proportionally reduced if needed.

**NOTE!**

In order to successfully make a product, it is not enough to mix the ingredients given in the recipe. You have to have an idea of how to make it as well. Some ingredients can be replaced by others, for example oils and fats with each other, also you can add some ingredients (herb extracts, vitamins etc.). Nevertheless, exchanging ingredients or leaving them out can greately change the final outcome. Thus it should be discussed with the teacher when the content of the recipe is wanted to be changed. The water and fat (oil) phase amount ratio should be kept the same and also the emulsifier should not be left out if the product is an emulsion.

Pay attention to the cleanliness of the product as it is a very important factor ensuring shelf life, long enough!

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| **Procedure:**   * Water-soluble substances should be first mixed with an aqueous phase; oil-soluble substances with an oil phase. Both of these mixtures should be heated simultaneously to 75-80°C while stirring constantly. To heat the fat basis of the cream**,** the dish containing it should be placed in a water bath (a larger tin bowl half filled with water, into which a smaller tin bowl can be fitted). * When both cream bases reach the required temperature, remove the container with the water basis from the heating plate, the bowl with the fat basis along with the water (in the bath) should be kept warm (in the case of an electrical stove, keep it at the lowest temperature level). * Pour the fat basis into the water basis in a thin stream, at the same time stirring the mix constantly. For mixing purposes a mixer or a whisk is ideal. The mixer should be working at a medium speed. Keep on stirring and place the cream mixture back into the water bath, to avoid its rapid cooling. Continue stirring for the next 5 minutes. The mixture should be evenly creamy. * Remove the cream basis from the water bath and cool it down to 40°C while stirring at the same time. The mixer should now be working at the lowest possible speed. The less the cream comes into contact with air, the better the end result. The thickness of the cream depends on the length and intensity with which the mixture was stirred. If necessary, remove the thicker mass of the cream from the walls of the dish. * At 40ºC, preservatives, E-vitamins, moisturizers and the others can be added one by one without stopping the stirring. If the additives are of different thickness, start with the thickest one. * Place the cream into the clean jar and close with a lead. |