

## Bakery and Pastry Products

CUABP401

Prepare bakery and pastry products

Competence



**Credits: 10**

**Learning hours: 100**

**Sector: Hospitality and Tourism**

**Sub-sector/Trade: Culinary arts**

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### **Purpose statement**

This module describes the performance outcomes, skills and knowledge required to prepare and produce a variety of high-quality bakery products. Bakery products to be produced may be of varied cultural and ethnic origins and derived from classical or contemporary recipes; to produce a range of pastries, cakes and yeast-based foods in a commercial kitchen or catering operation. Pastries, cakes and yeast-based goods may include foods from varying cultural origins and may be derived from classical or contemporary recipes.

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# Learning Unit 1: Prepare pastries and cakes

## Introduction

The pastry section in a kitchen can be extremely important. Pastry is very versatile and can be used as a savoury or sweet case to hold different fillings. It may also be used for pies, pasties, tarts, flans, rolls, dumplings and fruit slices.

To make good pastry you must have a sound knowledge of the basic techniques and in all cases you must follow the recipe carefully.

## Definition and key terms

1. **Pastry:** is a dough of flour, water and shortening (solid fats, including butter) that may be savoury or sweetened.

The word "**pastries**" suggests many kinds of baked products made from ingredients such as flour, sugar, milk, butter, shortening, baking powder, and eggs. Small tarts and other sweet baked products are called **pastries**. The French word **patisserie**.

2. **Ingredients:** Any of the foods or substances that are combined to make a particular dish.
3. **Bread:** Kind of food prepared of flour or meal that has been mixed with milk or water, made into a dough or batter, with or without yeast or other leavening agent, and baked.
4. **Shortening:** Shortening is any fat that is a solid at room temperature and used to make crumbly pastry and other food products. Shortening is used in pastries that should not be elastic, such as cake.
5. **latter:** a large flat dish or plate for serving food.
6. **Basket:** A basket is a container which is traditionally constructed from stiff fibbers, which can be made from a range of materials, including wood splints, runners, and cane

**Image of bread basket**



7. **Pastry and bakery products:** these are products prepared by using of different ingredients, the most of them are flour, butter, sugar, yeast, baking powder, cream, fat, salt, milk.

## Examples of pastry and bakery products

Cakes, bread, croissant

Petit fours: These sweet and savoury bites are a favourite part of afternoon teas where their small size and mix of both sweet and savoury flavours makes them perfect for sharing. The name petit four means 'small oven' in French and refers to them being made in the stored heat of 18th century brick ovens as they slowly cooled down so as not to waste any of the heat.

8. **Topping:** Something you put on the top of food to make it look nicer or taste better, ex; a pizza with extra topping.
9. **Garnishing:** edible items added to the food for different purposes such as attractiveness, nutritional value, taste, flavour, smell...
10. **Baking:** is one of cooking methods used in preparation of food items, this method is used in pastry and bakery product preparation where product is finished in oven.
11. **Paste** briefly is a pate prepared from pastry ingredients. Most ingredients used are flour, butter, water, lard, eggs, salt
12. **Dough** :a mixture of flour and other ingredients basing on the recipe given that can produce pastry and bakery products such as bread.
13. **Gluten** A protein composite present in cereal grains, especially wheat, but also found in barley, oats, and rye. Composed mainly of two proteins, gliadin and **glutenin**. Gluten contributes to elasticity and texture in bread dough and other products containing wheat.
14. **Decoration:** edible or non edible items added to the food for different purposes such as attractiveness, nutritional value, taste , flavour, smell...
15. **Fruit sauce:** A fruit sauce is a fruit purée, cooked and thickened with a starch. It is normally served cold.
16. **Tools:** small material used in pastry and bakery that can use by moving with your hands
17. **Equipment:** machine used in pastry preparation products can be electrical or manually and is too heavy
18. **Recipe:** a set of instructions for cooking particular types of food. (Name, ingredients, quantities, procedures, portions, nutritional value).
19. **Mousses:** is a soft or creamy dessert prepared form the light and fluffy by addition of whipped cream, beaten egg whites, or both

### Image of mousses



- 20. **Suet:** This pastry uses finely chopped beef suet as the shortening. Baking powder is added to give the pastry lightness.
- 21. **Sweet** - custards, fruits, cheeses, mousses.
- 22. **Portion:** an amount of food for one person ,especially when served in a restaurant.
- 23. **Shortcrust pastry:** Shortcrust pastry is the simplest and most common pastry. It is made with flour, fat, butter, salt, and water to bind the dough. This is used mainly in tarts. It is also the pastry that is used most often in making a quiche. The process of making pastry includes mixing of the fat and flour, adding water, and rolling out the paste. The fat is mixed with the flour first, generally by rubbing with fingers or a pastry blender, which inhibits gluten formation by coating the gluten strands in fat and results in a short (as in crumbly; hence the term shortcrust), tender pastry.
- 24. **Flaky pastry:** Flaky pastry is a simple pastry that expands when cooked due to the number of layers. It bakes into a crisp, buttery pastry. The "**puff**" is obtained by the shard-like layers of fat, most often butter or shortening, creating layers which expand in the heat of the oven when baked

### 25. **Rough puff or Flaky pastry**

This pastry has similar texture to puff pastry but rises in a more random way. This is because it has small pieces of shortening in it rather than whole layers. Used in fruit pies, meat and fish patties, sausage rolls and cheesecakes

- 26. **Savoury** - meat, chicken, fish, vegetables, cheese, eggs.
- 27. **Choux pastry:** This mixture uses more water than other types of pastry and also includes eggs. The mixture is vigorously beaten to give the pastry the elasticity so that it will expand when cooked. This attractive pastry is used for both sweet and savoury fillings.

### Image of choux pastry



## LO1.1 Identify different types of pastries

- **Topic1: Sponge cakes**

### 1.1. Introduction

Sponge Cakes are the richest and sweetest of all the baked products. From the baker's point of view, producing sponge cakes requires as much precision as producing breads, but for completely opposite reasons. Breads are lean products that require strong gluten development and careful control of yeast action during the long fermentation and proofing periods. Sponge Cakes, on the other hand, are high in both fat and sugar. Sponge Cakes owe their popularity not only to their richness and sweetness but also to their versatility. Cakes can be presented in many forms, from simple sheet cakes in cafeterias to elaborately decorated works of art for weddings and other important occasions.

Image of sponge cake



#### 1. Varieties of sponges cakes

- ✓ Genoese sponge cakes
- ✓ Chocolate sponge cake
- ✓ Vanilla sponge cakes

- **Topic 2: Choux paste**

**2.1. Introduction:** Éclairs and cream puffs are made from a dough called éclair paste, or choux paste. The French name pâte à choux (pronounced “pot a shoo”) means “cabbage paste,” referring to the fact that cream puffs look like little cabbages. Unlike puff pastry, éclair paste is extremely easy to make. The dough itself can be prepared in just a few minutes. This is fortunate, because for best baking results the dough should not be prepared ahead of time. The exact procedure for making éclair paste is detailed in the formula that follows. In general, the method consists of these steps:

1. Bring the liquid, fat, salt, and sugar (if used) to a boil. The liquid must be boiling rapidly so the fat is dispersed in the liquid, not just floating on top. If this is not done, the fat will not be as well incorporated into the paste, and some of it may run out during baking.
2. Add the flour all at once and stir until the paste forms a ball and pulls away from the sides of the pan.
3. Remove the paste from the heat and let it cool to 140°F (60°C). If the paste is not cooled slightly, it will cook the eggs when they are added.
4. Beat in the eggs a little at a time. Completely mix in each addition of eggs before adding more. If the eggs are added too quickly, it will be difficult to get a smooth batter.
5. The paste is now ready to use.

- **Topic 3: Sugar paste**

The best pastry to use for sweet desserts like pies, tarts, tortes and tartlets etc

- **Topic 4: Sweet bread**

Is the bread made by use of sweet ingredient means that the taste should be sweet

The uses of sweet bread

1. Served at the break fast
2. Used some sandwiches

- **Topic 5: Cookies**



## **5.1. Introduction**

The word cookie means “small cake,” and that’s exactly what a cookie is. In fact, some cookies are made from cake batter. Some products, such as certain kinds of brownies, are difficult to classify as cakes or cookies. Most cookie formulas, however, call for less liquid than cake formulas do. Cookie doughs range from soft to very stiff, unlike the thinner batters for cakes. This difference in moisture content means some differences in mixing methods, although the basic procedures are much like those for cakes. The most apparent differences between cakes and cookies are in the makeup. Because most cookies are individually formed or shaped, a great deal of hand labor is involved.

## **5.2. Cookie Characteristics and Their Causes**

### **5.2.1. Crispness**

Cookies are crisp if they are very low in moisture. The following factors contribute to crispness:

1. Low proportion of liquid in the mix. Most crisp cookies are made from a stiff dough.
2. High sugar and fat content.
3. Evaporation of moisture during baking due to high temperatures and/or long baking.
4. Small size or thin shape, so the cookies dry quickly during baking.
5. Proper storage. Crisp cookies can become soft if they absorb moisture.

### **5.2.2. Softness**

Softness is the opposite of crispness, so it has the opposite causes, as follows:

1. High proportion of liquid in mix.
2. Low sugar and fat.
3. Honey, molasses, or corn syrup included in formulas.
4. These sugars are hygroscopic, which means they readily absorb moisture from the air or from their surroundings.
5. Underbaking.
6. Large size or thick shape. The cookies retain moisture.
7. Proper storage. Soft cookies can become stale and dry if not tightly covered or wrapped.

### **5.2.3. Chewiness**

Moisture is necessary for chewiness, but other factors are also required. In other words, all chewy cookies are soft, but not all soft cookies are chewy.

1. High sugar and liquid content, but low fat content.



2. High proportion of eggs.
3. Strong flour, or gluten developed during mixing.
4. Spread Spread is desirable in some cookies, while others must hold their shape.

### **5.3. Several factors contribute to spread or lack of spread.**

1. Sugar. High sugar content increases spread. Coarse granulated sugar increases spread, whereas fine sugar or confectioners' sugar reduces spread.
2. Leavening. High baking soda or baking ammonia content encourages spread. So does long creaming, which incorporates air.

#### **1. Temperature.**

Low oven temperature increases spread. High temperature decreases spread because the cookie sets up before it has a chance to spread too much.

#### **2. Liquid.**

A slack batter that is, one with a high liquid content spreads more than a stiff dough.

#### **3. Flour.**

Strong flour or activation of gluten decreases spread.

#### **4. Pan grease.**

Cookies spread more if baked on a heavily greased pan.

### **Varieties of cookies**

1. Chocolate cookies
2. Raisin cookies
3. Peanut cookies
4. Almond cookies

Uses or serving of cookies

1. Served with coffees

### **• Topic 6: Mousse**

#### **6.1. Introduction**

Mousse is as any soft or creamy dessert made light and fluffy by the addition of whipped cream, beaten egg whites, or both. Note that Bavarians and chiffons fit this description. In fact, they are often served as mousses, but with the gelatin reduced or left out so the mousse is softer. There are many kinds of bases for mousses. They may be nothing more than melted chocolate or puréed fresh

fruit, or they may be more complex, like the bases for chiffons. Some mousses contain both beaten egg whites and whipped cream.

### **6.2. Varieties of mousses**

1. Chocolate
2. Vanilla and its varieties
3. Fruits

### **6.3. Uses of mousses**

1. Used filling pastries product

Topping in different dishes/food items

- **Topic 7: Ice cream**

### **7.1. Definitions**

Ice cream is a smooth, frozen mixture of milk, cream, sugar, flavorings, and, sometimes, eggs. Philadelphia-style ice cream contains no eggs, and French-style ice cream contains egg yolks. The eggs add richness and help make a smoother product because of the emulsifying properties of the yolks

### **7.2. Production and Quality**

A basic French- or custard-style ice cream mix is simply a crème anglaise or custard sauce mixed with 1 or 2 parts heavy cream for every 4 parts milk used in the sauce.

This base is flavored, as desired, with vanilla, melted chocolate, instant coffee, sweetened crushed strawberries, and so on, chilled thoroughly, and then frozen according to the instructions for the particular equipment in use.

When the mix has frozen, it is transferred to containers and placed in a deep freeze at below 0°F (–18°C) to harden. (Soft-frozen or soft-serve ice creams and gelati are served directly as they come from the churn freezer, without being hardened.)

### **7.3. Three quality factors to consider for making ice cream**

1. **Smoothness** is related to the size of the ice crystals in the product. Ice cream should be frozen rapidly and churned well during freezing so large crystals don't have a chance to form. Rapid

Hardening helps keep crystals small, as do eggs and emulsifiers or stabilizers added to the mix. Large crystals may form if ice cream is not stored at a low-enough temperature (below 0°F/−18°C).

2. **Overrun** is the increase in volume due to incorporation of air when freezing ice cream. It is expressed as a percentage of the original volume of the mix. For example, if the mixture doubles in volume, then the amount of increase is equal to the original volume, and the overrun is 100%.

Some overrun is necessary to give a smooth, light texture. If ice cream has too much overrun, it is airy and foamy and lacks flavor. It was once thought that ice cream should have from 80 to 100% overrun, and that less would make it heavy and pasty. This may be true for ice creams containing gums and other stabilizers, but some high-quality manufacturers produce rich (and expensive) ice cream with as little as 20% overrun. Overrun is affected by many factors, including the type of freezing equipment, the length of churning time, the fat content of the mix, the percentage of solids in the mix, and how full the freezer is.

3. Mouth feel, or body, depends, in part, on smoothness and overrun, as well as other qualities. Good ice cream melts in the mouth to a smooth, not too heavy liquid. Some ice creams have so many stabilizers they never melt to a liquid. Unfortunately, many people are so accustomed to these products that an ice cream that actually does melt in the mouth strikes them as “not rich enough.” Butterfat from cream contributes to a rich mouth feel. However, too high a fat content can detract from the texture. This is because, when fat content is especially high, some of the fat may congeal into tiny lumps of butter during churn-freezing, producing a grainy texture. A good gelato has a light, smooth mouth feel, attributable to low fat content and lack of emulsifiers, combined with low overrun.

#### **7.4. Storage and Service**

##### **7.4.1. Five guidelines are essential to the proper storage and service of Ice cream:**

1. Store ice creams and sherbets below 0°F (−18°C). This low temperature helps prevent the formation of large ice crystals.
2. To prepare for serving, temper frozen desserts at 8° to 15°F (−13° to −9°C) for 24 hours so they will be soft enough to serve.
3. When serving, avoid packing the ice cream. The best method is to draw the scoop across the surface of the product so the product rolls into a ball in the scoop.

4. Use standard scoops for portioning ice cream. Normal portions for popular desserts are as follows: Parfait Three No. 30 scoops Banana split Three No. 30 scoops À la mode topping for pie or cake One No. 20 scoop Sundae Two No. 20 scoops Plain dish of ice cream One No. 10, 12, or 16 scoop
5. Measure syrups, toppings, and garnishes for portion.

### **7.5. Varieties of ice cream**

1. Chocolate ice cream
2. Vanilla ice cream
3. Fruit ice cream
4. Strawberry

### **7.6. Uses of ice cream**

1. Topping of pastries product
2. Served with sweet pastries products

- **Topic 8: Doughnut**

### **8.1. Definition**

Doughnut is a small fried cake of sweetened dough typically in the shape of ball and other shape according to the chef creativity

### **8.2. The points will help you understand and produce high-quality doughnuts.**

1. The dough used for yeast doughnuts is similar to regular sweet dough or bun dough, except it is often not as rich, that is, doughnuts are made with less fat, sugar, and eggs (compare the formulas). Doughs that are too rich will brown too fast and absorb too much frying fat. The finished products will be greasy and either too dark on the outside or insufficiently cooked inside.
2. After fermentation, bring the dough to the bench in sufficient time to allow for makeup. Remember that fermentation continues during makeup. If the dough gets too old (proofed too long), the doughnuts will require longer frying to become browned and thus will be greasier. When you are preparing a large quantity of doughnuts, it may be necessary to place some of the dough in the retarder so it doesn't become flat.
3. Watch the dough temperature carefully, especially in warm weather. If the dough is much above 80°F (24°C), it will become old more quickly.

4. Proof the doughnuts at a lower temperature and humidity than you do breads. Some bakers proof them at room temperature, if there is a part of the bakeshop that isn't too hot (about 70°F/21°C). Doughnuts proofed this way are less likely to be deformed or dented when handled or brought to the fryer.
5. Handle fully proofed units carefully, as they are soft and easily dented. Many bakers give doughnuts only three-quarters proof. This makes a denser doughnut, but one that is easier to handle.
6. Heat the frying fat to the proper temperature. Fat temperature for raised doughnuts varies from 360° to 385°F (182° to 195°C), depending on the formula. Richer formulas require a lower temperature to avoid excessive browning. The formula in this book requires a frying temperature of 360° (182°C).
7. Arrange the proofed units on screens on which they can be lowered into fat. (For small quantities, you can place them by hand in the fryer, but take care not to burn yourself.) Frying time is about 2 1/2 minutes. The doughnuts must be turned over when they are half done in order to brown evenly on both sides.
8. Lift from the frying fat with the screen, or, if you are frying in smaller quantities, with the frying basket or a spider, holding the doughnuts over the frying fat for a moment to let the fat drain from the doughnuts back into the kettle. Set the doughnuts on brown paper to absorb excess fat.

### 8.3. Some recipes of doughnut

1. Chocolate doughnut
2. Cinnamon doughnut
3. Glazed doughnut



## LO1.2 Prepare pastry products

- **Topic 1. Sponge cake**

### 1.1. MIXING

The selection of high-quality ingredients is, of course, necessary to produce a good quality sponge cake. However, good ingredients alone do not guarantee a fine sponge cake. A thorough understanding of mixing procedures is essential. Slight errors in mixing can result in sponge cakes with poor texture and volume.

#### **The follow methods is used in preparation of sponge cake**

High-fat or shortened cakes

Creaming method

Two-stage method

Flour-batter method

Low-fat or foam-type cakes Sponge method Angel food method Chiffon method

### 1.2. Common Cake Faults and Their Causes

#### **1. Volume and shape**

##### **Fault**

1. Poor volume

##### **Causes**

1. Too little flour
2. Too much liquid
3. Too little leavening
4. Oven too hot

#### **2. Uneven shape**

##### **Causes**

1. Improper mixing
2. Batter spread unevenly
3. Uneven oven heat
4. Oven racks not level
5. Cake pans warped

### **3. Crust**

1. Too dark

#### **Causes**

Too much sugar

Oven too hot

2. Too light

#### **Causes**

Too little sugar

Oven not hot enough

Burst or cracked

Too much flour or flour too strong

Too little liquid

Improper mixing

Oven too hot

### **3. Soggy**

#### **Causes**

Under baked

Cooling in pans or with not enough ventilation

Wrapping before cool

#### **Texture**

1. Dense or heavy

#### **Causes**

Too little leavening

Too much liquid

Too much sugar

Too much shortening

Oven not hot enough

2. Coarse or irregular

#### **Causes**

Too much leavening

Too little egg

Improper mixing

### 3. Crumbly

#### **Causes**

Too much leavening

Too much shortening

Too much sugar

Wrong kind of flour

Improper mixing

### 4. Tough

#### **Causes**

Flour too strong

Too much flour

Too little sugar or shortening

Over mixing

#### **Poor flavor**

#### **Causes**

Poor-quality ingredients

Poor storage or sanitation

Unbalanced formula

### 1.3. Recipes of sponge cake

#### 2. Genoese\_sponge\_(génoise)

##### a) Composition\_(4portions)

#### **Ingredients**

1. Meddium eggs (4)

2. Caster sugar (100g)

3. Flour (soft) (100g)

4. Butter, margarine or oil (50g)

#### **b)Technic**

1. Whisk the eggs and sugar with a balloon, whisk in a bowl over a pan of hot water.



2. Continue until the mixture is light, creamy and double in bulk.
3. Remove from the heat and whisk until cold and thick. (ribbon stage). Fold in the flour very gently.
4. Fold in the melted butter very gently.
5. Place in a greased, Floured genoise mould.
6. Bake in a moderately hot oven at 200-220 for about 30 minutes

## **2. Chocolate genoise (Génoise au chocolat)**



a) Composition (4 portions)

### **INGREDIENTS**

1. Flour (soft) (75g)
2. Cocoa powder (10g)
3. Cornflour (10g)
4. -Medium eggs (4)
5. -Caster sugar. (100g)
6. -Butter, margarine or oil (50g)

### **b) Technique**

Sift the flour and the cocoa together with the cornflour, then proceed as for genoise sponge.

## **5. Fresh cream and strawberry gateau**



## INGREDIENTS

Genoise sponge made with vanilla (1)

1. Stock syrup(100 ml)
2. Raspberry jam (50ml)
3. Whipping or double cream (500 ml)
4. Icing sugar (75 g)
5. Strawberries, sliced (1 punnet)

## Technic

- carefully slice the sponge cake into three equal discs. Brush each with syrup.
- Slowly whip the cream with the icing sugar to achieve the correct consistency.
- Place the first piece of sponge on a cake board. Soak with syrup. Spread with a layer of jam, then a layer of cream. Arrange or scatter sliced strawberries on top.
- Place the next piece of sponge on top. Repeat the layers of syrup, cream and strawberries. Top with additional cream.
- Place the final piece of sponge on top.
- Coat the top and sides with cream. Chill.
- Comb scrape the sides of the gâteau. Pipe rosettes on top, and decorate.

## Sponge Roll I (Swiss Roll)

### Ingredients and quantity

1. Egg yolks 350 g
2. Sugar 235 g
3. Cake flour 350 g
4. Egg whites 525 g
5. Salt 7 g
6. Sugar 175 g
7. Total weight: 1642 g

## Procedure

Mixing

Separated-egg sponge method

Scaling (820 g) per sheet pan. Line pans with greased paper.

Baking (220°C), about 7 minutes

## **VARIATIONS**

### **1. Chocolate Sponge Roll I (Chocolate Swiss Roll)**

Sift 17% (2 oz/60 g) cocoa with the flour.

Add 25% (3 oz/90 g) water to the whipped egg yolks.

### **2. Dobos Mix**

Blend 100% (12 oz/350 g) almond paste with the sugar.

Add a little of the yolks and blend until smooth.

Add the rest of the yolks and proceed as in the basic formula.

Scaling and Panning Seven layers are needed to make Dobos torte.

For a round Dobos torte, spread a thin layer of mix onto the greased, floured bottoms of upside-down cake pans or onto circles traced on parchment. One recipe makes about seven 12-in. (30 cm) circles or fourteen 8- or 9-in. (20–22 cm) circles.

For rectangular torten, spread a thin layer of mix on greased, paper-lined pans. Four times the basic recipe makes seven full-size sheets. To make only one strip, scale 20 oz (550 g) onto one sheet pan.

When baked, cut into seven 3 1/2-in. (9 cm) wide strips.

Baking 400°F (200°C)

### **Milk and butter sponge cake**

Ingredients

Sugar 10 oz 312 g 125

Whole eggs 6 oz 188 g 75

Egg yolks 2 oz 60 g 25

Salt 0.12 oz (5/8 tsp) 4 g 1.5

Cake flour 8 oz 250 g 100

Baking powder 0.25 oz 8 g 3

Skim milk 4 oz 125 g 50

Butter 2 oz 60 g 25

Vanilla extract 0.25 oz 8 g 3

Total weight: 2 lb 4 oz 1015 g 407%

- **Topic2. Choux paste**

Preparation of different types of choux paste recipes

### **Éclair Paste or Pâte à Choux**

#### **Ingredients and quantity**

Water, milk, or half/ water, half milk g 133

Butter or regular 8 oz 250 g

Shortening

Salt (1 tsp) 5 g

Bread flour 375 g

Eggs 625 g

Total weight: 1755 g

Note If a sweeter product is desired, add 1 /2 oz (15 g) sugar in step 1.

#### **Procedures**

1. Combine the liquid, butter, and salt in a heavy saucepan or kettle. Bring the mixture to a full, rolling boil. 2. Remove the pan from the heat and add the flour all at once. Stir quickly.
3. Return the pan to moderate heat and stir vigorously until the dough forms a ball and pulls away from the sides of the pan.
4. Transfer the dough to the bowl of a mixer. If you wish to mix it by hand, leave it in the saucepan.
5. With the paddle attachment, mix at low speed until the dough has cooled slightly. It should be about 140°F (60°C), which is still very warm, but not too hot to touch.
6. At medium speed, beat in the eggs a little at a time. Add no more than a quarter of the eggs at once, and wait until they are completely absorbed before adding more. When all the eggs are absorbed, the paste is ready to use.

#### **ÉCLAIR PASTE PRODUCTS**

Cream Puffs

#### **Components**

Éclair paste

Filling of choice

Confectioners' sugar

### **Procedures**

1. Line sheet pans with parchment paper.
2. Fit a large pastry bag with a plain tube. Fill the bag with the éclair paste.
3. Pipe out round mounds of dough about 1 1/2 in. (4 cm) in diameter onto the lined baking sheets.  
Or, if preferred, drop the dough from a spoon.
4. Bake at 425°F (215°C) for 10 minutes. Lower heat to 375°F (190°C) until mounds are well browned and very crisp.
5. Remove them from the oven and let cool slowly in a warm place.
6. When cool, cut a slice from the top of each puff. Fill with whipped cream, Pastry Cream (p. 217), or other desired filling, using a pastry bag with a star tube.
7. Replace tops and dust with confectioners' sugar.
8. Fill as close to service time as possible. If cream-filled puffs must be held, keep refrigerated.
9. Unfilled and uncut puffs, if thoroughly dry, may be held in plastic bags in the refrigerator for a week. Recrisp in oven for a few minutes before use.

### **Éclairs**

Components

Éclair paste

Pastry Cream

Chocolate fondant

### **Procedures**

1. Proceed as for cream puffs, except pipe the dough out into strips about 3/4 in. (2 cm) wide and 3 to 4 in. (8 to 10 cm) long. Bake as for cream puffs.
2. Fill baked, cooled éclair shells with pastry cream. Two methods may be used:
  - a) Make a small hole in one end and fill with a pastry bag or a doughnut filling pump.
  - b) Cut a slice lengthwise from the top and fill with a pastry bag.
3. Dip the tops of the éclairs in chocolate fondant.

### **Variations**

Frozen Éclairs or Profiteroles

1. Fill éclairs or small cream puffs (profiteroles) with softened ice cream. Keep frozen until service.
2. At service time, top with chocolate syrup.

### **1) Choux paste\_(pâte à choux)**

#### **a) Composition (5-8portions)**

##### **Ingredients**

1. Water ( ¼ litre )
2. Pinch of sugar and salt.
3. Butter, margarine or (100g) oil
4. Flour (strong) (125g)
5. Egg (4)

#### **b) Technique**

1. Bring the water, sugar and fat to the boil in a sauce pan. Remove from heat.
2. Add the sieved flour and mix in with a wooden;
3. Return to a moderate heat and stir continuously until the mixture leaves the sides of the pan.
4. Remove from the heat and allow to cool.
5. Gradually add the beaten eggs, mixing well.
6. The paste should be of dropping consistency.

##### **Possible reasons for faults in choux paste:**

1. Greasy and heavy
2. Flour insufficiently cooked
3. Eggs insufficiently beaten in the mixture
4. Oven too cool.
5. Under baked;
6. Basic mixture over-cooked.

**Note:** Choux paste is used for eclairs, cream buns, profiteroles...

### **(i) Chocolate eclairs (Eclairs au chocolat)**

#### **a) Composition (12eclairs)**

##### **Ingredients**

1. Choux paste (125ml)

2. Fondant (100g)
3. Whipped cream ( ¼ litre)
4. Chocolate couverture (25g)

**b) Technic**

1. Place the choux paste into a piping bag with a 1 cm plain tube.
2. Pipe into 8cm lengths into a lightly greased dampened baking sheet.
3. Bake at 200-220c for about 30minutes.
4. Allow to cool. Slit down one side, with a sharp knife.
5. Fill with sweetened, vanilla. Flavoured whipped cream, using a piping bag and small tube. The continental fashion is to fill with pastry cream.
6. Warm the fondant, add the finely cut chocolate, allow to melt slowly, adjust the consistency with a little sugar and water syrup if necessary. Do not over heat or the fondant will lose its shine.
7. Glaze the eclairs by dipping them in the fondant, remove the surplus with the finger. Allow to set.

Note: Traditionally chocolate eclairs were filled with chocolate pastry.

**(ii) Coffee eclairs\_(Eclairs au café)**

Add a few drops of coffee essence instead of chocolate to the fondant.

**(iii) Profiteroles**

These are small choux paste buns that can be made in a variety of sizes: pea size, double pea size,...



**(iv) Cream buns\_(choux à la crème ) / makes 8 buns**

- a) Composition
  - Choux paste (125ml)
  - Chopped almonds (25g)

- Whipped cream ( ¼ litre)

b) Technic

1. Place the choux paste into a piping bag with a 1cm plain tube
2. Pipe out on to a lightly greased dampened baking sheet into pieces the size of a walnut.
3. Sprinkle each with chopped almonds. Cook, split and fill as for eclairs.
4. Sprinkle with icing sugar and serve.

**(v) Choux paste fritters (Beignets soufflés)**

a) Composition (8 portions)

1. Choux paste (125ml)
2. Apricot sauce (125ml)

b) Technic

1. Using a tablespoon and the finger, break the paste off into pieces the size of a walnut into a moderately hot deep fat.
2. Allow to cook gently for 10-15 minutes.
3. Drain well sprinkle liberally with icing sugar.
4. Serve with a sauce boat of hot apricot sauce.

**Sugar paste**

Preparation of different types of sugar paste recipes

**1. Sugar paste (pâte à sucre)**

b) Composition (5-8 portions)

**Ingredients**

1. Medium egg (1)
2. Sugar (50g)
3. Margarine or butter (125g)
4. Flour (soft) (200g)
5. Pinch salt

**Method.**

1. Taking care not to over soften, cream the egg and sugar.
2. Add the margarine and mix for a few seconds.
3. Gradually incorporate the sieved flour and salt mix lightly until smooth.



4. Allow to rest in a cool place before using.

#### Method. II

1. Sieve the flour and salt lightly rub in the margarine to a sandy texture.
2. Make a well in the centre. Add the sugar and beaten egg.
3. Mix the sugar and egg until dissolved.
4. Gradually incorporate the flour and margarine and lightly mix to a smooth paste. Rest paste before using.

**Note:** Sugar pastry is used for flans, fruit tartlets,...

#### TO SUM UP:

- Measure out the sugar and cut the butter into small chunks
- cream the butter and the sugar together
- Add the egg
- Incorporate the flour and salt
- Press into a tray and leave to chill
- The paste will need to be rolled out before use in any recipe.

- **Topic 2. Sweet bread**

Preparation of different types of sweet bread recipes

- **Topic 3. Cookies**

### 3.1. Mixing Methods

Cookie-mixing methods are much like cake-mixing methods. The major difference is that less liquid is usually incorporated, so mixing is somewhat easier. Less liquid means gluten is less developed by the mixing. Also, a smooth, uniform mix is easier to obtain. There are three basic **3.2. cookie mixing methods:**

1. One-stage
2. Creaming
3. Sponge

These methods are subject to many variations due to differences in formulas. The general procedures are as follows. Be sure, however, to follow the exact instructions when a formula

indicates a variation in the procedure. One-Stage Method The one-stage method is the counterpart of the blending or two-stage cake-mixing method, discussed in the previous chapter. Cake batters have more liquid, so it must be added in two or more stages in order to blend uniformly. Low-moisture cookies, on the other hand, can be mixed all in one stage.

### **3.2. Preparation of different types cookies recipes**

#### **1. Basic chocolate cookie**

##### **Ingredients**

1. 225g butter, softened
2. 110g caster sugar
3. 275g plain flour
4. 1 tsp cinnamon or other spices (optional)
5. 75g white or milk chocolate chips (optional)

##### **Method**

##### **STEP 1**

Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon or in a stand mixer until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients, if you're using them. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. You can freeze the dough at this point.

##### **STEP 2**

Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top. Leave the cookies on a cooling rack for around 15 mins before serving.

#### **2. Icebox Cookies**

##### **Ingredients and quantity**

1. Butter, or half butter 1 lb 500 g and half shortening
2. Granulated sugar 8 oz 250 g
3. Confectioners' sugar 8 oz 250 g
4. Salt 0.25 oz 8 g

5. Eggs 4 oz 125 g
6. Vanilla extract 0.25 oz 8 g
7. Pastry flour 1 lb 8 oz 750 g

### **Procedures of preparation**

1. Mixing

Creaming method

2. Makeup

Icebox method. Scale dough strips 1 1/2 lb (750 g) each.

Slice cookies 1/4 in. (6 mm) thick.

Bake on ungreased pans.

3. Baking

375°F (190°C) for 10–12 minutes

### **Variations of ice box cookies**

To reduce spread, use all confectioners' sugar.

#### **1. Butterscotch Icebox Cookies**

Make the following ingredient adjustments:

In place of the sugars in the basic recipe,

use 67% (1 lb/500 g) brown sugar.

Use only butter, no shortening.

Increase the eggs to 20% (5 oz/150 g).

Add 1/2 tsp (2 g) baking soda with the flour.

#### **2. Nut Icebox Cookies**

Add 25% (6 oz/188 g) finely chopped nuts to the sifted flour in the basic recipe or the butterscotch cookie formula.

#### **3. Chocolate Icebox Cookies**

Add 17% (4 oz/125 g) melted, unsweetened, chocolate to the creamed butter and sugar.

#### **4. Fancy Icebox Cookies**

These are small cookies with designs in two colors.

To make them, prepare white and chocolate icebox dough with only the 33% confectioners' sugar; omit the granulated sugar.

This reduces the spread of the cookies and preserves the designs.

Make the designs as follows:

#### **5. Pinwheel Cookies**

Roll out a sheet of white dough about  $1/8$  in. (3 mm) thick.

Roll out a sheet of chocolate dough the same size and thickness.

Brush the white sheet lightly and evenly with egg wash, being careful not to leave any puddles.

Lay the chocolate sheet on top and brush with egg wash, Roll up like a jelly roll until the roll is 1 in.

(2.5 cm) thick (a), Cut off the dough evenly, Continue making rolls with the rest of the sheet,

Refrigerate the rolls, Slice and bake as in the basic procedure.

#### **6. Checkerboard Cookies**

Roll out one sheet of white dough and one sheet of chocolate dough  $1/4$  in. (6 mm) thick.

Egg wash one sheet lightly and lay the second sheet on top.

Cut the double sheet of dough in half.

Egg wash one sheet and lay the second on top so that you have four alternating colors. Chill until firm.

Roll out another sheet of white dough very thin (less than  $1/8$  in.) and brush with egg wash.

From the chilled four-layer sheet, cut off four slices  $1/4$  in. (6 mm) thick (b). Lay one of these strips on the rolled-out sheet of dough along one edge.

Egg wash the top. Lay a second strip on top with the colors reversed, so chocolate dough is on top of white dough and white is on top of chocolate. Egg wash the top. Repeat with the remaining two strips (c). Wrap in the thin sheet of dough (d). Chill, slice, and bake as in the basic procedure.

#### **7. Bull's-Eye Cookies**

Roll out a cylinder of dough  $1/2$  in. (12 mm) thick.

Roll out a sheet of contrasting-color dough  $1/4$  in. (6 mm) thick.

Egg wash the top, Wrap the cylinder in the sheet of dough, Chill, slice, and bake as in the basic procedure.

#### **4. Sugar Cookies**

Ingredients and quantity

1. Butter and/or shortening 8 oz 250 g
2. Sugar 10 oz 310 g

3. Salt 0.16 oz (1 tsp) 5 g
4. Eggs 2 oz 60 g
5. Milk 2 oz 60 g
6. Vanilla extract 0.25 oz 8 g
7. Cake flour 1 lb 4 oz 625 g
8. Baking powder 0.625 oz 18 g

### **Procedures**

1. Mixing

Creaming method

2. Makeup

Rolled method.

Before cutting the rolled-out dough, wash with milk and sprinkle with granulated sugar.

Use greased or parchment-lined baking sheets.

3. Baking

375°F (190°C) for 8–10 minutes

### **Variations of sugar cookies**

Lemon zest, extract, or emulsion may be used in place of vanilla.

- **Brown Sugar Rolled Cookies**

Make the following ingredient adjustments:

Increase butter to 50% (10 oz/310 g).

Omit granulated sugar and use 60% (12 oz/375 g) brown sugar.

- **Chocolate Rolled Cookies**

Substitute 2 oz (60 g) cocoa for 2 oz (60 g) of the flour.

### **Cookie Faults and Their Causes**

#### **a. Too tough**

Causes

1. Flour too strong
2. Too much flour
3. Not enough shortening
4. Incorrect amount of sugar

5. Mixed too long or improper mixing

**b. Too crumbly**

1. Improper mixing
2. Too much sugar
3. Too much shortening
4. Too much leavening
5. Not enough eggs

**c. Too hard**

1. Baked too long or baking temperature too low
2. Too much flour
3. Flour too strong
4. Not enough shortening
5. Not enough liquid

**d. Too dry**

Not enough liquid

Not enough shortening

Baked too long or baking temperature too low

Too much flour

**e. Not browned enough**

1. Baking temperature too low
2. Underbaked
3. Not enough sugar

**f. Too brown**

1. Baking temperature too high
2. Baked too long
3. Too much sugar

**g. Poor flavor**

1. Poor ingredients
2. Flavoring ingredients left out
3. Dirty baking pans

4. Ingredients improperly measured

**h. Surface or crust sugary**

1. Improper mixing

2. Too much sugar

**i. Too much spread**

1. Baking temperature too low

2. Not enough flour

3. Too much sugar

4. Too much leavening

5. Too much liquid Pans greased too much

**j. Not enough spread**

1. Baking temperature too high

2. Too much flour or flour too strong

3. Not enough sugar

4. Not enough leavening

5. Not enough liquid

6. Insufficient pan grease

**k. Stick to pans**

1. Pans improperly greased

2. Too much sugar

• **Topic 4. Mousse**

Preparation of different types of mousses recipes

**Basic chocolate mousses**

200g heavy cream

200g dark chocolate, chopped

60g butter

1/4 cup milk

1 egg, separated

Chocolate shavings for garnish, optional

## **INSTRUCTIONS**

Whip the heavy cream and set aside.

Combine the chocolate, butter and milk in the top of a double boiler over hot, but simmering. Stir occasionally until smooth.

Beat the egg yolk and add it into chocolate mixture stirring very fast, still over the heat. Remove from the heat when it starts to boil.

Whip the egg white until foamy and beginning to hold a shape.

Gently fold in the egg white, one-third of it each time just until incorporated.

Pour this mixture slowly into the whipped heavy cream and stir.

Share the mousse into individual dishes and chill at least 5 hours.

Serve cold with chocolate shavings.

### **Strawberry mousse**

Ingredients

250g fresh strawberry , halved if large

25g caster sugar

140g mini marshmallow

200ml double cream

### **Method**

#### **STEP 1**

Put all but 2 strawberries into a pan along with 100ml water and the sugar. Over a medium heat, cook strawberries until soft enough to mash, about 3 mins. Take off the heat and squash the berries, using a fork, until pulpy. Add the marshmallows, then stir them into the hot strawberries until they dissolve. Leave to cool.

#### **STEP 2**

Whip the cream until it holds its shape. Fold the cream into the cooled strawberry mix, then spoon into one bowl or separate pots and chill for about 2 hrs, or until set. Cut the reserved strawberries in half and use to decorate.

### **3. Banana Mousse**

#### **Ingredients and quantity**

1. Gelatin 8 g



2. Banana pulp, fresh or frozen 310 g
3. Lemon juice 25 g
4. Sugar 35 g
5. White rum 25 g
6. Heavy cream 420 g
7. Total weight: 823 g

### **Procedures**

Soften the gelatin in cold water

2. Heat a third of the banana pulp to 140°F (60°C). Add the gelatin and stir until dissolved.
3. Mix in the lemon juice and sugar. Stir to dissolve the sugar.
4. Add this mixture to the remaining banana pulp and mix in the rum.
5. Once this mixture has cooled to about 75°F (25°F), fold in the whipped cream.
6. Fill molds and chill.

### **4. Coconut Mousse with Tropical Fruit**

Ingredients and quantity

Yield: about (800 g)

1. Water 120 g
2. Coconut milk 120 g
3. (unsweetened) Sugar 200 g
4. Mango, diced 150 g
5. Pineapple, diced 150 g
6. Gelatin 6 g
7. Milk 50 g
8. Sugar 30 g
9. Coconut, grated 30 g
10. Coconut milk 140 g (unsweetened),
11. chilled Coconut-flavored liqueur 4 tsp 20 g
12. Heavy cream 250 g

### **Procedures**

1. For the fruit, heat together the water, coconut milk, and sugar to make a syrup.

2. Add the diced mango and pineapple. Cover the surface with a round of parchment and poach the fruit for about 15 minutes until it is tender but still holding its shape. Do not overcook.
3. Allow the fruit to cool in the syrup and then drain.
4. Soften the gelatin in cold water
5. Heat the milk, sugar, and coconut in a saucepan to about 175°F (80°C).
6. Let stand a few minutes to allow the coconut to infuse.
7. Remove from the heat and add the gelatin, stirring to dissolve.
8. Add the second quantity of coconut milk.
9. When the temperature has cooled to about 75°F (25°C), stir in the liqueur.
10. Whip the cream to soft peaks and fold in.
11. Fold in the drained fruit.
12. Pour into molds and chill.

#### • **Topic 5. Ice cream**

Preparation of different types of ice cream recipes

##### 1. **Vanilla ice-cream** (Glace vanille)

Yield: about (2 L), depending on overrun



#### **Ingredients and quantity**

1. Egg yolks (12 yolks) 250 g
2. Sugar 12 oz (12 yolks) 375 g
3. Milk 1 L
4. Heavy cream 500mL
5. Vanilla extract 10 mL
6. Salt pinch pinch

## **Procedures**

1. Vanilla ice cream mix is basically a custard sauce or crème anglaise with the addition of heavy cream. Review the guidelines for preparing crème anglaise
2. Combine the egg yolks and sugar in a bowl. Whip until thick and light.
3. Scald the milk and gradually beat it into the egg mixture.
4. Heat the mixture over a hot-water bath or in a double boiler, stirring constantly, until it thickens enough to coat the back of a spoon. Immediately remove from the heat.
5. Stir in the cold cream to stop the cooking. Add the vanilla and salt. (Note: If you are not using freshly opened, pasteurized cream, it is best to scald and cool the cream, or else to heat it with the milk in step 3. In this case, set the cooked custard in an ice-water bath as soon as it is cooked, to stop the cooking.)
6. Chill the mixture thoroughly. Refrigerate overnight to mature the mix
7. Freeze in an ice cream freezer according to the manufacturer's directions.

## **Variations**

For a less rich ice cream, substitute milk for part of the cream. In addition, the quantity of egg yolks may be decreased to 4 oz (125 g).

### **VANILLA BEAN ICE CREAM**

Split 1 or 2 vanilla beans, scrape out the seeds, and simmer the seeds and pods with the cream. Cool. Remove and discard the pods. Omit the vanilla extract from the basic recipe.

### **CHOCOLATE ICE CREAM**

Reduce the sugar to 9 oz (280 g).

Melt together 4 oz (125 g)

unsweetened chocolate and 4 oz (125 g) bittersweet chocolate.

When the custard has cooled to tepid, carefully stir it into the melted chocolate.

Reduce the cream to 12 oz (375 mL).

### **CINNAMON ICE CREAM**

Add 1 tbsp (5 g) cinnamon to the egg mixture before cooking.

### **COFFEE ICE CREAM**

Flavor the hot custard mix to taste with instant coffee powder or instant espresso powder.

### **CAROB ICE CREAM**

After adding the scalded milk to the egg mixture, beat in 3 oz (90 g) roasted carob powder.

Proceed as in basic recipe.

### **COCONUT ICE CREAM**

Reduce the number of egg yolks to 4 oz (125 g).

Reduce the sugar to 4 oz (125 g).

Add 12 fl oz (375 mL) canned, sweetened coconut cream to the yolks and sugar.

Omit the heavy cream and vanilla.

Stir the cooked mix over ice until cold, to prevent the coconut fat from separating.

### **CARAMEL ICE CREAM**

Omit the vanilla. Caramelize the sugar, following the procedure in the recipe for Caramel Sauce but omitting the lemon.

Add the 1 pt (500 mL) heavy cream from the basic recipe and simmer until the

Caramel is dissolved, again following the procedure in the caramel sauce recipe, steps 2–4.

Beat the eggs; add the hot milk and caramel cream,

Make the custard, and finish the ice cream as in the basic recipe.

### **ALMOND, HAZELNUT, OR MACADAMIA PRALINE ICE CREAM**

Make a praline with any of these nuts, following the recipe for Nougatine Crush 6 oz (185 g) praline and add it to chilled vanilla or caramel ice cream mix before freezing.

### **CHEESECAKE ICE CREAM**

Prepare the basic vanilla ice cream mix, but use only 4 oz (125 g) egg yolks, and substitute milk for half of the cream.

In a mixer with the paddle attachment, blend 2 lb (1 kg)

cream cheese, 7 oz (200 g)

sugar, 1 tsp (3 g) each grated lemon zest and orange zest, and 1 1/2 oz (50 mL) lemon juice until light and free of lumps.

Gradually add the chilled custard and mix until smooth. Chill well. Freeze.

### **STRAWBERRY ICE CREAM**

Reduce the number of yolks to 4 oz (125 g).

Mash 1 1/2 lb (750 g) fresh or frozen (unsweetened) strawberries with 6 oz (185 g) sugar and refrigerate at least 2 hours. Mix the strawberries with the cold ice cream mix before freezing

- **Topic 6. Doughnuts**

✓ Preparation of different types of doughnut recipes

Original recipe yields 18 servings

**Ingredient Checklist**

1. 2 (.25 ounce) envelopes active dry yeast
2. ¼ cup warm water (105 to 115 degrees)
3. 1 ½ cups warm milk
4. ½ cup white sugar
5. 1 teaspoon salt
6. 2 large eggs eggs
7. ⅓ cup shortening
8. 5 cups all-purpose flour
9. 1 quart vegetable oil for frying
10. ⅓ cup butter
11. 2 cups confectioners' sugar
12. 1 ½ teaspoons vanilla
13. 4 tablespoons hot water or as needed

**Instructions Checklist**

**Step 1**

Sprinkle the yeast over the warm water, and let stand for 5 minutes, or until foamy.

**Step 2**

In a large bowl, mix together the yeast mixture, milk, sugar, salt, eggs, shortening, and 2 cups of the flour.

Mix for a few minutes at low speed, or stirring with a wooden spoon.

Beat in remaining flour 1/2 cup at a time, until the dough no longer sticks to the bowl.

Knead for about 5 minutes, or until smooth and elastic.

Place the dough into a greased bowl, and cover.

Set in a warm place to rise until double.

Dough is ready if you touch it, and the indentation remains.

**Step 3**

Turn the dough out onto a floured surface, and gently roll out to 1/2 inch thickness.

Cut with a floured doughnut cutter.

Let doughnuts sit out to rise again until double.

Cover loosely with a cloth.

#### **Step 4**

Melt butter in a saucepan over medium heat.

Stir in confectioners' sugar and vanilla until smooth.

Remove from heat, and stir in hot water one tablespoon at a time until the icing is somewhat thin, but not watery. Set aside.

#### **Step 5**

Heat oil in a deep-fryer or large heavy skillet to 350 degrees F (175 degrees C).

Slide doughnuts into the hot oil using a wide spatula.

Turn doughnuts over as they rise to the surface.

Fry doughnuts on each side until golden brown. Remove from hot oil, to drain on a wire rack.

Dip doughnuts into the glaze while still hot, and set onto wire racks to drain off excess.

Keep a cookie sheet or tray under racks for easier clean up.

### **LO1.3 Decorate pastries and cakes**

- **Topic 1. fillings**

Butter cream

Definition is cream prepared from butter as main ingredient



Recipes of butter cream

1. 1 cup /230g of unsalted butter
2. 3 cups/360gr powdered sugar/icing sugar
3. 2-3Tsp heavy cream

### **Fruit for filling**

must be cutted, cooked and dried

Cuts of filling must be small and cut into the same shape

Cooked fruit for filling must be moist and smooth

Dried fruit for filling must be clean

### **Jam filling**

in pastries product must be well cooked

Examples of jam for filling, strawberry, raspberry, apricot...

Recipe of jam

### **Image**



### **Ingredients**

1kg strawberry

750jam sugar

1lemon juice

## **• Topic 2. Preparation of sauces**

### **Chocolate sauce**

Recipe

INGREDIENTS

Nutrition

1/3 cup cocoa powder

1 cup sugar

½ butter

## **Procedure**

Melt butter in saucepan.

Add the other ingredients.

Boil for 1 minute, stirring several times.

Pour amount desired on a slice of sheet cake.

## **Custard Sauce**



## **Ingredients**

1. 3 egg yolks
2. 3 tablespoons sugar
3. 1 1/2 cups reduced-fat (2%) milk
4. 1 teaspoon vanilla extract

## **procedure**

In a medium, saucepan (preferably with a heavy bottom) whisks together the egg yolks and sugar until well combined. Whisk in the milk.

Place the pan over low heat and cook until the mixture is thickened, about 12-15 minutes, stirring almost constantly, especially at the end.

The mixture should not bubble or boil; it should be thick enough to coat the back of a spoon.

Remove from the heat and stir in the vanilla and if desired, a shake of salt.

## **Strawberry**

Recipe

## **Ingredients**

1. 1 lb Strawberries rinsed, hulled and thickly sliced
2. 1/3 cup granulated sugar
3. 1 Tbsp lemon juice from 1/2 Lemon



## **Instructions**

1. In a medium saucepan, combine sliced strawberries, 1/3 cup sugar and 1 Tbsp lemon juice.
2. Place over medium heat and bring to a boil, stirring occasionally. Strawberries will release juice without any mashing required.
3. Reduce heat and simmer 20-23 min or until sauce is thickened, stirring occasionally.
4. Remove from heat and cool to room temperature.
5. Keep in mind sauce will thicken up slightly as it cools and even more with refrigeration.

## **Vanilla**

Recipe

## **Ingredients**

1. 3/4 cup water
2. 1/2 cup granulated sugar
3. 2 tablespoons cornstarch
4. 2 tablespoons butter
5. 1/4 cup heavy cream
6. 2 teaspoons vanilla extract
7. Pinch of salt
8. Gather the ingredients.

## **Procedures**

1. Pour the water into a saucepan and place it over high heat. Bring the water to a boil.
2. Boiling water for vanilla sauce
3. In a small bowl, combine the granulated sugar and cornstarch. Blend well with a whisk or spoon.
4. Combine granulated sugar and cornstarch
5. Add the granulated sugar and cornstarch mixture to the boiling water and whisk to blend thoroughly.
6. Reduce the heat to medium and cook, stirring constantly, until the sauce is thick.
7. Whisk the cream into the thickened sauce.
8. Whisk granulated sugar, cornstarch, and cream into vanilla sauce
9. Remove the thickened sauce from the heat and whisk in the butter, vanilla extract, and salt.  
Whisk until the butter has melted

10. Butter whisked into vanilla sauce off the heat
11. Spoon or drizzle warm or room temperature vanilla sauce over cake, bread pudding, sliced fruit or berries, or a fruit cobbler.

Vanilla sauce drizzled over bund cake

### **Recipe Tips**

1. If the sauce is too thick, thin it with a small amount of milk or cream, as desired.
2. To use flour instead of cornstarch, melt the butter in a saucepan and blend in the flour.
3. Stir the sugar into the butter and flour mixture.
4. In a separate saucepan, bring the water to a boil; add the boiling water to the sugar and butter mixture and cook until thickened.
5. Add the cream, vanilla, and salt. Heat through.
6. Replace the vanilla extract with an equal amount of vanilla paste or a vanilla bean.
7. If you use a vanilla bean, split it and scrape the seeds into the water.
8. Add the pods and then bring the water to a boil as directed.
9. Continue with the recipe and remove the pods before serving.

## **Learning Unit 2: Prepare and produce bakery products**

### **LO2.1 Identify different types of bakery products**

#### **• Topic 1. Types of bakery Products**

##### **1.1. Yeast products**

All yeast doughs are made according to essentially the same basic principles, it is useful to divide yeast products into categories such as the following:

##### **1.1.1. LEAN DOUGH PRODUCTS**

A lean dough is one that is low in fat and sugar.

1. Hard-crust breads and rolls, including French and Italian breads, kaiser rolls and other hard rolls, and pizza. These are the leanest of all bread products.
4. Other white and whole wheat breads and dinner rolls. These have a higher fat and sugar content and sometimes also contain eggs and milk solids. Because they are slightly richer, they generally have soft crusts.

5. Breads made with other grains. Rye breads are the most common. Many varieties of rye bread are produced, with light or dark flours or with pumpernickel flour, and with various flavorings, especially molasses and caraway seeds.

#### **1.1.2. RICH DOUGH PRODUCTS**

There is no exact dividing line between rich and lean doughs but, in general, rich doughs are those that contain higher proportions of fat, sugar, and sometimes eggs.

1. Nonsweet breads and rolls, including rich dinner rolls and brioche. These have a high fat content, but their sugar content is low enough to allow them to be served as dinner breads. Brioche dough, made with a high proportion of butter and eggs, is especially rich.
2. Sweet rolls, including coffee cakes and many breakfast and tea rolls. These have high fat and sugar content and usually contain eggs. They generally have a sweet filling or topping.

#### **1.1.3. ROLLED-IN YEAST DOUGH PRODUCTS**

Rolled-in doughs are those in which a fat is incorporated into the dough in many layers by using a rolling and folding procedure. The alternating layers of fat and dough give the baked product a flaky texture.

1. Nonsweet rolled-in dough: croissants
2. Sweet rolled-in doughs: Danish pastry

#### **Some examples of yeast Bread**

1. White bread
2. Brown bread
3. French bread
4. Roll

#### **1.2. Non-Yeast products**

1. Puff pastry and products (Croissant): Is the products preped from the dough containing many layers of butter and dough or light flack pastry made from it
2. Pizza dough/products: is asavory disshe of Italian constiste of usually round flsten of bse of leavenedwheat based dough topped with tomatoes and cheese and other various ingredients according to the recipe.
3. Chapatti dough/product: is flat pancake like bread cooked on pan and prepared from unleavened dough.

4. Samosa dough/products: it is usually Indian dish with small shape of triangle case filled with spiced meat or vegetables cooked by frying method.

## LO2.2 Prepare bakery Products

### • **Topic. 2. Preparation and Cooking / Baking techniques**

#### **Twelve methods of bread preparation**

##### **Step 1: Scaling**

All ingredients are measured.

When measuring should consider two important thing:

1. **Measure** all wet and **dry** ingredients by weight.
2. Use a formula that is expressed in "baker's math" or "baker's percentages."
3. Prepare mise en place of tools and equipment

##### **Step 2: Mixing**

Ingredients are combined into smooth, uniform dough; the yeast and other ingredients are evenly distributed through the dough, the gluten is developed, and fermentation is initiated.

##### **Step 3: Bulk or Primary Fermentation**

The dough is allowed to ferment. Fermentation is the process by which the yeast acts on the sugar and starches and produces carbon dioxide and alcohol. Improvement of the dough is done on this step

**Step 4: Folding** : is to degas the dough, and we do that for four reasons: to expel some of the carbon dioxide, and avoid by that chocking the yeast; to allow the gluten to relax a bit; equalize the temperature of the dough; and to redistribute the nutrients necessary for the yeast's continued growth.

##### **Step 5: Dividing or Scaling**

The dough is divided or scaled into the desired individual portions by considering your recipe standard

##### **Step 6: Pre-shaping or Rounding**

The portioned dough is loosely shaped into smooth, round balls. This organizes the dough into consistent pieces and makes the final shaping easier and more efficient. It also stretches the gluten on the outside of the dough and forms a skin that helps it retain the gases produced by the yeast.

### **Step 7: Resting**

The benching or resting lasts approximately 20 to 30 minutes and relaxes the gluten, making the final shaping of the dough easier.

### **Step 8: Proofing or Final Fermentation**

The dough goes through one final fermentation. The dough should be placed in a temperature and humidity controlled environment to allow the bread to rise to the desired volume before baking. Optimum rise for this stage is 80 to 85 percent of the dough's overall volume.

### **Step 9: Shaping and Panning**

The dough is formed into its final shape and placed in the baking tray or mold that it will be baked in.

### **Step 10: Baking**

The dough is baked. The dough is often scored with a sharp knife prior to baking. This allows the bread to expand without bursting. Some of the important changes that occur during the baking process are:

1. **Ovenspring:** The initial, rapid expansion of loaf volume that is caused when the trapped gasses in the dough expand as a result of the high heat of the oven.  
The yeast remains active in this final fermentation process until it is killed at a temperature of about 145°F (63°C).
2. **Coagulation of proteins and gelatinization of starches:** This contributes to the formation of the crumb and sets the structure of the loaf. This begins at approximately 140°F (60°C) and continues until the temperature reaches between 180°F and 194°F (82°C and 90°C).
3. **Formation and browning of the crust:** This begins when the surface of the dough reaches 212°F (100°C) It occurs in baked goods in the presence of heat, moisture, proteins, and sugars and continues until the surface temperature reaches 350°F (175°C). Further crust color and flavor develop with caramelization that occurs between temperatures of 300°F and 400°F (149°C and 204°C). When the bread reaches a maximum internal temperature of 210°F (99°C) the bread should be properly baked. Other signs that mark the completion of the baking process are a golden brown crust and a hollow sound emitted when the baked loaf is thumped. The baking process is now complete and the bread is ready to be cooled and stored.

### **Step 11: Cooling**

The loaves are cooled on racks that allow the air to circulate around them and prevent the crusts from becoming soggy. The bread should be cooled at least two hours to allow the crumb structure to stabilize and develop full flavor.

### **Step 12: Storage**

Baked breads will stale most quickly at temperatures between 32°F and 50°F (0°C and 10°C) and therefore should never be placed in the refrigerator.

- **Topic 1 White bread**

Image



Recipe

#### **Ingredients**

1. 3000grs Flour
2. 100grs Margarine
3. 100grs Honey
4. 50grs Yeast
5. 30grs Sugar
6. 60grs Salt
7. 1800grs Water (warm)

#### **Directions Instructions Checklist**

##### **Step 1:**

1. In a large bowl, dissolve yeast and sugar in warm water.
2. Stir in lard, salt and two cups of the flour.
3. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition.
4. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.

**Step 2:**

1. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil.
2. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

**Step 3:**

1. Deflate the dough and turn it out onto a lightly floured surface.
2. Divide the dough into two equal pieces and form into loaves.
3. Place the loaves into two lightly greased 9x5 inch loaf pans.
4. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes.

**Step 4:**

1. Preheat oven to 425 degrees F (220 degrees C).

**Step 5:**

1. Bake at 375 degrees F (190 degrees C) for about 30 minutes or until the top is golden brown and the bottom of the loaf sounds hollow when tapped.

**Brown bread****Recipes****Ingredients**

1. 400g malted grain brown bread flour, or whole flour or bread flour
2. 100g strong white bread flour
3. 7g sachet easy-bake dried yeast (or 2 tsp Quick dried yeast)
4. 1½ tsp salt
5. 1 tbsp soft butter
6. 4 tbsp mixed seed (optional), such as linseed, pumpkin, sesame and sunflower, for sprinkling

## **Method**

### **STEP 1:**

1. Mix your choice of brown flour with the white, the yeast and salt in a large mixing bowl. Put in the butter and rub it into the flour.
2. Stir in the seeds if using.
3. Make a dip in the centre of the flour and pour in almost 300ml hand warm (cool rather than hot) water, with a round-bladed knife.
4. Then mix in enough of the remaining water and a bit more if needed, to gather up any dry bits in the bottom of the bowl and until the mixture comes together as a soft, not too sticky, dough.
5. Gather it into a ball with your hands.

### **STEP 2:**

1. Put the dough on to a very lightly floured surface and knead for 8-10 mins until it feels smooth and elastic, only adding the minimum of extra flour if necessary to prevent the dough sticking.
2. Place the ball of dough on a lightly floured work surface.
3. Cover with an upturned, clean, large glass bowl and leave for 45 mins-1 hr or until doubled in size and feels light and springy.
4. Timing will depend on the warmth of the room.

### **STEP 3:**

1. Knock back the dough by lightly kneading just 3-4 times.
2. Knock out any large air bubbles, so too much handling now will lose the dough's lightness.
3. Shape into a ball.
4. Cover with the glass bowl and leave for 15 mins.

### **STEP 4:**

1. Shape to make a tin loaf Grease capacity loaf tin (about 23 x 13 x 5.5cm) .
2. Using your knuckles, flatten the dough into a rectangle about 25 x 19cm.
3. Fold both shorter ends into the centre like an envelope, make a  $\frac{1}{4}$  turn, then flatten again into the same size and roll up very tightly, starting from one of the short ends.
4. Roll the top of the dough in extra seeds and place in the tin with the join underneath, pressing the seeds gently into the dough.
5. Cover with a clean tea towel.



6. Leave for 40-45 mins, or until risen the top of the tin.

#### **STEP 5:**

1. Put a baking tin in the bottom of the oven 20 mins before ready to bake and heat oven to 230C/210C fan/gas
2. Put the risen bread in the oven, carefully pour about 250ml cold water into the roasting tin (this will hiss and create a burst of steam to give you a crisp crust),
3. then lower the heat to 220C/200C fan/gas
4. Bake for about 30 mins or until golden, covering with foil for the last 5 mins if starting to brown too quickly.
5. Leave in the tin for 2-3 mins, then remove and cool on a wire rack.
6. If you tap the underneath of the baked loaf it should be firm and sound hollow.

#### **Rolls**



#### **INGREDIENTS**

1. 1 1/2 cups warm water
2. 3/4 tablespoon instant yeast (or 1 tablespoon active dry yeast)
3. 2 tablespoons granulated sugar or honey
4. 2 tablespoons canola oil, vegetable oil or other neutral-flavored oil (olive oil )
5. 1 teaspoon salt
6. 3 1/2 to 4 cups all-purpose flour, more or less (see note)

#### **INSTRUCTIONS**

1. In the bowl of a stand mixer fitted with the dough hook or in a large bowl by hand, combine the warm water, instant yeast, sugar, oil, salt and 2 cups of the flour.
2. If you are using active dry yeast instead of instant yeast, let the yeast proof in the warm water and sugar for about 3-5 minutes until it is foamy and bubbly before adding the oil, salt and flour.

3. Begin mixing, and continue to add the rest of the flour gradually until the dough has pulled away from the sides of the bowl .
4. Begin kneading the dough for 4-5 minutes in a stand mixer (7-9 minutes by hand).
5. The dough should be soft and smooth but still slightly tacky to the touch.
6. After a few minutes of kneading, stop the mixer and grab a small piece of dough to test if it needs more flour or not. It might leave a little bit of sticky residue on your fingers, but if you can roll it into a small ball without it sticking all over to your hands, it is good to go. If not, gradually add a bit more flour as needed.
7. Lightly grease a container or large bowl with nonstick cooking spray, and place the kneaded dough in the container.
8. Cover the bowl with lightly greased plastic wrap or a large tea towel.
9. Let the dough rise until it has doubled (this usually takes about an hour, depending on the warmth of the kitchen).
10. Lightly punch down the dough and turn it out onto a lightly greased countertop.
11. Divide the dough into 12 equal pieces (about 2.75 ounces each, more or less), and form the dough into round balls (video tutorial here right at minute marker 2:20).
12. Place the rolls in a lightly greased 9X13-inch pan or on a large, rimmed baking sheet lined with parchment or lightly greased. Space the rolls about 1/2- to 1-inch apart.
13. Cover the rolls with lightly greased plastic wrap taking care not to pin the plastic wrap under the baking sheet or else the rolls will flatten while rising.
14. Let the plastic wrap gently hang over the sides of the pan to fully cover the rolls but not press them down.
15. Let the rolls rise until very puffy and doubled, about 45 minutes to 1 hour.
16. Preheat the oven to 400 degrees. Bake for 15-17 minutes until lightly browned and cooked through.
17. Immediately out of the oven, brush with butter (optional).

## **Puff paste and products (Croissant)**

Image of croissant bread



### **Ingredients**

1. 3 1/2 to 4 cups (420g to 482g) All-Purpose Flour
2. 32 tablespoons (454g) unsalted butter,
3. 4 tablespoons (57g) chilled, the rest at room temperature
4. 1 teaspoon salt
5. 1 1/4 cups (283g) cold water

### **Instructions**

1. Measure the flour into a mixing bowl.
2. Remove 1/2 cup and set it aside in another bowl.
3. Take the half stick of chilled butter, cut it into small pieces, and drop it into the flour.
4. With two knives, a pastry blender, or your fingertips, cut or rub the butter into the flour until it resembles cornmeal.
5. Add the salt to the water and add this to the flour.
6. Mix gently with a fork until you have a rough dough that pulls away from the sides of the bowl.
7. If you need to add more water, do it a tablespoon at a time, until the dough holds together.
8. Turn the dough out onto a lightly floured surface and knead until it is smooth and the gluten has been somewhat developed, about 2 or 3 minutes.
9. Pat the dough square and wrap in plastic. Refrigerate for at least 30 minutes.
10. Take the remainder of the butter and the reserved flour and mix the two together until they're well blended and smooth.
11. Pat butter/flour mixture into an 8" square on a lightly floured piece of waxed paper.
12. Cover it with second sheet of waxed paper and refrigerate it for at least 30 minutes.
13. Remove the dough from the refrigerator and put it on a lightly floured surface.

14. Gently roll it into a square on each side.
15. Put the chilled butter in the center of the dough as shown.
16. Fold the corners of the dough over the butter until they meet in the middle.
17. Pinch and seal the edges of the dough together.
18. Turn the square over and tap it gently with your rolling pin or by hand into a rectangular shape.  
(Make sure everything is still completely, but lightly, floured.)
19. Roll the dough into a larger rectangle, 20" x 10". As you work,
20. keep the dough, the table, and the rolling pin well dusted with flour.
21. Turn the dough over from time to time to keep the layers even.
22. When the dough is the right size, brush any excess flour off the top, and fold the bottom third of the dough up to the center and the top third over (like a business letter).
23. If the dough is still cold and relaxed, do another rolling and turning the same way. (If it begins to feel too soft or wants to resist being rolled, cover it, put it on a small baking sheet, and refrigerate it for 15 minutes to chill and relax.)
24. If you've successfully rolled it out and folded it twice, you've completed two turns.
25. Shape croissant bread in standard shape
26. . Place the croissants on a lightly greased or parchment-lined baking sheet. Cover and chill for 30 minutes. You could also freeze the unbaked pastries at this point.
27. Fifteen minutes before you want to bake the croissants, preheat your oven 425°F.
28. Just before they go into the oven, brush the tops with egg wash (1 large egg beaten with 1 tablespoon cold water).
29. Bake for 15 minutes. Reduce the heat to 350°F and bake for another 10 to 15 minutes. Remove from the oven and cool completely on a rack.

✓ **Pizza dough**

Image



## Ingredients

Original recipe yields 8 servings

### Ingredient Checklist

- 1 (.25 ounce) dry yeast
- 1 cup warm water (110 degrees F/45 degrees C)
- 2 ½ cups bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt

### Directions Instructions

#### Step 1:

- Preheat oven to 450 degrees F (230 degrees C).
- In a medium bowl, dissolve yeast and sugar in warm water.
- Let stand until creamy, about 10 minutes.

#### Step 2"

- Stir in flour, salt and oil. Beat until smooth.
- Let rest for 5 minutes.

#### Step 3:

- Turn dough out onto a lightly floured surface and pat or roll into a round.
- Transfer crust to a lightly greased pizza pan or baker's peel dusted with cornmeal.
- Spread with desired toppings and bake in preheated oven for 15 to 20 minutes, or until golden brown.
- Let baked pizza cool for 5 minutes before serving.

## Chapatti

Image of chapattis



Original recipe yields 10 servings

Ingredient Checklist

1. 1 cup whole wheat flour
2. 1 cup all-purpose flour
3. 1 teaspoon salt
4. 2 tablespoons olive oil
5.  $\frac{3}{4}$  cup warm water or as needed

#### **Directions Instructions Checklist**

##### **Step 1:**

1. In a large bowl, stir together the whole wheat flour, all-purpose flour and salt.
2. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky. Knead the dough on a lightly floured surface until it is smooth.
3. Divide into 10 parts, or less if you want bigger breads.
4. Roll each piece into a ball.
5. Let rest for a few minutes.

##### **Step 2:**

1. Heat a skillet over medium heat until hot, and grease lightly.
2. Lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin like a tortilla.
3. When the pan starts smoking, put a chapati on it.
4. Cook until the underside has brown spots, about 30 seconds.
5. Then flip and cook on the other side.
6. Keep it covered and cool to serve

#### **Samosa**

Image of samosas



Vegetable samosa / potatoes and peas

Original recipe yields 18 servings

## **Ingredient Checklist**

1. 180 g Bread flour
2. 120 g Whole wheat flour
3. 45 mL Vegetable oil
4. 180 mL Water
5. 500 g Potato Filling for Samosas (cooled cal.)

## **Procedures**

1. In the bowl of a mixer fitted with the paddle attachment, combine the two flours and the oil. Mix until well blended.
2. Add the water. Mix at low speed until a dough forms.
3. Remove the dough from the mixer and knead it until smooth.
4. Rub the dough lightly with oil to keep a skin from forming, wrap in plastic, and let rest 30 minutes.
5. Divide the dough into 24 equal pieces, about 2/3 oz (20 g) each. Roll each piece into a ball.
6. Roll out each ball of dough into a circle 4 in. (10 cm) in diameter.
7. Cut the circles in half to make two semicircles.
  8. Moisten one half of the cut edge of a semicircle with water, then shape the dough into a cone. Move the moistened edge to overlap the other half of the cut edge and press together to seal.
9. Fill the cone with about 1/3 oz (10 g) potato filling.
10. Moisten the inside of the open end of the filled cone with water, then press the edges of the dough together in a flat seam. Seal the seam by pressing with a fork.
11. Repeat with the remaining dough and filling.
12. Deep-fry at 350°F (175°C) until browned.
13. Serve warm. Offer them plain or with Cucumber Raita as a dip.

## **Meat samosas**

1. 120 g Onion, chopped
2. 1 Garlic clove, chopped
3. 8 g Fresh ginger root, peeled and chopped as needed
4. 30 mL Oil
5. 2 gr Cumin seeds
6. 1 Bay leaf

7. 3 gr Ground coriander
8. 0.5 gr Ground cardamom
9. 1 gr Turmeric
10. 0.5 gr Cayenne to taste to taste
11. 1/2 tsp 2 mL Salt
12. 120 g Tomatoes, fresh or canned, chopped, with their juice
13. 480 g Ground lamb or beef
14. 30 mL Water

### **Procedures**

1. Place the onion, garlic, and ginger in a blender. Add just enough water so you can blend the vegetables to a smooth paste.
2. Heat the oil in a sauté pan over moderate heat. Add the cumin seeds and bay leaf. Heat just until the spices darken slightly and become aromatic.
3. Add the paste from step 1. Stir and fry in the oil until the paste is well reduced and thickened and no excess moisture can be seen. If it starts to scorch, add a little water and continue to stir and cook.
4. Add the coriander, cardamom, turmeric, cayenne, and salt. Stir and cook another 3–5 minutes, or until the paste is very thick and slightly browned.
5. Add the tomatoes, stir, and cook another 2–3 minutes to reduce the liquid.
6. Add the meat. Stir over heat to break up all lumps and brown the meat slightly.
7. Add the water, reduce the heat to low, cover, and let simmer slowly about 30 minutes. Stir from time to time and make sure the meat isn't scorching. Add a little extra water if necessary.
8. Remove the cover. By this time, the meat should appear dry. If it does not, simmer uncovered to reduce any liquid in the pan.
9. Taste and add more salt if necessary. Remove the bay leaf.
10. Cool before using to fill samosas.



## Learning Unit 3: Portion and store pastries, cakes and yeast products

### L03.1 Portion a cake



- Topic 1. Cutting techniques of cake**

The size of your cake will be determined by the number of guests you wish to serve, and what size portions you intend on serving. If you are already having dessert as part of your menu, finger or coffee size portions will be sufficient, and our cakes will taste delicious, with tea or coffee.

Alternatively, our cakes can be served as dessert and will go well with fresh cream, ice cream, chocolate fudge sauce or fresh berries; in which case you'll need dessert size portions.

To help you determine which size cake you'll need, please refer to the table below:

Round Cakes			Square Cakes	
Cake Sizes:	*Coffee	*Dessert	*Coffee	*Dessert
6 inch	20	10	30	15
7 inch	30	15	40	20
8 inch	40	20	55	25
9 inch	50	25	65	30
10 inch	65	30	85	40
11 inch	80	40	100	50
12 inch	95	45	120	60
13 inch	110	55	140	70
14 inch	130	65	160	80

Please note: the number of portions given above, is only intended as a guide and based on the following dimensions:

\*Coffee Size: 1 inch x 1 inch x 4 inches (2.5cm x 2.5cm x 10cm)

\*Dessert Size: 1 inch x 2 inches x 4 inches (2.5cm x 5cm x 10cm)

{Actual quantities may vary, depending on the person cutting up your cake}

Cake Cutting Tip: Ganache tends to stick to the knife when cutting your cake, making it difficult to get nice clean slices. To achieve clean cuts (and maximum number of serves), use a sharp (not serrated) knife, dipped in hot water and wiped dry before each cut.

## LO 3.2 Store pastries, cakes and yeast products

- **Topic 1. Storing methods**

Cake storage	
Plain Butter Cakes, Single or Multiple Layered Cakes, Cake from a Mix Storage: Room Temperature	Storage Note:  Be sure to cover tightly but do not refrigerate. If you do not have a cake keeper, cover the cake with a large inverted bowl, cover it with foil, or store in a large airtight container. Store at room temperature for approximately 5 days. Freeze for longer storage, up to 3 months.
Angel Food Cake Storage: Room Temperature	Storage Note:  Be sure to cover tightly but do not refrigerate. If you do not have a cake keeper, cover the cake with a large inverted bowl or store in a large airtight container. Store at room temperature for approximately 5 days. Freeze for longer storage, up to 2 months.
Chiffon Cake  Storage: Room Temperature	Storage Note:  Be sure to cover tightly but do not refrigerate. If you do not have a cake keeper, cover the cake with a large inverted bowl or store in a

	large airtight container. Store at room temperature for approximately 5 days. Freeze for longer storage, up to 2 months.
Pound Cake Storage: Room Temperature	Storage Note  Be sure to cover tightly but do not refrigerate. Wrap airtight in plastic wrap or in foil unless the recipe indicates differently. Store at room temperature for approximately 5 days. Freeze for longer storage, up to 3 months.
Sponge Cake Storage: Room Temperature	Storage Note:  Be sure to cover tightly but do not refrigerate. If you do not have a cake keeper, cover the cake with a large inverted bowl or store in a large airtight container. Store at room temperature for approximately 1 week. Freeze for longer storage, up to 2 months.
Note: The information above pertains to cakes that are unfrosted and without any type of filling. Avoid storing a cake in the refrigerator whenever possible because refrigeration causes the cake to dry out faster and can affect its flavor. When adding frosting or a filling, the cake may require refrigeration if they contain perishable ingredients, such as fresh fruit, whipped cream, meringue type topping, eggs, or custard.	

Frosting / Topping Storage	
Boiled Icing Storage: Room Temperature	Storage Note:  Be sure to cover tightly but do not refrigerate. If it is not stored airtight, it will begin to set. Once a cake has been frosted with boiled icing it can be stored at room temperature. Freezing is not recommended.
Butter cream Frosting	Storage Note:

<p>Storage:</p> <p>Room Temperature</p>	<p>Buttercream can be stored, refrigerated, in an airtight container for up to 2 weeks before using. Remove it from the refrigerator at least an hour before using so it will warm to room temperature. It can also be frozen for extended storage. A decorated cake with buttercream frosting can be stored at room temperature for up to 3 days. If you want to refrigerate a decorated cake, place it in the refrigerator unwrapped until the frosting hardens slightly. It can then be loosely covered with plastic. Buttercream frosting can be frozen.</p>
<p>Cream Cheese Frosting</p> <p>Storage:</p> <p>Refrigerated</p>	<p>Storage Note:</p> <p>Cream cheese frosting can be stored in the refrigerator for up to 2 weeks before using. Cakes frosted with cream cheese frosting must be stored in the refrigerator. The frosting will firm up when chilled but will soften quickly when it sits at room temperature. Cream cheese frosting can be frozen.</p>
<p>Dusting</p> <p>Storage:</p> <p>Room Temperature</p>	<p>Storage Note:</p> <p>Many dusting ingredients are shelf stable items that should be stored accordingly. When applied to the cake, storage time should be followed as to what is appropriate for the type of cake. When using powdered sugar for dusting, it is a good idea to wait to dust the cake just before serving because the cake can absorb the sugar, especially if it is a moist cake.</p>
<p>Fondant</p> <p>Storage:</p> <p>Room Temperature</p>	<p>Storage Note:</p> <p>Unused fondant can be stored in an airtight container for up to 2 months at room temperature</p>

	<p>in a cool, dry area. Do not refrigerate or freeze.</p> <p>Store cakes decorated with fondant for up to 3 days at room temperature.</p>
<p><b>Fresh Fruit Topping</b></p> <p>Storage:</p> <p>Refrigerated</p>	<p><b>Storage Note:</b></p> <p>Fresh fruit can also be added as a topping to the cake. A cake with fresh fruit topping should only be assembled within a few hours of eating it. The fruit continues to ripen even when refrigerated and its juices will begin to soak into the cake. If the cake has a cooked fruit topping that does not contain eggs, it can be stored at room temperature for up to 2 days. Refrigerate for longer storage. If the cake is going to be frozen, it is best to wait until the cake is thawed and then add the fresh fruit topping just before it is going to be served.</p>
<p><b>Ganache</b></p> <p>Storage:</p> <p>Room Temperature</p>	<p><b>Storage Note:</b></p> <p>Ganache can be stored at room temperature for up to 2 days before using. If storing, be sure to cover the entire surface of the ganache. Cover with plastic wrap. Press it down so that it is covering the entire surface completely. The ganache will need to be warmed again before using. A cake covered with ganache should be stored at room temperature. If it is exposed to warm temperatures, it will begin to soften. A cake topped with ganache can be frozen but it may lose some of its sheen when thawed.</p>
<p><b>Glaze and Syrup</b></p> <p>Storage:</p>	<p><b>Storage Note:</b></p> <p>If a glaze will set at room temperature for a while</p>

Room Temperature	<p>before being used, it should be kept loosely covered and if it begins to thicken set it in a pan of warm water to help loosen. A glaze can be frozen but its sheen will not be the same and it will need to be reheated. A cake with a glaze or syrup coating should not have to be refrigerated unless the cake has a filling that requires refrigeration. Allow the glaze to cool and harden completely before covering the cake for storing.</p>
<b>Gum Paste - Sugar Paste</b>  Storage: Room Temperature	<b>Storage Note:</b>  Unused paste can be stored in an airtight container, not refrigerated, for up to 2 months but be sure the container is closed tight so it does not harden. Do not freeze. Decorated cake can be stored at room temperature for up to 3 days. The gum paste will hold up fairly well on warm days but extreme heat will start to soften the paste.
<b>Meringue-Style Frosting</b>  Storage: Refrigerated	<b>Storage Note:</b>  Does not store well, deflates easily. Recommended to prepare close to when it is to be used. If storing, it needs to be refrigerated.
<b>Royal Icing</b>  Storage: Room Temperature	<b>Storage Note:</b>  Royal icing has a tendency to dry fairly quickly so it is important to take precautions while using it so it does not dry out before you are finished. It can be stored up to 3 days at room temperature. Be sure to cover the bowl with a damp cloth and then plastic to prevent it from drying out. The icing may

	<p>separate slightly but a good stirring will bring it back to a smooth texture. The royal icing on a cake does not require refrigeration. If the cake needs to be covered, the royal icing will be hard so you do not have to worry about disrupting the decorations.</p>
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Filling Storage	
<p><b>Custard Filling</b></p> <p>Storage:</p> <p>Refrigerated</p>	<p><b>Storage Note:</b></p> <p>The custard filling can be stored in the refrigerator for up to 3 days but is best when used the day it is made. A custard type filling should not be frozen.</p>
<p><b>Fresh Fruit Filling</b></p> <p>Storage:</p> <p>Refrigerated</p>	<p><b>Storage Note:</b></p> <p>Fresh fruit can also be added in between the layers of the cake but this type of cake should only be assembled within a few hours of eating it. The fruit continues to ripen even when refrigerated and its juices will begin to soak into the cake. If the cake has a cooked fruit filling that does not contain eggs, it can be stored at room temperature for up to 2 days. Refrigerate for longer storage. It is recommended to not freeze a cake with a fresh fruit filling because the fruit may become watering when thawed.</p>
<p><b>Frosting</b></p> <p>Storage:</p> <p>Room Temperature / Refrigerated</p>	<p><b>Storage Note:</b></p> <p>Cakes with frosting fillings should be stored according to the type of frosting being used.</p>

<b>Jelly Fillings</b>  Storage: Room Temperature	<b>Storage Note:</b>  Cakes with this type of filling can be stored at room temperature for up to 4 days as long as the frosting can be stored at room temperature; after 4 days the jelly will have a tendency to start to mould. The filling can be refrigerated if the frosting on the cake calls for it.
<b>Whipped Cream</b>  Storage: Refrigerated	<b>Storage Note:</b>  A cake with whipped cream filling should be refrigerated and served the same day that it is made.
<b>Glazes and Syrups</b>  Storage: Room Temperature	<b>Storage Note:</b>  The cake can be stored at room temperature when the filling is a glaze or syrup unless the cake or frosting requires refrigeration.

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