

CULINARY ART

Level-II

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Module Title: Preparing Pastry Items

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Addis Ababa

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Introduction to the modules

In Culinary Art field, preparing pastry items the process of making pastry includes mixing of fat and flour, adding water, chilling and then rolling out the dough.

This module is designed to meet the industry requirement under the Culinary Art occupational standard, particularly for the unit of competency: Preparing pastry items.

This module covers the units:

- Preparing, decorating and present pastries
- Preparing and producing cakes
- Decorating pastries, pastry producing and cakes
- Portioning and storing pastries and cake

Learning Objective of the Module

- Prepare, decorate and present pastries
- Prepare and produce cakes
- Decorate pastries, pastry products and cakes
- Portion and store pastries and cake
- **Module Instruction**

For effective use this modules trainees are expected to follow the following module instruction:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below.
3. Read the information written in the information Sheets
4. Accomplish the Self-checks
5. Perform Operation Sheets
6. Do the “LAP test”

Unit one: Preparing, decorating and presenting pastries

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Identifying tools and equipment used to prepare pastries
- Preparing a variety of pastry products according to enterprise standards
- Preparing basic pastes according to standard recipes

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Identify tools and equipment used to prepare, decorate and present pastries
- Prepare a variety of pastry products according to enterprise standards
- prepare basic pastes according to standard recipes

1.1. Identifying tools and equipment used to prepare pastries

1.1.1. Tools and equipment

Over the years basic equipment used in pastry has changed very little in form of their shapes and functions. However, greater mechanization and automation has been introduced and different materials and modern manufacturing techniques have been employed. It has become easier to maintain, more labour and energy saving, easy to clean, more hygienic and thus more efficient. With this more accuracy has been deployed in pastry works and high standard products are achieved at a shorter time. However, certain rules and regulations on how to handle pastry tools and equipment must be adhered to by all pastry chefs in order to reduce costs and maintain these tools and equipment in good condition.

I). **A tool** is any items that can be used to achieve a goal. Tools can be non-mechanical as well& do not need power.

II). **an equipment** usually denotes a set of tools that are used to achieve to specific objectives. That means it used for mixing, baking, blending, freezing, chilling, processing, and much more.

In commercial kitchen equipment can be divided in to two categories:

A). Hand tools: - are generally small in size and we can put on the shelf or in a drawer.

B). Stationary equipment: - it is heavy & placed in one defined place

Equipment may include:

- Measuring Cups (Liquid and Dry) and
- Spoons
- Fine-Mesh Sieve
- Paring Knife
- Pie Plate
- Parchment Paper
- baking tray
- blenders
- bowl
- deep-fryers
- electric, gas or induction ranges

- food processors
- Grinder Kneader
- microwaves
- mixers
- ovens, including combination ovens
- pastry brush
- pastry wheel
- Proofer
- Refrigeration units
- Roller
- salamanders
- slicers
- steamers
- utensils
- Kitchen Scissors
- Pastry Brush

1.1.2. Type & function of bakery& pastry equipment



To give a shape to the pastry, cut into a required shape & making flatten.

Fig,.1.1. Cookie Cutters



Fig.1.2. Timer,

To control the time taken & the temperature required



To blend a pastry & cut it

Fig.1.3. Pastry Blender



Fig.1.4. Piping bag and nozzle: used to push out soft mixtures such as cream, icing or mashed potato into attractive shapes.



Fig.1.5. Pastry brush: a brush with thickly packed bristles used for brushing pastry and applying glazes, marinades etc.



Fig.1.6.Tongs: made from stainless steel or plastic, they are used to lift and turn food



Fig.1.7.Balloon whisk: used to beat air into and lumps out of a mixture by whisking the food through loops of wire.



Fig.1.8. Mixer



Fig.1.9.scale



Fig.1.10.paddle



Fig.1.11. balloon whisk



Fig.1.12. measuring jug



Fig1.113. Pastry wheel



Fig.1.14. scraper / dough cutter



Fig.1.15. baking pan

Equipment should be constructed from materials which are non-toxic, non-flaking, corrosion-resistance, smooth and free from breaks, open seams, cracks, chips, and difficult to clean internal corners.

Food contact surfaces will need regular disinfection and care must be taken in selecting materials. The preferred material for most equipment is food-grade stain less steel (18/8 contains 18 percent chromium and 8 percent nickel.)

Handles of knives, brushes and other equipment, rolling pins, spoons and paddles and cutting boards can now be obtained from cleansable material.

Safety in the kitchen includes:

- A regular inspection and checking system for mechanical, electrical and gas ranges.
- Any faults in equipment must be reported and repairs carried out.
- Appropriate cleaning and correct handling of tools and equipment
- Metal trays, pans, china or glass that is very hot should never be placed in cold water
- Small metal tubes, cutters, knives or other sharp tools should never be left in the sink
- Always keep equipment in a dust free cupboard and store tidily.
- Operating gas or electrical ranges safely
- Never use any equipment until you are instructed how to operate
- Read the manual of any machine before operating

Every Thing has a Place and There is a Place For Every Thing ‘

- When cleaning electrical appliances, switch off power supply, when re-assembling equipment ---make sure it is done correctly
- Use the right tool or equipment for its intended use

1.2. Preparing a variety of pastry products

1.2.1. Techniques to make pastry& pastry product

Making process of pastries

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The process of making pastry includes mixing of the fat and flour, adding water, chilling and then rolling out the dough. Chilling before rolling is essential since it enables the fat (lard, butter etc) to harden again and thus create flaky layers in the dough.

The **four** pastry techniques to achieve perfect textures:

To obtain these textures, we have four basic pastry techniques that we will introduce below: emulsification, aeration, thickening and gelation.

A. Emulsification technique

Emulsions play a key role in pastry since they are the structures responsible for creaminess on, for example, ganache, custards or ice creams. When understanding what an emulsion is, how is it formed or undone and what factors influence its stability, you comprehend why emulsions bring us a creamy mouth feel, something already up holded in the article "Beyond the lines of traditional pastry – redefining the concept of creaminess".

It is really important to note that creaminess is not directly associated with traditional ingredients, as it is obtained thanks to this texture creating technique: emulsification. Creaminess is obtained by incorporating an emulsifying ingredient composed of citrus fiber

B. Aeration technique

Aerated textures, also called foams, are very representative in the world of pastry and bakery: from plated desserts foams, through several kind of meringues, guimauves, mousses and ice cream, to sponge cakes and even bread. There are many aerated textures with different appearance and mouth feel, but they all have something in common: they are extremely delicate, so it is essential to learn how to create and stabilize them.

C. Thickening technique

Thickening is the process of increasing viscosity in recipes. But why is it so essential to control this parameter? Viscosity greatly influences the mouth feel caused by food and this is as important as the flavor of the product itself. For this reason, when you master the thickening technique, you can improve and refine your textures to create a unique tasting experience.

D. Gelation technique

If you think of gelling, the first textures that come to mind are surely those that have a truly gelatinous texture, such as jams, marmalades, compotes or pâté de fruit. However, most

pastry and bakery recipes are gelled to maintain their shape and stability, such as mousses, foams or even bread.

As you can see, it is a fundamental technique for the creation and execution of stable recipes and, to work with it, each ingredient and its parameters must be considered. Let's take the case of working on a recipe with alcohols: their molecular composition will play a role when choosing which gelling agents combine them with, as well as their dosage.

Baking: is the cooking of food by dry heat in an oven in which the action of the dry convected heat is modified by steam.

Bringing together a balanced quantity of various ingredients in a proper form is a definition of the art and science of baking. When you consider that most bakery products are made of the same few ingredients; flour, shortening, sugar, eggs, water, or milk and leavenings then you should have no difficulty understanding the importance of accuracy, since slight differences in proportions or procedures can mean great differences in the final product.

Purpose:

- To make food digestible, palatable, and safe to eat
- To create eye appeal through colour and texture
- Baked goods offer variety to the menu and are popular in the diet.

Basic rules in the baking process

- Pre-heat the oven for 10 min.
- Measure the ingredients accurately
- Make a dough based on recipe
- Prepare the baking sheet, moulds in advance
- Bake at correct temperature & time
- Do not open the oven while baking until done

1.2.2. Variety of Pastry

Pastry definition:

- is baked food made with a dough of flour, water and shortening (solid fats, including butter or lard) that may be savoury or sweetened.
- Can also refer to the pastry dough,^[4] from which such baked products are made.

Pastry dough is rolled out thinly and used as a base for baked products.

- is differentiated from bread by having a higher fat content, which contributes to a flaky or crumbly texture. A good pastry is light and airy and fatty, but firm enough to support the weight of the filling. When making a short crust, care must be taken to blend the fat and flour thoroughly before adding any liquid.

1. Shortcrust Pastry

Shortcut pastry is a compact, resilient dough that's not flaky but crumbly. You already know this one very well — pie and tart crusts are made with shortcrust pastry.

The main ingredients in shortcrust pastry are flour and shortening, more often than not, butter. A pinch of salt adds definition to the pastry, and sugar is customary when using shortcut pastry for sweet desserts, such as apple pies and fruit tarts.

Although recipes vary, shortcut pastry recipes often call for twice the amount of flour than butter by weight. If sweetened, you might find it under the French name *Pâte sucrée*. If it contains egg, it's called *Pâte à foncer*. If using both eggs and sugar, you're dealing with a *Pâte sablée*.



Fig.1.16.short crust pastry

2. Flaky pastry

As its name suggests, flaky pastry comes out of the oven paper-thin and flaky. You might find it as quick pastry or blitz pastry, names that refer to the relatively short process behind this uncomplicated but beautiful dough.

To make the flaky pastry, one must combine flour with lumps of butter, rolled and folded before use. The butter melts and expands in the oven, causing the dough layers to separate, creating a few flaky layers.

Flaky pastry is particularly common in comfort food and everyday bakes like pasties, sausage rolls and turnovers. Pies also call for this thin pastry, and so do quiches. Compared to puff pastry, flaky pastry has fewer layers, and it's less puffy. Flaky pastry is the thinnest pastry dough



Feig.1.17.Flaky pastry

3. Puff pastry

Puff pastry or mille feuille is amongst the most common types of pastry, and it's for its layered texture, that's both puffy and crusty.

Much more complex than flaky pastry, puff pastry comprises many layers of flour dough and butter, and we mean entire slabs of butter. Making this dough is time-consuming and labor-intensive, as pastry chefs fold and roll the dough several times. Still, the result is always worth it.

Initially, people might have made a similar dough with olive oil instead of butter, a specialty that could go back for thousands of years. Modern puff pastry, though, is always made with butter. The most common uses of puff pastry are making croissants, palmiers, tarts, strudels and savory dishes like the beef wellington.



Fig.1.18.Puff pastry

4. Choux Pastry

Choux pastry is an attractive type of dough recognizable for its delicate and airy texture.

This dough is also made with butter, water and flour, but it also contains eggs. Choux

pastry puffs beautifully in the oven, even without raising agents — the high moisture in the batter evaporates, lifting the dough.

Legends say Catherine de Medici’s head chef created the dough to make tasty one-biters to please the most sophisticated palates in the high courts. Some of the most popular treats made with choux pastry include profiteroles, beignets, croquembouches and the famous éclairs



Fig.1.19.Choux Pastry

5. Phyllo Pastry

Last but not least, phyllo or filo is the fifth most famous type of pastry dough. Paper-thin, flaky and crispy, this unique dough is behind some of the most delicate desserts and savory two-biters in the Mediterranean basin.

To make filo dough, pastry chefs stretch and roll dough made with flour and water and brush it with oil before stacking it. Commercial bakers roll the stretchy dough with machines, but the result is always the same — paper-thin sheets that crisp to golden perfection in the oven.

Filo dough is the main ingredient in the honeyed baklava, the rich spanakopita(Greek spinach pie), and many other Eastern European dishes. Filo dough has origins in the Ottoman period as far back as the first millennia.



Fig.1.20.Phylo Pastry

Preparing basic pastes

Main Types of Pastes used in Pastry Kitchen

T

This article throws light upon the six main types of pastes used in pastry kitchen. The types are: 1. Short Crust Paste 2. Sweet Paste 3. Choux Paste 4. Marzipan 5. Almond Paste 6. Touille Paste.

• .Short Crust Paste:

Short paste or short crust paste is crisp and brittle. It is not elastic and resilient like dough and this shortness in a cookie or many pastry products is much desired to alter the textures and mouth feel of a product. Short crust paste is usually used for making savoury products such as turnovers and pies. Table 21.1 shows the role of ingredients in making short crust paste.

Steps in Making Short Crust Paste:

Usually the first two steps are used for making short crust paste; but if pies or flans are to be made then the latter steps are used.

The steps in making short crust paste are given below:

Step 1: Mix the butter and flour

This could be done by using the following methods:

Rubbing in Method:

The cut pieces of butter are rubbed into the flour to produce coarse breadcrumb size particles. Cold water is sprinkled over and the dough is lightly mixed to form short crust paste. Chill in the refrigerator before using.

Pinning Method:

Cut the butter into small cubes and roll with the flour until butter flakes. Collect in a bowl and sprinkle cold water. Collect the paste together to form a short crust paste.

Step 2: Chill the paste in the refrigerator. It will be easy to roll later, if the paste is put in a plastic bag and flattened out with the tip of fingers before refrigerating

Step 3: Pin the dough with rolling pin. If lining a pie dish, roll into a circle, roll it back on to the rolling pin, and unroll it in the pie dish. Usually 240 g of dough lines a pie dish of 8 inches diameter. There is no need to grease the pie mould as short crust paste contains lots of butter. While making tarts or targets in bulk, place the tart mould close to each other to form a large rectangle

Sheet out the dough and follow the same procedure of rolling it over rolling pin and unrolling it on to the tart moulds. Then press the short crust over the tarts with the palms and then finish each one individually. The trimming left over should not be needed together; instead just collect them and roll them again if needed.

Step 4: The pastry is docked to allow the steam to escape from it while baking

Step 5: Blind bake the shell. Line with greaseproof paper and fill with beans. The paper does not let the beans stick to the pastry. When half done remove the beans and bake the pastry again so that it turns golden brown. At this stage, you can add minced meats and vegetables along with cream and eggs to make a pie called quiche.

Uses of Short Crust Paste in Pastry Kitchen:

The uses of short crust paste are as follows:

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- i. Short crust can be used for making tarts, pies, and flans. Table 21.2 shows the difference among tarts, pies, and flans.
- ii. Short crust can also be rolled and cut into shapes and used as savoury biscuits.
- iii. It can be crumbled and used as a topping on pies to give a rustic crust.
- iv. Certain meats are encased in short crust prior to baking.

Table 21.2 Difference among tarts, pies, and flans

| Tart | Pie | Flan |
|--|--|--|
| Tart is a mould which is 3–4 inches in diameter with raised edges. The smaller version of 1 inch diameter is called tartlet. | This is a dish made in a flan mould. Pies are usually sweet or savoury fillings baked in a flan. | Flan is a mould that is 6–8 inches in diameter with raised edges. |
| Tarts are baked like shells and then cooked fillings and creams are added to them. They are open and never closed. | A pie is usually covered on top with another piece of crust. | Sometimes large tarts which are open are also referred to as flans; we cannot call them pies as pies are always covered. |
| Tarts are blind baked and cooked fillings are filled. | The pie is blind baked till half done and the filling is put inside and then baked again. | Flans are blind baked and cooked fillings are filled inside the shell. |
| Tarts are usually sweet. | Pies can be sweet or savoury. | Flans are usually sweet. |
| Examples—fresh fruit tart, lemon curd tart, etc. | Examples—apple pie, Australian leek pie, etc. | Examples—fruit flan, custard flan, etc. |

- **Sweet Paste:**

Sweet paste is sweet in taste. It is short and brittle like the short crust paste; but its usage is restricted to sweet products.

Table 21.3 shows the role of ingredients in making sweet paste:

Table 21.3 Ingredients used in sweet paste

| Flour | Fat | Liquid | Sweetener |
|--|---|--|---|
| Soft flour is used to avoid elasticity in the product. The product needs to be resilient and brittle. | The fat used is usually butter. Margarines also give a good product, but as margarines are trans fats the use of these should be avoided. | Eggs are used as liquid in pastes. | Castor sugar or icing sugar is recommended to be used as sweetener. They are more readily soluble, which has a softening effect on the gluten in the flour, in turn influencing the shortening properties in the sweet paste. |
| Flour is sifted well to provide aeration to the final product. | Fat is cut into smaller pieces and either creamed with sugar or rubbed in with flour like short crust paste. | Cold eggs are used as liquid. | Sift the icing sugar to avoid any lumps in the sweet paste. Do not use grain sugar as it will leave brown specks after baking. |
| If chocolate flavoured sweet paste is desired, then substitute 20 per cent with cocoa powder. Other flavourings, such as lemon zest, etc., can also be added to the flour. | | Sometimes milk is added if almond flour is added to the sweet paste. | |

Steps in Making Sweet Paste:

The steps in making sweet paste are given below:

Usually the first two are used for making short paste; but if pies or flans are to be made then the latter steps are used.

Step 1: Mix the butter and flour

This could be done by using the following methods:

Creaming Method: The butter and sugar should be creamed well. The idea is to make it lighter by incorporation of air. This is the most commonly followed method to make sweet paste. Then add eggs one by one until all the eggs are added. Use a flat paddle to beat the mix. Now remove from the mixer and carefully fold in the sifted flour to obtain sweet paste. Do not over-mix as the sweet paste will lose its shortening effect.

Rubbing in Method: The cut pieces of butter are rubbed into the flour to produce coarse breadcrumb size particles. Beaten eggs are lightly mixed to form sweet paste. Chill in the refrigerator before using. This method is not very commonly followed

.Step 2: Chill the paste in the refrigerator. If the paste is put in a plastic bag and flattened out with the tip of fingers before refrigerating, it will be easy to roll later. The other three steps are similar to that of short crust paste

.Uses of Sweet Paste in Pastry Kitchen:

The uses of sweet paste are as follows:

- i. Sweet paste is used for making tarts, pies, and flans. To understand the difference among the three, refer to Table 21.2.
- ii. It is rolled, cut into various shapes, and baked as cookies and biscuits.
- iii. It is used as base for certain cakes and pastries.
- iv. Thin cut out sheets of sweet paste can be used as decorations.

• Choux Paste:

Choux means cabbage in French. Here baking results in a shape that resembles cabbage and probably that is the reason why it has been given this name. Choux paste has a consistency between dough and a batter and is used in both savoury and desserts. This paste may or may not contain sugar, depending upon the usage of the final product.

Choux is a versatile, partially precooked paste that can be baked for use in pastries and gateaux, fried for use in potato dishes and fritters, or boiled in gnocchi dishes. Pastry products made from choux paste include éclairs, Paris Brest, gateau St Honoree, profiteroles, and many others. There are many recipes with varying formulae, each giving a product of a different consistency depending on its purpose.

When the choux paste is baked, a steam is formed inside which pushes the paste out giving it a hollow texture. This is then baked at low temperature to dry out the pastry to keep it firm and crisp. Otherwise the product will collapse and will be chewy.

The tunnel thus created in the pastry is filled with different types of flavoured fillings and decorated. Choux paste is not only baked, but also deep-fried. Table 21.4 shows the role of ingredients in making choux paste.

Table 21.4 Ingredients used in choux paste

| Flour | Fat | Liquid |
|---|---|--|
| Medium to strong flour should be used, as the gluten is required to provide good elasticity and volume to the paste. In India we would use the normal flour. | The fat used is butter as it gives a better flavour to the product. | Water and eggs are the primary liquids used in choux paste. Water is boiled with butter and flour is cooked until it leaves the sides of the pan. It is removed from fire and eggs are incorporated one by one until a paste is obtained. The quantity of eggs will depend upon the size of the eggs, degree of cooking of flour, and the amount of flour and fat used. |

Steps Used in Making Choux Paste:

The steps used in making choux paste are given below:

Step 1: Place the fat and water in a pan and heat until the fat is melted and the water boils. The fat and water should boil simultaneously. The fat should be cut into small pieces to help it melt quickly, preventing the loss of water through evaporation. If water loss occurs, the pastry would contain too much fat, making it heavy

Step 2: Add the sieved flour all at once to the fat and water emulsion and stir continuously with a wooden spoon. This will prevent lumps from forming in the paste. The flour should be added only when the fat and water has come to the boil. This paste, called panada, is cooked until it leaves the side of the pan without sticking

Step 3: Add the eggs to the panada when the mixture has cooled to approximately 60°C. This is done to prevent the eggs from completely cooking in the paste, which would result in a heavy

paste. Add the eggs one at a time, working the paste to a smooth consistency before the next egg is added. The final consistency of the paste for pastries should fall off the back of the spoon. Take care when adding the last of the eggs as different flours have different adsorption characteristics. The paste should have a good, smooth sheen. It should be soft and should be able to retain its shape when piped.

Step 4: This paste does not require a resting period. It can be piped immediately and then baked. Choux paste can be piped onto lean baking trays that are lightly greased. They can also be lightly dusted with flour after they have been greased










Step 5: Bake at a high temperature initially (200 to 220°C, depending on the size). The baking of choux pastry requires a lot of care. While baking, the oven door should not be opened too frequently because the loss of heat may cause the pastry to collapse. Also, if the pastry is not baked thoroughly until it is properly dried, it may collapse.

The development of colour is not sufficient indication that the item is cooked properly. If the 'shell' is not firm and crisp, reduce heat and bake further to dry out. The choux paste, after baking, should be light for its weight and when sliced open it should be hollow from inside.

Uses of Choux Paste in Pastry Kitchen:

Choux paste is a versatile paste and can be used in savoury or desserts.

There are many uses of choux paste and some of these are shown below:

| Item | Description | Photograph |
|---------------------|--|---|
| Savoury items | Used for making savoury items such as fritters, cheese balls, gnocchi, etc. |  |
| Chocolate eclairs | Piped in tube shape usually 4 inches long and after baking it is filled with flavoured cream or custard and glazed with melted chocolate or fondant. |  |
| Profiteroles | Round-shaped balls of choux paste baked and filled with flavoured creams and glazed with chocolate, caramelized sugar, sifted icing sugar, fondant, etc. |  |
| Croquembouche | Profiteroles are filled with custard, flavoured with 'grand mariner' and glazed with caramelized sugar. It is built in a height and is used as a traditional wedding cake in France. |  |
| Profiterole suchard | Profiterole shells are filled with vanilla ice cream and glazed with chocolate sauce. |  |
| Gateau St Honore | It is a classical gateau from France. It is made by piping a ring of choux paste on a thin disc of puff pastry and baked. The ring of choux paste is then sliced from top and filled with a crème Ciboust. The ring is decorated with filled profiteroles glazed with caramelized sugar and the centre of the gateau is piped with alternate swirls of crème Ciboust and pastry cream. |  |
| Paris Brest | A ring-shaped choux paste, baked and piped with whipped cream and decorated with fresh fruits and berries. It is decorated with sifted icing sugar. |  |
| Swans | Choux paste piped in shape of tear drop and baked to make swans. The top is cut and then split in half lengthwise to make the wings of swans. The neck is piped in a thin curved shape and baked separately. Swans can be filled with crème Chantilly and assembled to resemble swans. |  |
| Cream slices | Thin sheets of choux pastry are layered with cream and fruits and garnished with sifted icing sugar. |  |

• Marzipan:

Marzipan is a paste composed of ground almonds and sugar mixed in varying proportions. Better quality marzipan has more almonds and less artificial flavouring. It is commercially made as it has better taste and texture if made that way. The homemade marzipans are rarely of the consistency and texture as that of the commercially available ones.

Marzipan is mainly used as covering for wedding cakes and other rich cakes. It is widely used to make flowers, fruits, and figures as the dough like texture allows the chef to mould it into various forms and figures. Marzipan is also used as filling, for example, Dresden Stollen, and in the production of some high quality cake mixtures.

Table 21.6 shows the role of ingredients in making marzipan.

Table 21.6 Ingredients used in marzipan

| Nuts | Sugar | Water | Liquid Glucose |
|---|--|---|---|
| Coarsely ground almonds without the skin are used. It is important to check the taste of almonds, as bitter almonds would spoil the taste. Mock almonds, such as kernels of stone fruits, are used to make a paste called <i>persipan</i> . | Good quality refined sugar is to be used. It is advisable to use high quality castor sugar. Though the sugar will be boiled, the impurities in the grain sugar will impact on the colour of marzipan. So it is advisable to avoid the use of grain sugar. | Water is used as a binding agent for almonds and liquid glucose. Water is boiled along with liquid glucose and heated up to 121°C. | It contains dextrin gum that retards the crystallization of sugar. Liquid glucose keeps the product pliable, and allows you to work with it for a longer time without crystallizing the sugar. |

Techniques Used in Making Marzipan:

Marzipans are better if procured from the commercial shops and there are many good reasons to do so—quality of the product, consistency, etc.

In case of non-availability one could make marzipans by following the steps given below:

Step 1: Blanch almonds and skin them, if you wish to get a marzipan which is creamy white in colour. Dry the almonds well and coarsely grind them, ensuring that they do not become oily. You can avoid almonds from becoming oily by not grinding them in a heavy duty mixer grinder.

Step 2: Combine sugar, water, and liquid glucose and boil to 121°C. Make sure that the sugar does not colour and this can be done by ensuring that the sides of the pan are constantly brushed down with a wet brush

Step 3: Take the liquid off the fire and add coarsely ground almonds to the mixture. Spread the mixture onto a cleaned marble surface and let it cool down

Step 4: Grind the mixture into a paste. This paste will form into pliable dough when it is cooled down

.Uses of Marzipan in Pastry Kitchen:

The uses of marzipan are as follows:

- i. It is used for making flowers, decorative figures, and moulds.
- ii. It is used for covering wedding cakes and rich cakes, to make a smooth base for spreading ‘royal icing, which is a thick paste made by beating egg whites with icing sugar and little lemon juice.
- iii. It can be used for modeling purposes and in that case one part of marzipan is mixed with one and a half part of icing sugar. The paste thus made will remain more firm and hard when creating modeling structures.
- iv. Marzipan can be used to make high quality cakes. When adding marzipan to a light density mixture, such as egg yolk, it is necessary to first break down the marzipan to avoid lumping. If the preparation uses sugar, blend the sugar with the marzipan first. Sugar is an abrasive which will gradually grind down the marzipan and allow it to disperse when the egg yolks or other liquids are gradually added.

● **Almond Paste:**

Almond paste is commonly known as ‘frangipani paste’ and composed of ground almonds or marzipan mixed with butter, flour, and eggs. This is used in fillings of many classical cakes such as gâteau pithivier. This paste unlike marzipan is always baked before eating. It can also be used for making pies and tarts. As it is enriched with marzipan, it produces pies and tarts of rich quality. Table 21.7 shows the role of ingredients in making frangipani paste.

Table 21.7 Ingredients used in Frangipani paste

| Marzipan | Sugar | Butter | Egg Yolks | Flour |
|---|--|---|--|--|
| Marzipan gives body and texture to the paste. | Castor sugar is better as it forms an abrasive and helps in creaming the marzipan. Icing sugar can also be used for a finer paste. | Butter helps to cream the almond paste and adds flavour and texture to the paste. | Egg yolks are used for adding creamy texture and flavour. | Soft flour is carefully folded in and helps to bind the paste together when baked. |
| It is crumbled into smaller pieces and mixed with eggs and sugar. | Sugar helps in providing the browning effect to the paste when baked or gratinated. | Only butter has to be used for quality. | Only egg yolks are to be used. If the paste is too thick then egg whites can be added for thinning down the mix. | Do not overmix the flour in the paste as the paste will become chewy. |

Steps in Making Frangipani:

The steps in making frangipani are given below:

Step 1: Crumble the marzipan and beat it with flat paddle with sugar and butter until a creamy mixture is formed

Step 2: Add yolks one by one until a creamy mixture is obtained

Step 3: Add flour and fold with hands and store in refrigerator. This paste can be frozen for later use.

Uses of Frangipani in Pastry Kitchen:

The uses of frangipani are as follows:

- It is used for fillings in cakes such as gateau pithivier, almond croissant, etc.
- It is used for filling in breakfast pastries such as Danish pastry and almond croissant.
- It is also used as filling for pies and tarts. In a flan or tart, add frangipani to the tart base and arrange sliced fruit such as pear on top and bake at 180°C until golden brown. The almond paste rises up encasing the fruit.

● Touille Paste:

Touille is derived from the French word ‘tulips’ and this name is probably given to it, because it is used for making thin petal-like cookies for garnishes and decorations. A design is first drawn onto a cardboard (2-4 mm thick) and then cut out.

For regular work, it is best to use plastic or heavy aluminium stencils which are available in the market for this purpose. Lay the stencil on lightly greased and floured baking trays and spread the mixture in the centre of the cut out. When spread, lift the stencil carefully. Bake evenly at approximately 190°C until golden brown.

When the paste is just baked, it will be soft and can be moulded into various shapes such as curls, twists, etc. to give a dimension to the garnish. There are many types of *touille* paste used for garnishes in pastry and each has a different texture and mouth feel, though the purpose of each is same—garnishing and decoration. *Touille* paste can also be used to make cups and cones for serving desserts or ice cream in them.

Table 21.8 shows the different types of *touille* and their uses.

Table 21.8 Different types of *touille* and their uses

| Name | Description | Uses |
|-----------------------|---|--|
| Basic <i>touille</i> | It is made by creaming butter and icing sugar. Eggs are added and folded in flour to form a paste. | It is used for making cones, swirls, and various garnishes. |
| Almond <i>touille</i> | It is made as per the recipe of basic <i>touille</i> but 20 per cent of the weight of flour is replaced with almond powder or marzipan. | It is used for garnishes and decorations. It can also be served with ice creams. |
| July pan | It is made by mixing equal amounts of milk, icing sugar, and flour which form a paste. | It is used as garnishes for eggless dessert. It is used for making springs as it takes longer time to set to brittle texture as compared to other <i>touille</i> . |
| Brandy snaps | This <i>touille</i> is very different from the above mentioned <i>touille</i> , both in terms of making the mix and the appearance. This bakes to very thin dark brown sheets with large holes. The butter, sugar, and honey are cooked until it comes to a boil and flour is added to make a paste. It is then cooled and baked on silpats. It is usually spread out on a sheet. | It is used for decorations and served as crisps with ice creams. |

A **tart** is a baked dish consisting of a filling over a pastry base with an open top not covered with pastry. The pastry is usually short crust pastry; the filling may be sweet or savoury, though modern tarts are usually fruit-based, sometimes with custard.

| | |
|----------------|---------|
| Self –Check #1 | Writing |
|----------------|---------|

Instruction: Answer the following questions:

Part I. say true or false

1. Flan is caramel topping and custard base that's made with milk, eggs and sweetener.
2. Equipment is used for mixing, baking, blending, freezing, chilling, processing, and much more.
3. Appearance is one of the characteristics of pastry **product characteristics**

Part II. Choosing

4). which one is the preparation techniques of pastry?

- A) rolling
- B) cutting and moulding
- C) resting
- D) All

5). ---is an egg- and flour-thickened custard made with sweetened milk flavored with vanilla.

- A) Pastry
- B) Pastry blender
- C) pastry cream
- D) none

Operation Sheet 1

Prepare and Produce Pastries

1.1. Danish Pastries

Ingredients:

- 240ml milk
- 2 tsp instant dried yeast
- 370g plain white flour
- 1 tsp salt
- 4 tbsp butter
- 150g soft brown sugar
- egg, beaten
- 2 tbsp melted butter
- 250g mixed dried fruit (we like sultanas and cranberries)
- For the glaze:
 - tbsp caster sugar
 - tbsp boiling water



Methods

1. Heat the milk until it is warm and then sprinkle the yeast over it. Mix. Cover with damp tea towel and leave to stand at room temperature for around 10 minutes until the mixture becomes frothy.
2. Then in a separate bowl mix flour and salt. Add the butter and rub in until the mix becomes like fine breadcrumbs. Add one third of the brown sugar and then add in the milky yeast mix and a beaten egg until it comes a pliable dough texture.
3. Roll into a ball and turn out onto a lightly floured surface and knead well with your knuckles with your hand clenched into a fist. Cover and leave until mix has doubled in size.

4. Then using a rolling pin roll out into a rectangle 50cm x 20cm. Brush the dough with melted butter and sprinkle with the mixed fruit and remaining brown sugar. Then roll up to create a Swiss roll shape. Cut into 12 slices and place cut side down onto a lightly greased baking sheet.
5. Then cover and leave in a warm place until the buns have doubled in size. This should take half an hour.
6. Bake at 200C/400F/gas mark 6 for 20 minutes or until golden brown. If they start to become too brown, then cover loosely with tin foil. Place on a wire rack to cool.
7. Then add caster sugar to the boiled water and brush over each bun while they are hot. Leave to cool



1.2. Croissants

Ingredients

- 3 tablespoons warm water (110 degrees F/45 degrees C)
- 1 ¼ tsp active dry yeast
- 1 tsp white sugar
- ¾ cups all-purpose flour
- ⅔ cup warm milk
- 2 tsp white sugar
- 1 ½ tsp salt
- 2 Tbsp vegetable oil
- ⅔ cup unsalted butter, chilled
- 1 large egg
- 1 tablespoon water

Procedure

1. Combine warm water, yeast, and 1 teaspoon sugar in a small bowl. Let stand until yeast softens and begins to form a creamy foam, about 5 minutes.
2. Measure flour into a mixing bowl. Combine warm milk, 2 teaspoons sugar, and salt in a separate bowl; blend milk mixture, yeast mixture, and oil into flour. Mix well and knead until smooth. Cover, and let rise until over tripled in volume, about 3 hours.
3. Deflate gently, and let rise again until doubled, about another 3 hours.
4. Deflate dough and chill for 20 minutes.
5. Massage butter until pliable, but not soft and oily. Pat dough into a 14x8-inch rectangle. Smear butter over top two-thirds, leaving a 1/4-inch margin all around. Fold unbuttered third over middle third, and buttered top third down over that. Turn 90 degrees, so that folds are to left and right. Roll out to a 14x6-inch rectangle. Fold in three again. Sprinkle lightly with flour, and put dough in a resalable plastic bag. Refrigerate for 2 hours.
6. Unwrap, sprinkle with flour, and deflate gently. Roll to a 14x6-inch rectangle, and fold again. Turn 90 degrees, and repeat. Wrap and chill 2 hours.
7. Preheat the oven to 475 degrees F (245 degrees C).
8. To shape, roll dough out to a 20x5-inch rectangle. Cut in half crosswise, and chill half while shaping the other half. Roll out to a 15x5-inch rectangle. Cut into three 5x5-inch squares. Cut each square in half diagonally. Roll each triangle lightly to elongate the point, and make it 7 inches long. Grab the other 2 points, and stretch them out slightly as you roll it up. Place on a baking sheet, curving slightly. Let shaped croissants rise until puffy and light.
9. In a small bowl, beat together egg and 1 tablespoon water. Glaze croissants with egg wash.
10. Bake in the preheated oven until crisp, flaky, and golden brown, about 12 to 15 minutes.

1.3. Palmiers

Ingredients

- cup sugar, divided
- 1 sheet frozen puff pastry, thawed

Methods:



Fig.1.3. palmiers

1. Preheat oven to 425°. Sprinkle a surface with 1/4 cup sugar; unfold puff pastry sheet on surface. Sprinkle with 2 tablespoons sugar. Roll into a 14x10-in. rectangle. Sprinkle with 1/2 cup sugar to within 1/2 in. of edges. Lightly press into pastry.
2. With a knife, very lightly score a line crosswise across the middle of the pastry. Starting at a short side, roll up jelly-roll style, stopping at the score mark in the middle. Starting at the other side, roll up pastry jelly-roll style to score mark. Freeze until firm, 20-30 minutes. Cut into 3/8-in. slices.
3. Place cut side up 2 in. apart on parchment-lined baking sheets; sprinkle lightly with 1 tablespoon sugar. Bake for 8 minutes. Turn pastries over and sprinkle with remaining 1 tablespoon sugar. Bake until golden brown and glazed, about 3 minutes longer. Remove to wire racks to cool completely. Store in airtight containers.

1.4. Puff pastry

Ingredients:

- cup unsalted butter cold (227g)
- cups all-purpose flour (240g)
- 1 Tbsp sugar (12g)
- 1/2 tsp kosher salt (2g)
- 8-10 Tbsp cold water (120-150 mL)



Fig.1.4. Puff pastry

Instructions

1. Place butter in the freezer for 10 minutes.
2. In a large mixing bowl, whisk together flour, sugar, and salt.
3. Grate the frozen butter into the flour. (Dice the remaining end of butter that you can't grate.)
4. Toss the butter into the flour mixture with your hands until well coated.
5. Drizzle 6 tablespoons of water over the mixture and fold the mixture together until it clumps together. Continue adding water a tablespoon at a time until a loose and crumble dough forms. (It should hold when squeezed.)

6. Gently knead the dough a few times in the bowl until a cohesive mass is formed. Shape into a ½-inch thick square and wrap tightly in plastic wrap. Chill for 1 hour.

On a lightly floured surface, roll the chilled dough into a 1/2-inch-thick rectangle. Fold the dough in thirds like a letter. Turn 90 degrees. Repeat rolling, folding, and rotating 3 more times.

7. Fold back into thirds, wrap tightly, then chill for at least 2 hours or up to 2 days, or placed in a freezer bag and freeze for up to 2 months.

Notes:

The butter is grated to make the process of laminating quicker and lowers the risk of tearing the dough. If you spend too long trying to roll the dough, you risk the butter getting warm and melting into the dough instead. I do not suggest using cubed butter or roughly chopped butter in place of grated butter.

If it's summer or you have a humid kitchen, keep a close eye on the dough. If you feel the dough is getting too warm at any point of rolling the dough, put it back into the fridge to chill it.

If the dough feels rubbery or starts shrinking during the laminating process, place it in the fridge to chill.

If you are freezing the dough for later, allow it to thaw in the fridge before you unfold it to avoid cracking or breaking the frozen dough.

When freezing the dough, double wrap it in plastic before placing it in a Ziploc bag to prevent freezer burn.

You can place your mixing bowl in the fridge ahead of time to help keep the dough cool when you knead in it.

Only use as much flour as necessary. If you are over-flouring your surface, you will incorporate more flour into the dough than needed. Too much flour leads to a tougher pastry and prevents the layers from sticking together when laminating.

1.5. Choux paste

A. Éclairs

Ingredients:

Choux Pastry:

- 1 cup water
- ½ cup butter
- 1 cup all-purpose flour
- ¼ teaspoon salt
- 4 large eggs

Filling:

- 2 ½ cups cold milk
- (5 ounce) package instant vanilla pudding mix
- 1 cup heavy cream
- ¼ cup confectioners' sugar
- 1 teaspoon vanilla extract

Icing:

- 2 (1 ounce) squares semisweet chocolate
- 2 tablespoons buttercup confectioners' sugar
- 1 teaspoon vanilla extract
- 1 tablespoon hot water

Procedure:

1. Preheat the oven to 450 degrees F (230 degrees C). Grease a cookie sheet; set aside.



Fig.1.5. Éclairs

2. Make choux pastry: Combine water and butter in a medium pot. Bring to a boil, stirring until butter melts completely. Reduce heat to low; add flour and salt. Stir vigorously until mixture leaves the sides of the pan and begins to form a stiff ball. Remove from heat.
3. Add eggs, one at a time, beating well after each addition until incorporated. Using a spoon or pastry bag fitted with a No. 10 or larger tip, spoon or pipe dough onto the prepared cookie sheet in 1 1/2x4-inch strips.
4. Bake in the preheated oven for 15 minutes. Reduce heat to 325 degrees F (165 degrees C) and continue baking until the bottoms sound hollow when lightly tapped, about 20 more minutes. Cool completely on a wire rack.
5. Make filling: Combine milk and pudding mix in a medium bowl according to package directions. Beat heavy cream with an electric mixer in a separate medium bowl until soft peaks form. Beat in confectioners' sugar and vanilla. Fold whipped cream into pudding.
6. Cut tops off of cooled pastry shells with a sharp knife. Fill shells with pudding mixture and replace tops.
7. Make icing: Melt chocolate and butter in a medium saucepan over low heat. Stir in confectioners' sugar and vanilla. Stir in hot water, 1 tablespoon at a time, until icing is smooth and has reached desired consistency. Remove from heat and cool slightly.
8. Drizzle chocolate icing over filled eclairs. Store in the refrigerator until serving.

1.6.profiteroles

Ingredients:

- 50g butter (preferably unsalted), cut into cubes
- 2 tbsp caster sugar
- 75g strong white flour, sifted with a pinch of fine sea salt
- 2 eggs, lightly beaten
- 300ml double cream
- few drops vanilla extract



Fig.1.6. profiteroles

For the sauce

- 50g cocoa powder
- 175g caster sugar

Procedure

STEP 1. Heat the oven to 220C/200C fan/gas 7. To make the profiteroles, put the butter and 2 tsp of the caster sugar in a saucepan with 150ml water. Place the pan over a low heat until the butter and sugar have melted, then bring to the boil. Take off the heat, add the flour all at once and beat energetically with a wooden spoon until the dough comes away from the sides of the pan.

STEP 2. Leave to cool for 5 mins, then beat in the eggs bit by bit until you have a stiff, glossy mixture (this process is much easier in a food processor). Rinse two baking trays with cold water, shaking off any excess so they are slightly damp (this helps the pastry to rise). Using 2 teaspoons, spoon blobs of the mixture onto the baking trays. Then place in the oven and cook for about 18-20 mins until well risen and brown. Remove the profiteroles from the oven and cut a small slit in the base of each one so they don't collapse. Cool on a wire rack.

STEP 3. When they're cold, whip the cream lightly until just holding its shape. Sweeten to taste with remaining sugar and a few drops of vanilla extract. Cut the profiteroles in half, fill them with the sweetened cream and pile them up on a plate. You can refrigerate them for 1-2 hrs. at this point but not for any longer as the pastry will go soggy.

STEP 4. To make the sauce, sift the cocoa powder into a bowl. Put the sugar in a pan with 100ml water and warm over a low heat until dissolved. Bring to the boil, cook for 1 min, then pour over the cocoa powder and stir well until smooth. Return the sauce to the pan, cook for 1 min then set aside for 15 mins before drizzling over the profiteroles.

1.7.Banana tart

Ingredients:

- 1/2 vanilla bean, split, seeds scraped
- 2 tablespoons water
- 1 large egg yolk mixed with 1 1/2 tablespoons water



Fig.1.7 banana tart

- 5 small, just-ripe bananas, halved lengthwise
- 1/2 cup sugar
- 14 ounces all-butter puff pastry, thawed in the refrigerator
- Sweetened whipped cream or vanilla ice cream, for serving
- 6 tablespoons unsalted butter
- 1/2 tablespoons fresh lemon juice

Procedure

Preheat the oven to 375°. Line a baking sheet with parchment paper. On a lightly floured surface, roll out the puff pastry to a rough 10-by-15-inch rectangle, then trim it to a neat 9-by-14-inch rectangle. Using a ruler, cut a 3/4-inch-wide strip of dough from each side; you will have 2 long and 2 short strips. Transfer the rectangle to the prepared baking sheet and brush with the egg wash. Set the strips on each side to form a border, pressing firmly to help the dough adhere; brush the strips with the egg wash. Freeze the tart shell until chilled, about 10 minutes.

Prick the bottom of the tart shell all over with a fork. Bake in the lower third of the oven for about 40 minutes, until the shell is puffed and golden. Press down the center of the shell slightly. Increase the oven temperature to 425°.

Rub the bananas with the lemon juice. In a skillet, cook the sugar over moderate heat, stirring until melted. Cook without stirring until a medium-amber caramel forms, about 5 minutes. Remove from the heat; whisk in the butter, vanilla seeds and water. Add the bananas and gently turn to coat with the caramel. Arrange the bananas in the tart shell, cut sides up, leaving most of the caramel in the skillet. Drizzle 1/4 cup of the caramel over the bananas. Bake the tart for about 20 minutes, until the bananas are slightly tender. Let cool slightly, then serve with whipped cream or ice cream, passing the remaining caramel on the side

1.8.Spanish flan

Ingredients

- cup white sugar
- large eggs



- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 tablespoon vanilla extract

Fig.1.8 Spanish flan

Procedures

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Melt sugar in a medium saucepan over medium-low heat until liquefied and golden in color. Carefully pour hot syrup into a 9-inch round glass baking dish, turning the dish to evenly coat the bottom and sides; set aside.
3. Beat eggs in a large bowl. Add condensed milk, evaporated milk, and vanilla; beat until smooth. Pour egg mixture into the baking dish; cover with aluminum foil.
4. Bake in preheated oven for 1 hour. Let cool completely.
5. To serve, carefully invert onto a rimmed serving plate; let caramel sauce flow over flan

1.9. Pumpkin pie

Ingredients

- 1(15 ounce) can pumpkin puree
- (14 ounce) can eagle brand Sweetened Condensed milk
- large eggs
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- (9 inch) unbaked pie crust



Fig.1.9. Pumpkin pie

Procedure

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Whisk pumpkin puree, condensed milk, eggs, cinnamon, ginger, nutmeg, and salt together in a medium bowl until smooth. Pour into crust.
3. Bake in the preheated oven for 15 minutes.

4. Reduce oven temperature to 350 degrees F (175 degrees C) and continue baking until a knife inserted 1 inch from the crust comes out clean, 35 to 40 minutes.
5. Let cool before serving.

1.10. Apple pie

Ingredients:

Crust

- 1 box (14.1 oz) refrigerated Pie Crusts (2 Count), softened as directed on box
- Filling*
- 6 cups thinly sliced, peeled apples (6 medium)
- 3/4 cup sugar
- 2 tablespoons all-purpose flour
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1 tablespoon lemon juice



Fig.1.10. Apple pie

Procedures

1. Heat oven to 425°F. Place 1 pie crust in ungreased 9-inch glass pie plate. Press firmly against side and bottom.
2. In large bowl, gently mix filling ingredients; spoon into crust-lined pie plate. Top with second crust. Wrap excess top crust under bottom crust edge, pressing edges together to seal; flute. Cut slits or shapes in several places in top crust.
3. Bake 40 to 45 minutes or until apples are tender and crust is golden brown. Cover edge of crust with 2- to 3-inch wide strips of foil after first 15 to 20 minutes of baking to prevent excessive browning. Cool on cooling rack at least 2 hours before serving.

Variations

Tip 1

One package (12 oz) frozen Pillsbury™ Deep Dish Pie Crusts (2 Count) may be substituted for the refrigerated Pillsbury™ Pie Crusts in this recipe. Place cookie sheet on oven rack. Heat oven as directed. Prepare filling and follow directions on package for Two-Crust Filled Pie.

Tip 2

The flour tossed with the fresh apples turns their juices into a thickened, spiced sauce during baking. Mix it with the sugar and spices before tossing the mixture with the apples.

Tip 3

Two (21-oz.) cans of more fruit apple pie filling can be used if you're short on time.

Tip 4

Let your apple pie cool for at least 2 hours before cutting into it. The filling will thicken as it cools, making it easier to slice.

Tip 5

To make Caramel-Pecan Apple Pie: right after removing the pie from the oven, drizzle with 1/3 cup caramel ice cream topping. Sprinkle with 2 to 4 tablespoons chopped pecans.

Tip 6

To freeze Baked Pie: Assemble and bake pie as directed in recipe. Cool completely. Wrap pie tightly with plastic wrap. Place pie in a 2-gallon freezer storage bag; seal. Freeze up to 4 months. Thaw frozen baked pie unwrapped at room temperature or unwrap and thaw at room temperature 1 hour, then heat in 375°F oven 35 to 40 minutes or until warm

| | |
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| LAP Test 1 | Practical Demonstration |
|-------------------|--------------------------------|

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks accordingly.

Project 1. Prepare, decorate and present pastries

Task 1.1. Bake croissant

Task1.2. Prepare chouix paste

Task.1.3. Bake Spanish flan

Task.1.4.Make apple pie

Unit two: Preparing and producing cakes

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Using personal Protective Equipment
- Practicing hygienic manner
- Preparing a variety cakes

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Use personal Protective Equipment
- Practice hygienic manner
- Prepare a variety cakes

2.1. Using Personal Protective Equipment

2.1.1. PPE in the Kitchen

A kitchen is a busy and loud environment that can present a number of risks that could end up harming someone who gets caught in the way. Protective equipment is used in order to limit risks and exposures to injuries or even cut down on major injuries and fatalities. Employees are automatically at risk of burning themselves or being cut or maimed due to different instruments in the kitchen. This is why it is important that employers provide the right equipment to minimize these possibilities.

While not every injury can be prevented, utilizing PPE can help boost safety. It can also help increase safety among customers who enter a restaurant. To stay away from pricey lawsuits related to food contamination claims, a combination of PPE and **restaurant insurance** can keep a restaurant running without interruption.

Restaurant insurance is just as important to keeping business going and upholding a reputation as a responsible establishment. This kind of coverage will provide the necessary financial support to take care of paying out claims or even just provide for court and representation costs.

PPE Should Be Used:

- **Apron:** Hot liquids and spills can be kept at bay while using an apron
- **Oven Gloves:** These protect the hands of the employees who need to move hot plates and pots and pans around the kitchen
- **Footwear:** Non-slip shoes should be worn at all times, no matter the environment, to prevent slips and falls
- **Disposable Vinyl Gloves:** These protect hands from hot foods, such as chilies and peppers during preparation that can irritate the skin and eyes

It's important that employers provide sufficient protective equipment pieces to all members on staff who are at risk of injury of any kind in the workplace. The equipment provided must be well-fitting, clean, and comfortable in order to be used effectively and without discomfort.

2.2. Practicing hygienic manner

2.2.1. Hygiene Rules in the Kitchen

Hygiene is the main ingredient in the food safety recipe of every professional kitchen. Simple carelessness in cleaning the kitchen environment or in preparing food can cause cross-contamination and the spread of bacteria, leading to food poisoning. The HACCP protocol specifies the procedures that all food handlers must observe but there are also some good practices to follow, regardless of the regulations.

Here are 10 rules for hygiene in professional kitchens.

1. Personal hygiene

Microorganisms can be transferred from hands to food. Hands must be thoroughly washed with soap and hot water after touching food and before performing the next job function. Always dry hands on a clean towel. Hair can also carry germs so keep it tied back and wear a hairnet.

2. Clothing

Clothes can carry germs from outside into the kitchen so it is important to change into work clothes. These should be light-coloured so that stains are immediately visible.

3. Correct food storage

It is essential to avoid contact between food and air so make sure it is always stored in lidded containers or covered with plastic wrap, particularly when it is still hot. The professional refrigerators in the ecostore^{HP} line by Electrolux Professional are specifically designed to keep the internal temperature constant even with frequent opening and closing.

4. Defrosting

Food must be defrosted in the fridge to prevent the growth of bacteria caused by sudden temperature changes. Every kitchen should be equipped with refrigerated cabinets that create the perfect microclimate and maintain the temperature and moisture content of the food.

5. Avoid cross-contamination

Use different utensils and chopping boards for raw and cooked foods and for different types of food to avoid cross-contamination from harmful microorganisms.

6. Keep food at the right temperature

There is a very close relationship between temperature and microbial load: food must be served at a temperature of at least 70° C. The danger zone – when bacteria will multiply most rapidly – lies between 15° and 55° C.

7. Chill food rapidly

For the same reason, it is important to chill food rapidly: it should drop from 65° to 10° C in no more than two hours. Every professional kitchen should be equipped with adequate freezers and blast chillers, like the air-o-chill blast chillers range by Electrolux Professional. With the combination of oven and blast chiller within the Cook & Chill system, a completely integrated, lean, and safe process is ensured. Air-o-system, the innovative Electrolux Cook & Chill, is specifically designed to ensure food safety: the food is transferred directly from oven to blast chiller, increasing its shelf life and avoiding waste.

8. Serve food correctly

Do not touch the food that is ready for serving or the parts of the serving dishes that the food is placed on.

9. Thoroughly clean oven and sink

Clean kitchens after every use. Wash and sanitise ovens and sinks once a day.

10. Wash dishes properly

Dishwashers are essential for any professional kitchen: bacteria from food scraps can be prevented from spreading by properly washing dishes, cookware and utensils. Use the right dishwashing detergents and temperatures or, even better, use dishwashers with a sanitising function, like the green & clean Rack Type by Electrolux Professionals.

2.3. Preparing a variety of cakes

2.3.1. Product Characteristics

Cake is made by the formation of batter from soft/weak wheat flour. Cake is a traditional centerpiece of festivities and joyous celebrations. Cakes are relatively higher both in sugar and shortenings. Cake is a complex emulsion and foam system with appreciable amount of incorporated air as a small bubble into the batter.

Cakes are products leavened mainly by baking powders, sometimes by air incorporation, and occasionally by yeast. Although difficult to define, cakes can be divided into two categories.

First, cakes that are higher in fat and whose structure depends on fat-liquid emulsion created during batter mixing (e.g. fruit slab, Dundee, ginger cake). These types of cakes are characterized by high level of sugar in the formula in which starch gelatinizes during baking. Cakes set when baked giving a light product.

Second, those with less fat (un-shortened cake), or even none at all, but rich in eggs that can aerate to a foam during mixing and gives a characteristic spongy crumb to product such as angel food cake, Victoria sponge.

Ingredients

The Flour, sugar, shortening and eggs or skim milk powder are essential ingredients. Whereas baking powder, milk, fruits and flavouring substances are optional ingredients.

Flour: It builds the structure of cake and holds other ingredients together in an evenly distributed condition in the cake. Flour for cake making should have protein content of 7 to 9 per cent. Short patent flour with fine granule structure made from soft wheat is ideally suited for cake making. Cakes flours are bleached to a greater degree in order to brighten the colour. Bleaching also modifies the gluten forming properties (starch gelatinizes faster).

Sugar: Sucrose is most widely used sweetening agent in cake making. Finely granulated sugar ensure even grain and soft texture in cakes. Sugar has tenderizing action on flour proteins and makes the cake tender. It helps to retain moisture in cakes and improve its shelf-life. The golden crust colour of cake is due to caramelization of sugar.

Shortenings: for cakes should have good creaming and emulsifying properties. Fats have a tenderizing action on flour proteins and thus make the cake tender by holding air cells incorporated during creaming process. It also acts as a moisture retainer and helps to keep the cake moist and thus improves the shelf-life of cakes. Fat used in cake making should be of plastic nature which could incorporate and hold minute air cells during creaming operation.

Eggs: and flour form the necessary framework to support the cake structure. Eggs provide moisture to the cakes. Lecithin of egg yolk acts as emulsifier and later adds to colour. Egg improves taste, flavour and nutritional value.

Milk: adds richness and structure to the cake. Milk proteins have binding action on flour protein which creates toughness in cakes. Milk sugar lactose improves the crust colour, moisture retention property and flavour. Milk solids also improve the nutritive value.

Water: formation of gluten, release of CO₂ gas from baking powder and formation of vapour pressure are made possible by presence of water. Water regulates the consistency of batter which affects the volume and texture of the cakes.

Salt: enhances the natural flavour of other ingredients used in cake making. It also controls development of crust colour by lowering the caramelization temperature of sugar. It may be used at the rate of 0.7 to 1.2% depending upon flavour.

Baking powder: of various types, when moistened with water and heated, evolve CO₂ gas which expands during baking and impart volume to cakes.

Flavourings: Cocoa, chocolate, vanilla etc are added as flavours.

2.3.2. Cake Making Methods

A. Sugar batter method

In this method fat is creamed and then sugar is added gradually. When adequate aeration is achieved, flour is added in the mixture along with raising agents. There should be minimum mixing action to avoid gluten formation. When all flour is mixed, remaining liquid is added to the batter to necessary consistency.

B. Flour batter method

In this method fat and quantity of flour not exceeding the weight of fat is creamed together. Eggs and an equal quantity of sugar are whipped to a stiff froth. Then remaining sugar is dissolved in water or milk and added to the mixture. Lastly remaining flour along with baking powder is added and mixed gently.

C. Blending method

This is used for formulations containing more sugar than quantity of flour. All ingredients except sugar and milk are mixed together. Sugar, milk, colour and flavours are mixed and added to previous mixture followed by eggs and mixed to form a smooth batter.

D. Boiled method

Flour (more than two third portions) is added to melted butter or margarine and mixed well. Eggs are whisked with sugar followed by addition of colour and flavor. This is added to flour- fat mixture in equal parts, mixing thoroughly at each stage. Remaining flour is also added at this stage.

E. Sugar water method

Initially sugar is dissolved in water followed by addition of all other ingredients except eggs. Finally eggs are added and whisked well.

F. All in process

In this method, all the ingredients are put into the mixing bowl together. Aeration of the mixture is achieved by controlling the speed of mixer as well as mixing time. The batter is then put in greased pan. Only $\frac{2}{3}$ rd height of mould should be filled. Load the batter containing pan into oven as soon as possible. Bake the cake at 375°F - 400°F for 25-30 min.

2.3.3. Types of Cake

1. Sponge Cake

A sponge cake is a delicate, spongy cake with a uniform crumb that is made with eggs, sugar, and flour as the main ingredients. The cake absorbs the moisture from the cream very well, making it suitable for just about any kind of cake or a roll. See the bottom of the post for a variety of cakes to make with this fluffy cake.

Pro Tips for the best sponge cake

- **Make sure to whip the eggs well.** The cake relies mostly on the volume of the eggs for the fluffiness, so whipping the eggs until a thick ribbon flows off the whisk and doesn't disappear for 2-3 seconds is very important. Not whipping the eggs enough not only will yield a dense cake but will also give off an eggy taste in the finished product.
- **Sift the dry ingredients** before adding to the whipped eggs as this ensures there are no clumps of flour in the finished cake. Sifting also aerates the flour which will give you a light and fluffy sponge cake.

- **Do not overfold** – folding too aggressively or too much will deflate the cake and will yield a denser cake. So, fold carefully to preserve the aeration built by whipping the eggs.
- **Even rise** – for an even rise of the cake, make sure to use **baking strips (like the ones here)**. These strips are wet & fastened around the baking pan before baking, ensuring that the cake cooks from the bottom up, instead of from the bottom and the sides. This prevents the formation of an unsightly dome on the baked cakes.
- **Do not overbake** – or too much moisture will be lost and the sponge cake will be dry.



Fig.3.1. Sponge cake

2. Genoise

Genoise is a classic sponge cake enriched with butter and egg yolk and, with its mild flavor, is often used as a base for European-style tortes and cream-filled cakes. To that end, it's nearly always brushed with a flavored syrup, which helps keep it moist and adds a complementary flavor to the finished cake. While genoise isn't hard to make, it takes careful attention to detail as well as a light touch: fold the flour into the batter gently or you'll end up with a dense cake.



Fig.3.2.Genoise

3. Fruit Cake

Fruit cake is a classic holiday dessert that you're going to love! With this recipe, you'll get a moist, flavorful treat every time!

Not only are these types of bread delicious, but they're great for gifting! Apple, lemon, and blueberry banana bread are more fruit-filled desserts that will be loved wherever they go!



Fig.3.3. Fruit Cake

4. Maderia Cake

The cake has a firm yet light texture. It is eaten with tea or (occasionally) for breakfast and is traditionally flavoured with lemon. Dating back to an original recipe in the 18th or 19th century, Madeira cake is similar to a pound cake or yellow cake. One of the earliest published recipes was by Eliza Acton in her Modern Cookery for Private Families (1845):

"A Good Madeira Cake: Whisk four fresh eggs until they are as light as possible, then, continuing still to whisk them, throw by slow degrees the following ingredients in the order in which they are written: six ounces of dry pounded and sifted sugar; six of flour, also dried and sifted; four ounces of butter just dissolved, but not heated; the rind of a fresh lemon; and the instant before the cake is moulded beat well in the third of a teaspoonful of carbonate of soda: bake an hour in a moderate oven.



Fig.3.4. Maderia cake

5. Swiss roll

A Swiss roll, jelly roll, roll cake, cream roll, roulade or Swiss log is a type of rolled sponge cake filled with whipped cream, jam, or icing. The origins of the term are unclear; in spite of the name "Swiss roll", the cake is believed to have originated elsewhere in Central Europe, possibly Austria or Slovenia.



Fig.3.5. Swiss roll

Ganache Cake

Ganache is a mixture of chocolate and cream in equal parts by weight. In its most basic state, ganache is made by simmering cream, pouring the hot cream over chopped chocolate, and then whisking the mixture until the chocolate is entirely melted and incorporated. Other common additions include butter, for a creamier texture, and extracts or oils for flavoring.

The texture of ganache depends on the ratio of cream to chocolate: a greater proportion of cream creates a "loose" or "soft" ganache that is fairly liquid at room temperature, suitable for filling molded chocolates and frosting cakes. A higher proportion of chocolate creates a "firm" ganache that has the consistency of thick paste at room temperature, and that hardens upon refrigeration. This type of ganache is often formed into balls and rolled in cocoa powder to create simple truffles. So ganache has more in common with icing than it does with frosting, in the sense that it isn't whipped, and is more pourable than spreadable. But as we mentioned before, its consistency can be modified by altering the ratio of cream to chocolate, to make it looser or firmer, and a looser ganache is more spreadable than the firm type. Still, it's not something you would describe as "fluffy," since it doesn't have air whipped into it. It's more dense and pourable than frosting.

Varieties:

There are three main types of ganache: dark chocolate, milk chocolate and white chocolate. Dark and milk chocolate ganache differ in the type of chocolate that is used to make it. Milk chocolate ganache is made from milk chocolate and cream, while dark chocolate ganache is made from semi-sweet chocolate or dark chocolate, usually consisting of 40 to 60 percent cocoa solids. White chocolate ganache is made from white chocolate (which is cocoa butter and sugar without the cocoa solids) and cream, so that it turns out white. It can also be colored with food coloring. All of these three types of ganache can also be made firmer or looser by manipulating the ratio of chocolate to cream, so there are really an unlimited range of flavors and viscosities. Additionally, ganache can be flavored with various extracts, such as peppermint, vanilla, almond, coconut, raspberry and so on, as well as alcoholic flavors like Bailey's, rum or brandy.

Ganache Uses

As discussed, ganache is frequently used as a frosting or topping for cakes and cookies, as a filling for cakes, cupcakes and pastries, and as a base or decorative finish for homemade candies. You can

also use it for making fudge, for making chocolate fondue, and thinned out it can make a great chocolate syrup or the base for a chocolate mousse.



Fig.13.6. Ganache cake

6. Friands

Like a lot of Australian cuisine, friands are not an indigenous invention. Originally from France, they are now stacked high on the counters of beachside cafés all over the country. The perfect snack with a cup of coffee after a morning spent in the surf, friands are closely related to financiers: small rectangular loaves said to resemble bars of gold. Some recipes call for the nuts to be toasted and the butter to be clarified, but the Australians usually skip this stage and the result is still wonderful. Using icing sugar, egg whites instead of whole eggs and very little flour makes them dreamily light, while the ground almonds keep them beautifully chewy and moist. Traditionally baked as small oval shapes in a specially designed friand pan, they also work perfectly when baked in a muffin tin.



Fig.3.7.Almond Friands

Self-Check 2

Written Test

Name: _____ ID _____

Direction I. Write the Short Answers of the following questions

1. Write the six types of pastes?
2. Write at least 4 methods of cake making methods?

Operation Sheet 2

Preparing and Producing Cake

1.1. Sponge Cake

Ingredients

Yield: One 9-inch or 10-by-15-inch cake

- ¼cup/50 grams olive or vegetable oil, plus more for greasing if baking in a jelly roll pan
- 4large eggs, separated, at room temperature
- ½cup/100 grams granulated sugar
- ½teaspoon kosher salt
- ¼teaspoon cream of tartar
- ⅔cup/85 grams cake flour
- 2teaspoons vanilla extract

PREPARATION

1. Arrange an oven rack in the center of the oven and heat the oven to 325 degrees. If making a roulade, brush the bottom of a 10-by-15-inch jelly roll pan with a light coating of oil. Do not brush the sides, as the cake needs to be able to cling to the pan as it rises. Line only the bottom of the pan with a piece of parchment paper, smoothing to eliminate air bubbles. If baking in a 9-inch springform pan, leave the pan ungreased and unlined.
2. In a wide, medium bowl, combine the egg whites, ¼ cup sugar, the kosher salt and cream of tartar. Beat the mixture with a hand mixer fitted with the beaters on medium-low speed until the mixture looks frothy, then start to slowly increase the speed to medium-high. Continue to beat the egg whites until you have a dense, voluminous, glossy foam that forms stiff peaks, about 4 minutes. When you lift the beaters out of the bowl, the egg whites should come to a straight point that doesn't droop. Don't beat beyond this point, or the whites will become dry and lumpy. Set the bowl aside.
3. In a separate wide bowl, combine the egg yolks and the remaining ¼ cup sugar. Beat with the hand mixer (no need to wash it after you beat the egg whites) on medium-high

until the mixture is very pale and fluffy and forms a slowly dissolving ribbon as it falls off the beaters back into the bowl, about 4 minutes. Slowly stream in the $\frac{1}{4}$ cup oil, beating constantly to ensure it emulsifies into the yolk mixture, until you have a smooth, light mixture that looks like mayonnaise.

4. Reduce the mixer to the lowest speed, add half of the flour and mix just until incorporated. Add the vanilla extract and 1 tablespoon water, mix until incorporated, then add the remaining flour and mix just until it disappears. The mixture will have thickened and look a bit like cake batter.
5. Fold the yolk mixture once or twice with a large flexible spatula to make sure it's evenly mixed, then scrape about a third of the egg white mixture into the yolk mixture and thoroughly fold in the whites until the mixture is loosened. Working more gently, fold in half of the remaining egg whites until only a few streaks remain. Fold in the remaining whites, scraping the bottom and sides of the bowl, until you have a light, smooth, evenly mixed batter.
6. Scrape the batter into the pan and smooth into an even layer. Firmly rap the pan on the surface once or twice to pop any large air bubbles. Bake the cake until it's golden brown, firm and springy to the touch across the entire surface, 25 to 30 minutes for a jelly roll and 30 to 35 minutes for a 9-inch cake. Remove the cake from the oven and immediately invert the pan onto a wire rack. Let the cake cool completely upside down to prevent it from collapsing.
7. Reinvert the cooled pan and cut along the sides with a small offset spatula or paring knife to loosen the cake. It will sink a bit, which is normal. If making a jelly roll, turn the sponge out onto the wire rack and peel off the parchment. If making a 9-inch cake, remove the ring of the springform pan, invert the cake onto the rack, and carefully peel off the bottom of the pan (it should come away cleanly, leaving behind just a thin film).
8. Use the sponge as desired. The unfilled sponge cake will keep at room temperature, tightly wrapped, for several days, but will become sticky after the first day.

1.2. Genoese Sponge

Ingredients:

- cup sifted cake flour

- tablespoons white sugar
- 1 pinch salt
- tablespoons unsalted butter, melted
- eggs
- ½ cup white sugar
- 1 ½ teaspoons vanilla extract

Methods:

1. Preheat oven to 350 degrees F (175 degrees C). Grease one 8 inch round cake pan. Line with parchment paper and grease it as well. Lightly flour pan and paper.
2. Sift together the flour, 2 tablespoons sugar, and salt onto a piece of wax paper.
3. Place the eggs into a mixing bowl set over a pan of hot (not boiling) water. Add the 1/2 cup sugar to the eggs and whisk until the mixture feels warm (not hot) to the touch, about body temperature. Place the bowl onto a mixer and beat on medium speed until the mixture becomes pale yellow in color and falls off the end of the whisk attachment in long ribbons. Add the vanilla. Add about 1/3 of the flour mixture to the beaten egg and fold in. Continue to add the remainder of the flour, folding it in each time.
4. Place about 1 cup of the batter into the bowl containing the melted butter and combine the butter with the batter. Add this back to the main batter and fold it in. Pour the batter into the prepared pan.
5. Immediately bake at 350 degrees F (175 degrees C) for about 25 minutes or until the top is a light brown. Cool in pan on a rack about 10 minutes and then invert onto a rack. It is best to invert it again onto another rack so that it cools with the top up. Let cool completely before cutting or frosting.

1.3.Fruit Cake

Ingredients:

- 2 c. golden raisins
- 2 c. chopped dried apricots
- c. chopped dried figs

- 1 c. chopped candied ginger
-
- 1 c. brandy, whiskey, or apple cider, plus more for brushing Nonstick baking spray with flour
- c. all-purpose flour
- 1 tbsp. apple or pumpkin pie spice
- 1 tsp. baking powder
- 3/4 tsp. salt
- sticks unsalted butter, softened
- 1 1/2 c. light brown sugar
- large eggs
- 1 tbsp. vanilla extract
- 1 1/2 c. candied cherries
- 1 1/2 c. chopped nuts, like pecans, walnuts or almonds

Methods:

1. In a medium bowl, stir together the raisins, apricots, figs, ginger, and brandy (sub whiskey or apple cider if you like). Cover and let soak for at least 4 hours or up to 24 hours, stirring a few times during the soak.
2. Preheat the oven to 300F. Butter or spray 2 (9x5-inch) loaf pans with baking spray.
3. In a medium bowl, whisk together the flour, pie spice, baking powder, and salt. Set aside.
4. In a large mixing bowl, beat butter with a hand mixer until smooth. Add the sugar and beat on medium speed until light and fluffy, about 3 minutes. Add the eggs, one at a time, beating until well incorporated. Beat in the vanilla. With mixer on low speed, slowly add the flour mixture, beating just until combined. With a spatula, fold in the candied cherries, nuts, and soaked fruit. Divide the batter evenly among the two baking pans.

5. Bake for 2 hours or until a toothpick inserted into the center comes out clean. Let the cakes cool in the pan for 10 minutes. Run a knife around the cake to release it from the edges. Remove and place them on a cooling rack. Generously brush tops and sides of the cakes with brandy or whiskey (you can also use simple syrup). Cool completely. Store the cakes tightly wrapped in plastic wrap for up to 6 weeks.

1.4.Madeira Cake

Ingredients:

- 150 g Butter
- 150 g Sugar
- small Eggs
- 150 g Self raising flour
- 50 g Plain flour
- tablespoon Milk
- 1 teaspoon Flavouring orange or lemon or vanilla

Methods:

1. Make sure all of your ingredients are at room temperature.
2. Rub butter in the cake pan and line with baking paper/parchment paper. Set pan aside.
3. In a mixing bowl, add in butter and sugar then use mixer to mix till batter is light and fluffy. Break eggs in a separate bowl (i like to do this so incase there's any bad egg in the batch, you wouldn't have ruined your batter).
4. Add milk, lemon or orange or vanilla flavouring to the eggs and whisk. Add the whisked eggs in the butter and sugar mixture and mix with the mixer for few minutes.
5. Add flour in the batter and mix with spatula. Fold in till incorporated.
6. Pour cake batter in lined cake pan and place in pre heated oven. Bake at temperature of 170C for 45 minutes or till cake tester comes out clean.
7. Turn cake onto cooling rack and leave to cool.

8. Slice cake and enjoy.

1.5.Swiss Roll cake

Ingredients:

- butter, to grease
- 2 large eggs
- 50g caster sugar, plus extra 2 tbsp to dust
- 50g self- raising flour, sieved
- 100g strawberry jam

Methods:

1. Heat oven to 180C/160C fan/gas 4. Grease and line a 16 x 28cm Swiss roll tin with baking parchment.
2. Beat the eggs and sugar together for 5 mins with an electric hand whisk until thick and pale. Gently fold in the flour in two batches using a large metal spoon. Pour the mixture into the tin and gently ease into the corners. Bake for 10-12 mins until golden and firm. Be careful not to over bake, or the sponge will break when rolled.
3. While the sponge is baking, sprinkle 2 tbsp sugar over a square of baking parchment. Warm the jam in the microwave for 20 secs.
4. Turn the baked sponge onto the sugared paper. Peel off the lining paper and spread the sponge with the warm jam. Roll up from the short edge using the paper to help you then cool on a wire rack.

1.6.Chocolate Ganache

- 1/2 cup heavy cream
- 8 ounces good semisweet chocolate chips
- teaspoon instant coffee granules
- Candied violets or edible gold leaf, for decoration (optional)

Methods:

For the ganache, cook the heavy cream, chocolate chips, and instant coffee in the top of a double boiler over simmering water until smooth and warm, stirring occasionally.

1.7. Muffin Cake :

Ingredients:

- 2 medium eggs
- 125ml vegetable oil
- 250ml semi-skimmed milk
- 250g golden caster sugar
- 400g self-raising flour (or same quantity plain flour and 3 tsp baking powder)
- tsp salt
- 100g chocolate chips or dried fruit such as sultanas or dried cherries (optional)

Methods:

1. Heat oven to 200C/180C fan/gas 6. Line 2 muffin trays with paper muffin cases. In a large bowl beat 2 medium eggs lightly with a handheld electric mixer for 1 min.
2. Add 125ml vegetable oil and 250ml semi-skimmed milk and beat until just combined then add 250g golden caster sugar and whisk until you have a smooth batter.
3. Sift in 400g self-raising flour and 1 tsp salt (or 400g plain flour and 3 tsp baking powder if using) then mix until just smooth. Be careful not to over-mix the batter as this will make the muffins tough.
4. Stir in 100g chocolate chips or dried fruit if using.
5. Fill muffin cases two-thirds full and bake for 20-25 mins, until risen, firm to the touch and a skewer inserted in the middle comes out clean. If the trays will not fit on 1 shelf, swap the shelves around after 15 mins of cooking.
6. Leave the muffins in the tin to cool for a few mins and transfer to a wire rack to cool completely.

1.8. Black forest Cake

Ingredients

Cake:

- 2 ⅛ cups all-purpose flour
- 2 cups white sugar
- ¾ cup unsweetened cocoa powder
- 1 ½ teaspoons baking powder
- ¾ teaspoon baking soda
- ¾ teaspoon salt
- 3 eggs
- 1 cup milk
- ½ cup vegetable oil
- 1 tablespoon vanilla extract

Topping:

- 2 (20 ounce) cans pitted sour cherries
- 1 cup white sugar
- ¼ cup cornstarch
- 1 teaspoon vanilla extract

Frosting:

- 3 cups heavy whipping cream
- ⅓ cup confectioners' sugar

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour two 9-inch round cake pans; line bottoms with parchment paper. Place a medium bowl in the refrigerator to chill.
2. Whisk flour, sugar, cocoa, baking powder, baking soda, and salt together in a large bowl. Add eggs, milk, oil, and vanilla; beat until combined. Pour cake batter into the prepared pans.

3. Bake in the preheated oven until a toothpick inserted in the centers comes out clean, about 35 minutes. Cool layers in pans on wire racks for 10 minutes. Run a paring knife around edges to loosen and invert carefully onto racks to cool completely, 1 to 2 hours.
4. While cake layers bake, drain cherries for topping, reserving 1/2 cup juice. Combine reserved juice, cherries, sugar, and cornstarch in a 2-quart saucepan. Cook, stirring constantly, over low heat until thickened. Stir in vanilla. Let cool at room temperature for 30 minutes. Transfer to the refrigerator to cool completely before assembling cake.
5. Combine whipping cream and confectioners' sugar for frosting in the chilled medium bowl. Beat with an electric mixer at high speed until stiff peaks form.
6. Split each cake layer in half horizontally using a long serrated knife. Tear one layer into crumbs; set aside. Gently brush loose crumbs off top and sides of remaining layers using a pastry brush or your hands. Reserve 1 1/2 cups frosting for piping decorations on cake; set aside.
7. To assemble, place one cake layer on a cake plate. Spread with 1 cup frosting; top with 3/4 cup cherry topping. Top with second cake layer; repeat layers of frosting and cherry topping. Top with third cake layer and frost sides of cake.
8. Pat reserved cake crumbs onto sides of cake. Spoon reserved 1 1/2 cups frosting into a pastry bag fitted with a star decorator tip. Pipe around top and bottom edges of cake. Spoon remaining cherry topping on top of cake.
9. Store covered in the refrigerator until ready to serve

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| LAP Test 2. | Practical Demonstration |
|--------------------|--------------------------------|

Name: _____ Date: _____

Time started: _____ Time finished: _____

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 3 hours.

Project.2. Preparing and producing cakes

Task.2.1. Make Sponge Cake

Task.2.2 . Prepare Muffin Cake

Task.2.3.Prepare Swiss roll Cake

Task.2.4. Prepare Madeira cake

Task.2.5. Prepare Genoese Cake

Unit Three: Decorating pastries, pastry products and cakes

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Identifying tools and equipment used to prepare, decorate and present pastries
- Practicing hygienic manner
- Decorating pastries, pastry products and cakes

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Identify tools and equipment used to prepare, decorate and present pastries
- Practice hygienic manner
- Decorate pastries, pastry products and cakes

3.1. Identifying tools and equipment used to prepare, decorate and present pastries

- **Equipment for making pastry:**

- ✓ Mixers
- ✓ Ovens
- ✓ Baking trays and racks
- ✓ Dough cutters
- ✓ dough sheets
- ✓ Spatula
- ✓ Piping bag with accessories
- ✓ ovens
- ✓ mixing and baking utensils
- ✓ Beater scales and measures

- **Cake Decorating Tools**

Decorating cake is an art and not only it defines your work, but it also speaks much about your endless efforts to build that beauty with flavor. An art reveals your talent, similarly, the way you decorate the cake depicts your love for the people who you will cater to. You are a beginner and you need to develop all the skills keeping in mind the prerequisites to cherish your efforts i.e. the cake you seek to present.



Figure 3.1. Cake decorating tools

Cake decorating is now a rage for all those who are addicted to the party seasons, either the pros or the beginners. Whether it's a birthday cake, a wedding cake, Christmas cake or any function, a pretty cake always sets the mood. The pressure to pull off the best cake decoration for birthdays, anniversaries and all the inciting events is quite understandable especially when you are a beginner in this match. To rescue you from this hectic work, we have come up with 10 best cake decorating tools for beginners. This blog will guide you to the best decorating tools for your cake:

A. Cake leveler

One of the very basic yet salient cake decorating tools is the cake leveler. Creating appealing cake layers is indeed an easy task using a cake leveler. It not only makes the layers perfect, you can easy trim and cut the best part out of your cake.



Figure 3.2. Cake leveler

B. Cake turntable

Cake turntable is the best tool when it comes to icing and serving your cake. Additional to this, it helps to keep the cake in the perfect position when piping borders or decorating bases.



Figure 3.3. Cake turntable

C. Cake airbrush

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Another important cake making tool is the cake airbrush. It helps to create the most astonishing details when the airbrushed color is used on the icing. When you need to decorate the best cake, you have to select the salient airbrush from the corner.



Figure 3.4. Cake airbrush

D. Cake spatula

The cake spatula is your favorite tool when decorating a cake serving multiple purposes. Icing, frosting or separating layers, the spatula always helps. It is a must have tool for beginners or even the pros.



Figure 3.5. Cake spatula

E. Cake scraper

Selection of a fine cake scraper is something that you need most to build a royal cake. For scraping the sides of your cake and enhance the ends of your icing tip, scraper is a mandatory tool.



Figure 3.6. Cake scraper

F. Piping nozzles

You are more amazed to see flowers and designs on the cake right? The purpose is served using piping nozzles or piping tips. They are used for designing and decoration on the ice caked, for making flowers as well as necessary designs on the cake.



Figure 3.7. Piping nozzles

G. Cake comb

A cake comb is one of the important cake making tools used for designing the frosting of a cake. Usually it is used to make parallel lines around the frosts, so that the decorations are easy."



Figure 3.8. Cake comb

H. Piping bags

Piping bags are an essential cake baking tools while you decide to decorate your cake. They are used to swirl buttercream on your cake and make it more appealing. However, you need to learn how to use them appropriately.



Figure3.9. piping bags

I. Cake smoother

The cake smoother holds a comfort grip at the corner ends that makes them easy to hold. To get your cake a polished finish, you can use a cake smoother enhancing the look and presentation.



Figure 3.10. cake smoother

J. A serrated knife

A serrated knife is used to torte the cakes and bring the best frost served while cake cutting.



Figure 3.11. cake cutting

A wonderful cake elucidates a wonderful occasion. No matter if you are a beginner or a professional, these tools will definitely help you to look up to your expectations of the best cake you want.

3.2. Practicing hygienic manner

3.2.1. Practicing hygienic manner

- Good hygienic manner
 - ✓ Cleaning personal protecting
 - ✓ Cleaning cloths
 - ✓ Washing hands
 - ✓ Cleaning materials and houses
- Bad hygienic manner

- ✓ Smoking cigarette
- ✓ Not cleaning hands
- ✓ Not cleaning environments

3.3. Decorating pastries, pastry products and cakes

Decorating is not limited just to bread, cakes and cookies, but pastry, as well as pies and tarts, can be decorated, as well. Enjoy some of our recipe-tutorials where we bake puff pastry into interesting desserts or make the classic. It is important to decorate finish baked products because it increases the possibility that the customer will engage to buy the product because it is eye-catching. Decorating can make the product attractive and appealing for the buyer's eyes especially if the decorations good, clean, no scratch, new and beautiful. Every pastry chef should have some cake decorating techniques tucked beside their bench scraper and spatula..

There are seven basic techniques of decorating pastries these are:-

1. Spatula Icing

Just like a room requires a good coat of paint before its decor can shine, the first step to a beautiful cake is a flawless coat of icing.

While the pros make icing a cake look easy, you'll need the proper tools and some practice to master this technique. A pastry spatula is the easiest way to apply icing, no matter if you're aiming for a smooth coating or textured finish.

Some designs to practice include smooth coatings, vertical lines, and the spatula painting technique shown below.



Figure 3.12. Spatula painting technique

2. Piping

If you work in cake decorating, you won't be able to escape piping. Everything from elegant tiered wedding cakes to playful birthday sheet cakes relies on this classic technique.

Before you begin piping, you'll need to fill a pastry bag with icing and choose the proper tip. Since piping tips come in a variety of shapes and sizes, make sure you pick the one that will allow you to complete your desired design.



Figure 3.13. Multiple piping techniques including fine lines, roses, and stars

Stars are made using a star tip and a single squeeze of the pastry bag. Use multi-colored stars as stand-alone decorations or combine them to create textured tops or borders.

Dots are created much like stars, but with a round rather than star tip.

3. Fondant Work

Fondant, a rollable icing, is another tool that should be in any cake decorator's toolbox. Once you get the hang of working with this flexible yet stable material, you'll be able to add new styles to your cake decorating skills.



Figure 3.14. Seamless and crack-free fondant application.

Along with fully coating cakes, you should eventually be able to use fondant to create shapes and structures. These include everything from simple polka dots to intricate flowers. If you're looking to create extravagant cakes such as those found on shows like *Ace of Cakes* and *Cake Boss*, continue to sharpen your fondant skills.

4. Hand Painting

Once you're comfortable with fondant, it's time to add some flair to your cakes with hand painting. As the term suggests, hand painting involves using edible pigments to paint designs on a fondant canvas. Decorators can use this technique to create simple shapes like dots and lines. This technique may involve free handing a design or using a template or stencils to help guide your work.

5. Sugar Work

While sugar work is a more advanced technique, it helps cake decorators stand out from the crowd. Much like artists using molten glass to create bowls and sculptures, sugar work involves crafting melted sugar into exquisite shapes and forms.



Figure 3.15. corn made 100% of sugar, created by Chef Instructor and Certified Master Pastry Chef

6. Airbrushing

Airbrushing uses an air gun similar to that used by car detailers and graffiti artists. But rather than working on rims and under passes, pastry artists work on cakes.

This technique is similar to hand painting in that it allows you to add color to a cake after you've finished with your icing or fondant. However, airbrushing allows for quicker coverage as well as seamless blending of colors.

7. Mirror Glaze

If fondant and butter cream icing are the equivalent of a matte paint, then a mirror glaze is akin to a high-gloss finish. This technique involves combining gelatin, sugar, and other ingredients until they reach the perfect temperature. At this point, the satiny mixture is poured over a chilled cake

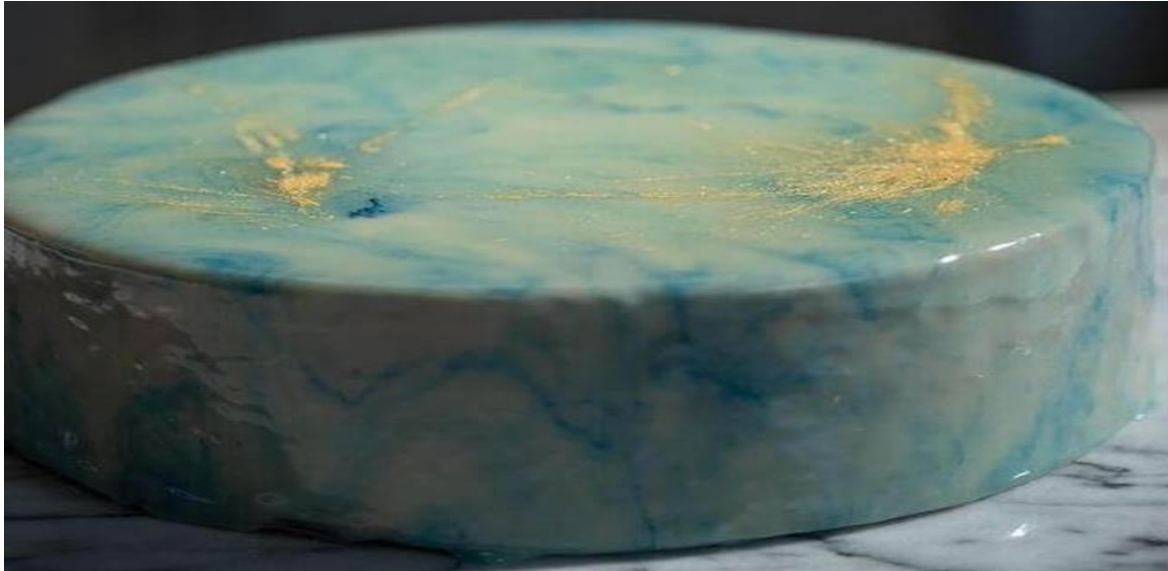


Figure 3.16. mirror glaze

- **Sauces and Creams**

Sugar syrup, also known as simple syrup or bar syrup is a very basic combination of sugar and water. It may also include some sort of flavoring, especially when used to make flavored drinks like those found in a coffee shop. Making this ingredient at home is very easy, although the texture can be grainier than

Custard is a variety of culinary preparations based on sweetened milk, cheese, or cream cooked with egg or egg yolk to thicken it, **and sometimes also flour, corn starch, or gelatin. Depending on the recipe, custard may vary in consistency from a thin pouring sauce (crème).**

Cake Cream is a bag of magic to put it simply (okay, not literally, but you get the gist). It is a Swiss butter cream mixture that has been quick to grace the shelves of many pantries and for good reason! The Sugar Sisters (the magic minds behind it all) have outdone themselves with an easy-to-make Swiss Butter cream mix that you can make in minutes! And yes, it is possible, we have tried the Cake Cream mix for ourselves, and we can vouch for its deliciousness and overall simplicity. Keen to save yourself time and money? Well, this is the answer. It's a no-brainer really.

Chantilly is a sweetened, vanilla-flavored whipped cream used for desserts and puddings. It's sometimes flavored with liqueur. It takes its name from Chantilly, a medieval French market town just north of Paris, famous for its whipped cream.



Figure 3.17. Chantilly Cream with Cake

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| Self-Check -3 | Written Test_3 |
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Name_____IdNo_____

Instruction:-Give short answer for the Following

1. Identifying tools and equipment used to prepare pastries?
2. Write tools and equipment used to decor cake?
3. Name the type of sauces used for cake decoration.
4. Mention the types of creams used for cake decorations.
5. What are the seven techniques used to decor pastries?

| | |
|----------------------------|---|
| Operation Sheet 3.1 | Decorating pastries, pastry products and cakes |
|----------------------------|---|

3.1 Chuckhole sauce

Ingredients

- $\frac{2}{3}$ cup unsweetened cocoa
- 214 cups white sugar
- 1 $\frac{1}{4}$ cups water
- 1 teaspoon vanilla extract

Methods/Procedure

1. In a medium saucepan over medium heat, combine cocoa, sugar and water. Bring to a boil and let boil 1 minute. Remove from heat and stir in vanilla. Sauces

3.2 Custer Sauce

Ingredients:

- 6 large eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- cups 1% low-fat milk
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- $\frac{1}{2}$ teaspoon almond extract
- Cooking spray

Methods/Procedure:

- 1 Preheat oven to 325
- 2 Combine eggs, sugar, and salt in a large bowl; stir well with a whisk.
- 3 Cook milk in a large, heavy saucepan over medium-high heat to 180° or until tiny bubbles form around edge (do not boil). Remove milk from heat, and gradually add to the egg mixture, stirring constantly with a whisk. Stir in vanilla

and almond extracts. Pour into a deep 2-quart soufflé dish coated with cooking spray. Place casserole in a 13 x 9-inch baking pan, and add hot water to the pan to a depth of 1 inch. Bake at 325° for 50 minutes or until a knife inserted in center of custard comes out almost clean. Remove casserole from pan; serve custard warm or chilled.

3.3 Pastry cream

Ingredients:

- medium free-range egg yolks (preferably organic)
- 65g/2½oz caster sugar
- 15g/½oz plain flour
- 15g/½oz corn flour
- 350ml/12fl oz whole milk
- ½ tsp vanilla bean paste
- icing sugar, for dusting

Method/Procedure:

1. In a large mixing bowl, whisk together the eggs and sugar until they turn a pale gold colour. Whisk in the flour and corn flour and set aside.
2. Place the milk and vanilla bean paste in a heavy-bottomed saucepan, bring to a gentle simmer, stirring frequently. Remove the pan from the heat and let cool for 30 seconds.
3. Slowly pour half of the hot milk onto the egg mixture, whisking all the time, then return the mixture to the remaining milk in the pan. It is important to slowly pour the hot milk onto the cold eggs before you return the mixture to the pan to prevent the eggs from scrambling.
4. Bring the mixture back to the boil and simmer for one minute, whisking continuously, or until smooth.
5. Pour the cream into a clean bowl and dust with icing sugar to prevent a skin forming. Cool as quickly as possible, by sitting the bowl of pastry cream in another larger bowl of ice water. When cooled, refrigerate until needed

3.3 Butter cream

Ingredients:

- 140g/5oz butter, softened

- 280g/10oz icing sugar
- 1-2 tbsp milk
- ¼ tsp vanilla extract
- few drops food coloring

For the orange butter cream variation

- 1 large orange, zest and 2 tbsp juice

For the chocolate variation

- 25g/1oz cocoa powder
- 75g/2½oz milk or dark chocolate, melted

Method/ Procedure

1. Beat the butter in a large bowl until soft. Add half of the icing sugar and beat until smooth.
2. Add the remaining icing sugar and one tablespoon of the milk and vanilla extract and beat the mixture until creamy and smooth. Beat in the remaining milk, if necessary, to loosen the mixture.
3. Stir in the food coloring, if using, until well combined.
4. For the orange butter cream variation, omit the milk and vanilla from the basic recipe. Stir in the orange zest and juice until thoroughly combined.
5. For the chocolate variation, omit the milk from the basic recipe. Cream the butter and sugar, as above, also adding the cocoa powder. Allow the melted chocolate to cool for 10 minutes before adding to the whipped butter and sugar. Beat until well combined.

3.4 Mousse

Ingredients:

- free-range eggs, at room temperature
- 200g/7oz fine-quality dark chocolate, 70–75% cocoa solids, plus extra to serve
- ½ tsp sea salt flakes, crushed
- 80g/3oz unsalted butter
- tbsp whipping cream
- 30g/1oz unrefined golden caster sugar
- **To serve (optional)**
- 1 orange, zest only

- generous pinch cayenne pepper
- splash your favorite whisky, brandy, or liqueur

Method:

1. Separate the egg whites and egg yolks into two bowls.
2. Melt the chocolate, salt and butter together in a bowl over a pan of gently simmering water. Make sure the bowl doesn't touch the water.
3. Add the egg yolks and 40ml/1fl½ oz warm water, whisking well to make a smooth emulsion.
4. In a separate bowl, whisk the whipping cream until stiff, but not grainy, and add it to the chocolate mixture by folding it in with a large metal spoon.
5. In a clean bowl, whisk the egg whites until stiff peaks form when the whisk is removed from the bowl, then add the sugar and whisk until stiff and glossy.
6. Fold the egg whites into the chocolate mixture in two additions. Do not over-mix, but do be sure that there are no unmixed egg whites visible in the mousse.
7. Carefully spoon the mousse into four flat wide glasses or individual small bowls, or one larger serving dish. Refrigerate for at least 1 hour or overnight.
8. To serve, grate over some very dark chocolate – be generous – and allow the mousse to sit at room temperature for 15 minutes before serving. If you like you can stir in either orange zest; cayenne pepper for zingy heat; or a splash of your favourite whisky, brandy, or liqueur to the mixture to bring more joy to your mousse and your mouth!

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| LAP Test 3 | Practical Demonstration |
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Name : _____ Date : _____

Time started : _____ Time finished : _____

Instructions:

1. You are required to perform any of the following:

Request your teacher to arrange for you all necessary tools, materials and equipment. Submit your outputs to your teacher for evaluation.

Request a set of tools, materials, equipment for the tasks then perform the following tasks in front of your teacher:

Project, 1, producing Creams and Sauces

Task 1. 1 Prepare Pastry cream

Task1.2 Prepare Mousse

Task 1.3 Prepare Custard

2. Request your teacher for evaluation and feedback

Unit Four: Portioning and storing pastries and cake

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- portioning cakes and pastry products
- Storage of cakes and pastry products

This guide will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- portion cakes and pastry products
- Apply Storage of cakes and pastry products

4.1. Portioning cakes and pastry products

Portion control not only refers to the amount of food on a plate, but it can also refer to the amount of ingredients in a particular dish. For example, if you own a burrito shop, you probably want your staff to include a consistent ratio of meat and rice in each burrito. That way, customers know what to expect and can return again to enjoy the product they love.

The number one reason why portion control is important is to manage customer expectations and provide a consistent product. But another important reason to pay attention to your food portions is to reduce costs in your restaurant. Not only will portion control help you keep track of how much you're using of each ingredient, but it can also reduce food waste because customers will be less likely to throw food away if you offer appropriate portion sizes.

One thing that people sometimes leave as an afterthought is getting the size of the cake just right. Obviously, you want every guest to get a nice piece of the cake. Another thing to think about is the cake presentation. In other words, the best way to cut and serve, in order to distribute your masterpiece easily.

A. Wedding Cake Portions

A serving of a cake simply refers to the slice of cake you present to guests. A wedding cake slice tends to be of two standard sizes. Generally, the dimensions of a wedding cake slice are as follows: 4/5 inches tall (the height of the cake), 1 inch wide, and 1 inch deep. You may also see portions referred to as either 'wedding' or 'finger' portions for the smaller size and 'party portions' which are slightly larger at 2 inches deep.



Figure 4.1. portion of wedding cake

B. Tall Cakes

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The number of cake servings the cake can be cut into will depend on several factors, and one of these is the height of the cake. For example, let's say we have a 7-inch-tall layer cake – a lot taller than a standard wedding cake at around 4 inches tall. Thanks to their wow-factor aesthetic, tall, layered cakes have become increasingly popular. And cutting and serving this type of cake can be a bit more of a challenge. The right serving style here will depend on the number of cake layers used, the height of the cake layers, and the amount of butter cream between each layer. Generally, if a cake is taller than 7 inches, it's recommended to cut rectangular cake slices in either of the sizes mentioned above. Slices can then be cut in half horizontally. This doubles the cake portions so that every single slice creates two servings.

C. Standard Layer Cakes

Once you have an idea of the number of servings you need, you can figure out what size cake you should make. Unsurprisingly, non-tiered cakes are a lot easier to plan cake portions for. A single-tiered cake is generally ordered in smaller sizes, between 6" to 8" for example, and has a fairly standard number of servings, which varies depending on the shape of the cake. For instance, a square cake at 8 inches wide will have more servings than a round cake that's 8 inches wide.



Figure 4.2. Standard Layer Cakes

Multiple tiered cakes are ideal for feeding a larger number of people, as they give you much more variety and flexibility in the number of servings. Tiers that vary in size will produce different portions, which you will need to factor in when creating your cake design. For instance, a 4 tiered cake in a standard shape and size, for example, 10-inch, 8-inch, 6-inch, and 4-inch tiers, can generally feed around 75 people. However, a 4 tiered cake in a less standard size with tall tiers could feed a lot more.

Whilst choosing the right size for the tiered cake often depends mainly on the number of servings you need, other factors may come into play, too. Your decision can be influenced by the design. For instance, if you want to add extra decorations to your cake, you may need to leave extra space between each tier. Or the customer may want a cake that is much larger than the number of portions needed, in which case you could offer ‘dummy’ tiers so as not to have wasted cake.

All in all, the main things to keep in mind when designing the right size cake are planning and precision. Consider the number of guests when working out the tier sizes, and find out ahead of time how and when you or your customer wants to serve.

4.2. Storage of cakes and pastry products

Bread and baked products such as muffins, bagels, quick breads, waffles, pastries, cakes and cookies are safely stored on the counter or in the pantry. Storing in the refrigerator can increase shelf-life by 2-3 weeks by reducing spoilage issues such as mould growth.

You can cover each pastry in plastic wrap to retain and preserve the freshness and taste. Make sure not to squash the pastries while wrapping them. We suggest keeping these baked items in an airtight container for best results.

Storing of baked products is necessary to ensure food safety and prolong the freshness of the baked products. In a food production business, everyone should be concerned about the proper storing and how each baked product should be stored.

7 (Seven) Tips for Storing Cake

Preserving cake properly can help you enjoy this treat for days past its initial serving.

1. Analyze the cake recipe. Before you decide how to store your cake, you need to know what’s in it to settle on the best method. A ganache-covered chocolate cake with buttercream frosting can remain at room temperature, but a cream cake with a fresh fruit filling should stay in the refrigerator. The main thing you’re looking for is whether any ingredients are perishable. **Cheese cakes** should also remain in the refrigerator since they include different ingredients than regular cake.

2. Fortify with frosting. Frosting serves as a natural preservative so long as it does not include perishable dairy or fruit materials. Once you cut cake open, simply cover the sliced edges with more **frosting** to help it last longer. This retains the moisture without you having

to resort to plastic or aluminum wrapping. Don't rely on the bits of frosting inside a layer cake to do the job, though—you must lather the entire exposed area with new frosting.

3. Freeze for longer periods. You can always freeze cake if you don't plan to eat it for a long period of time. If you place an uncut whole cake in the freezer, you can easily get this dessert to last up to three months. Make sure to wrap the cake before putting it in the freezer.

4. Improve if necessary. You don't need a specifically manufactured cake stand to store your dessert well. Place the cake on a plate or baking sheet, wrap it with aluminum foil, and place an overturned bowl on top of it for a makeshift storage container. This will keep your cake fresh for three to seven days.

5. Protect the frosting. Place your cake in the refrigerator for twenty minutes or so to harden the frosting before you wrap it for storage. Insert toothpicks on the top and sides of the cake so that the wrapping doesn't touch the frosting itself.

6. Rely on room temperature. You can leave out your covered cake overnight without even wrapping it, and it should be fine in the morning. For any amount of time longer than that, make sure to wrap it in something. Rely on room temperature to maximize its shelf life—up to about three to seven days—unless specific ingredients require that it remains refrigerated.

7. Wrap the cake. Use aluminum foil or plastic wrap to protect your cake if you're planning to eat it over several days. If you choose to place the wrapped cake in an airtight container for added security, make sure to leave a tiny portion open. Protect sheet cakes from dust and other dirty elements fluttering around your kitchen, but they still need air to retain their texture.

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| Self-Check -4 | Written Test_4 |
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Name.....Id No.....Time Allowed.....

Parts II

Instructions write the answer of the following questions

- Write the seven tips for storing cake?
- Describe the following
 - Cake
 - Portion control
- Mention at least five cake decorating tools.

Parts II

Instructions choose the best answer for the following

- is a mixture of egg white& sugar?
 - Whipping
 - Cream
 - meringue
 - All
- is used to squeeze a soft, smooth textured substance through a pastry tube, that making a design or decoration
 - Piping bag
 - Brush
 - Scrubber
 - spatula

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