

PRACTICAL RECIPES

1. DOUGHNUTS

INGREDIENTS	QUANTITY
Refined flour	225 gms.
Baking powder	1 ½ tsp.
Milk Powder	10 gms.
Yeast	5 gms.
Sugar Gr.	30 gsm.
Luke warm water	50 ml + 50 ml approx.
Egg.	½ no.
Vanilla essence	½ tsp.
Lemon essence	½ tsp.
Salt	5 gms.
Fat	25 gms.
Oil for frying	

Methods :

1. Sift together the flour, baking powder & milk powder.
2. Make a ferment with some of the flour mixture, all the yeast and 50 ml. of water and set aside for 10-15 mins. .
3. Add the ferment to the remaining flour along with the egg and remaining ingredients adding water for just consistency.
4. Allow fermenting.
5. Knock back and allow to proof.
6. Sheet the dough and cut with a doughnut cutter and allow to proof.
7. Fry in hot oil till golden brown.
8. Turn the doughnuts onto a paper, which has been sprinkled with sugar and cinnamon.

Notes:

2. BURGER BUNS

INGREDIENTS	QUANTITY
Milk	100 ml
Yeast	10 gms
Water	20 ml
Sugar	15 gms
Salt	5 gms
Fat	20 gms
Egg.	½ no
Refined flour	250 gms.

Methods:

1. Scald milk to 85°C. Mix yeast in warm water & leave for 5-10 mins.
2. Dissolve sugar, salt & fat in the milk. Combine the two mixtures.
3. Add the egg & beat until well mixed.
4. Sift the flour & make well in the center. Pour in the yeast ferment.
5. Knead to soft dough. Leave to prove in a damp cloth.
6. Knock back the dough to expel all trapped gases.
7. Scale, shape, place on greased baking trays & re-prove.
8. Bake in a pre-heated oven at 250°C till golden brown.
9. While hot, brush with fat.

Notes:

3. BREAD ROLLS

INGREDIENTS	QUANTITY
Refined flour	225 gms
Sugar	10 gms
Fat	8 gms.
Salt	5 gms.
Yeast	10 gms.
Warm water	125 ml. (approx)

Methods:

1. Dissolve the yeast & sugar in Luke warm water.
2. Sieve the flour and bake a bay in the center.
3. Add the ferment, salt & knead to a soft dough.
4. Cream the fat & knead into the dough.
5. Allow to ferment.
6. Knock back and divide into 8 portions.
7. Round each portion and place on a greased baking tray and cover with a damp cloth.
8. Leave to prove for approximately 45 mins.
9. Bake at 230°C for about 10 -15 min.
10. Remove and brush with melted fat.

Notes:

4. WHOLE WHEAT BREAD (BROWN BREAD)

INGREDIENTS	QUANTITY
Whole wheat flour	300 gms
Refined flour	200 gm
Yeast	18 gm
Salt	12 gm
Sugar	18 gm
Milk powder	25 gm

Method:

1. Make a dough following straight dough method.
2. Ferment till double in size.
3. Punch and shape into a loaf and place it in a greased bread mould.
4. Prove for another 45 minutes.
5. Bake at 200°C till golden brown.
6. De-mould & slice when cold.

Notes:

5. FRENCH BREAD / BAGUETTE

INGREDIENTS	QUANTITY
Refined flour	500 gms.
Salt	10 gms
Yeast	22 gms.
Warm water	300 ml.

Methods:

1. Dissolve the yeast in a little of the measured water.
2. Sieve the flour with the salt.
3. Combine all the ingredients & knead to a firm dough.
4. Cover & leave to prove for approx. 1 hr. at 27°C.
5. Divide into portions of 320 gms. Roll the dough into an oval & start rolling tightly from one side to another.
6. Using the palms of your hand, roll the dough to taper at the ends.
7. Place seam side down on greased & dusted pans.
8. Prove, brush / spray with water, and slash diagonally with a sharp knife.
9. Bake with steam for first 10 mins. At 250°C.

Notes:

6. HERB ONION FOCACCIA

INGREDIENTS	QUANTITY
Refined flour	250 gms.
Salt	5 gms.
Sugar	10 gms.
Fresh Yeast	10 gms.
Lukewarm Water	125 ml.
Mixed herbs chopped	½ tsp
Caramelised sliced onion	40 gms.(take 100g raw sliced onion)
Refined oil	20 ml
Olive oil	50ml

Method:

1. Preheat the oven to 220c. Place the flour and salt into a large bowl, mix, and make a well in the middle.
2. Add the sugar and yeast to the lukewarm water, and mix with a fork. Leave this for a few minutes and, when it starts to foam, slowly pour it into the well, mixing with a fork as you go.
3. As soon as all the ingredients come together, which may take a minute or so, knead vigorously for around 5 minutes until you have a smooth, springy, soft dough.
4. Lightly oil a large bowl with some olive oil and transfer the dough to the bowl. Dust with a little extra flour, cover with a clean wet cloth and leave to prove in a warm place for 30 minutes or until doubled in size.
5. For the topping, take sliced onions in a pan, and cook them in oil till golden brown.
6. As soon as the dough has risen, pound it then place on a baking tray and spread it out to cover the tray. Push down roughly on top of the dough like a piano to make lots of rough dips and wells.



7. Spread the caramelized onion evenly on the dough, and sprinkle herbs and olive oil on top.
8. Leave to prove for a further 20 minutes then bake for 20 minutes, until golden on top and soft in the middle. Check the bottom for colouring before taking out of the oven. Slice, and serve hot

Notes:

Focaccia is a flat oven-baked **Italian bread** product similar in style and texture to pizza doughs. It may be topped with herbs or other ingredients.

7. COCONUT MACAROONS

INGREDIENTS	QUANTITY
Egg white	2 nos.
Castor Sugar	90 gms.
Vanilla essence	¼ tspn.
Desiccated coconut	90 gms.

Method:

1. Beat the egg whites to a stiff froth, add flavouring.
2. Add sugar gradually and continue beating.
3. Fold in desiccated coconut and put the mixture in a piping bag with a Savoy nozzle.
4. Pipe into mounds on a greased and lined baking tray.
5. Bake in a slow oven at 120°C till firm and light brown in colour.

Notes:

8. BUTTER BUTTONS

INGREDIENTS	QUANTITY
Flour	115gms
Icing Sugar	30gms
Butter	115gms
Vanilla Essence	Few drops

Procedure:-

1. Set oven at 175°C
2. Grease flour baking sheet
3. Cream the butter & sugar till light and fluffy.
4. Add vanilla essence. Mix in the flour beating well.
5. Pipe using large star nozzles out in the baking sheet, keeping the button a little apart from each other.
6. Bake for 15-20 minutes at 175°C. Cool and Serve.

9. BREAD STICKS

INGREDIENTS	QUANTITY
Flour	250gms
Salt	5gms
Yeast	5gms
Sugar	5gms
Water	125ml
Fat	5gms
Sesame seeds	15gms

Method:

1. Make dough by straight dough method.
2. Knead in creamed fat.
3. Leave the dough for 10min
4. Roll into a thick rectangle and cut into strips.
5. Gently roll these strips with the help of the fingers into long sticks.
6. Wet them & roll over sesame seeds
7. Place on a greased tray
8. Prove for 15min and bake 230°C till light brown in colour.

Notes:

10. EGGLESS CAKE

INGREDIENTS	QUANTITY
Refined flour	125 gms
Condensed milk	200ml
Butter	60 gms
Sugar(powdered)	20 gms
Baking soda	$\frac{3}{4}$ tsp
Baking Powder	$\frac{3}{4}$ tsp
Vanilla essence	1 tsp
Milk	$\frac{1}{2}$ cup

Method:

1. Preheat the oven to 160c.
2. Sift refined flour with baking soda & baking powder
3. Mix powdered sugar with butter, add condensed milk and beat well.
4. Add milk and essence
5. Fold the refined flour gradually & mix well
6. Pour the mixture into a greased and dusted tin and bake at 150°C for about 40mins

Notes:

11. CARROT CAKE

Ingredients	Quantity
Brown sugar	85g
Refined oil	85 ml
Eggs	2 nos.
Grated carrot	70g
Raisins	50g
Grated orange zest	From 1/2 orange
Raisins	50g
Refined flour	85g
Baking powder	¼ tsp
Baking soda/ sodium bicarbonate	¼ tsp
Cinnamon powder	½ tsp
Grated nutmeg	¼ tsp

Method:

1. Preheat the oven to 170C. Oil and line the base and sides of an 8cm square cake tin with baking paper. Cut two long strips the width of the tin and put each strip crossways, covering the base and sides of the tin, with a double layer in the base.
2. Tip the sugar into a large mixing bowl, pour in the oil and add the eggs. Lightly mix with a wooden spoon. Stir in the grated carrots, raisins and orange rind.
3. Mix the flour, bicarbonate of soda and spices, then sift into the bowl. Lightly mix all the ingredients. When the batter is smooth, stop mixing. The mixture will be fairly soft and almost runny.
4. Pour the mixture into the prepared tin and bake for 40- 45 minutes, until it feels firm and springy when you press it in the centre. Cool in the tin for 5 minutes, then turn it out, peel off the paper and cool on a wire rack.

12. POUND CAKE

Ingredients	Quantity
Cake margarine	100g
Butter	100g
Sugar	100g
Eggs	2nos./100g
Baking powder	¼ tsp
Refined flour	100g
Milk	30ml
Vanilla essence	½ tsp

Method:

1. Preheat oven to 175 c. Cream the margarine first, then add butter and mix till smooth.
2. Add sugar, a little at a time. Mix till pale in colour.
3. Add eggs, 1 at a time, beating slowly after each addition.
4. Mix milk with vanilla essence. Stir dry ingredients together in a bowl, and add to mixer alternately with milk, starting with the flour and ending with the flour.
5. Pour into a greased and lined mould and bake till toothpick inserted in center comes out clean (approximately 45 mins for a 6in mould, more for a deeper tin).

Notes:

13. SWISS ROLL

Ingredients	Quantity
Eggs	3 nos.
Sugar	75g
Vanilla essence	5 ml
Baking powder	¼ tsp
Refined flour	75g
Jam	75g
Whipped cream	125 ml

Method:

1. Preheat the oven to 200C/400F/Gas 6. Grease and line a 23cm x 30cm/9in x 12in Swiss roll tin
2. Whisk the eggs and sugar in a bowl until pale and fluffy. The batter should hold the lines made by the whisk
3. Sieve flour and baking powder together. Fold in the flour and spoon the mixture into the tin.
4. Bake in the oven for 7-10 minutes, or until light and springy to the touch.
5. Remove from the oven and turn the sponge out onto another piece of greaseproof paper.
6. For the filling, spread the jam onto the sponge and then spread with the cream, leaving a small gap around the edges.
7. Roll the sponge as tightly as possible.
8. Dust with icing sugar and serve.

Notes:

Swiss roll is made by rolling a thin sheet of sponge cake spread with jam into a log shape. Usually served in slices, the result is a spiral of cake layered with jam. Variations can include whipped cream fillings, sometimes mixed with chopped fresh or dried fruit; the sponge itself can also be flavoured with ingredients such as chocolate. The French *Bûche de Noël*, (Yule log) is a Swiss roll covered in rich chocolate frosting and made to resemble a tree log, and is served at Christmas

14. PIZZA

INGREDIENTS	QUANTITY
<u>For the dough:</u>	
Refined flour	250 gms.
Salt	5 gms.
Sugar	10 gms.
Fresh Yeast	10 gms.
Lukewarm Water	125 ml.
Olive oil	25 ml
Semolina	25 g for dusting
<u>For the sauce:</u>	
Blanched and skinned tomatoes	250g
Chopped onions	50g
Chopped garlic	12 cloves
Fresh Basil leaves	10nos.
Oregano	¼ tsp
Salt and pepper	To taste
<u>For the topping</u>	
Mozarella cheese grated	250g

Method:

Pizza dough

1. Preheat the oven to 220c. Place the flour and salt into a large bowl, mix, and make a well in the middle.
2. Add the sugar and yeast to the lukewarm water, and mix. Leave it aside, till it starts to foam, slowly pour it into the well, mixing with a fork as you go.
3. As soon as all the ingredients come together, which may take a minute or so, knead vigorously for around 5 minutes until you have a smooth, springy, soft dough. Leave aside to rest.
4. If it is to be used as a pre-baked pizza base, roll to 5mm thickness, prick to let air escape, and bake on a sheet pan lined with semolina. Bake only until few brown spots appear on the surface.
5. To make a thin crust pizza, roll to 2-3mm thickness, spread with tomato sauce and topping, and sprinkle with cheese. Bake with top heat to melt the cheese, and make sure the bottom is also cooked by placing it on the lower shelf till crust is browned.

Tomato sauce

1. Coarsely chop the tomatoes leaving them just a little chunky.
2. In a heavy bottom saucepot, add the olive oil, over a medium high flame and heat a little. Add the onions and saute until slightly translucent. Add the garlic and saute about a minute until golden. Quickly add the crushed tomatoes to the mix. Stir well and bring to a simmer.
3. Season with salt and pepper, to taste, and add the fresh basil and oregano. Adjust seasoning.
4. You can add a touch of sugar if desired or if tomatoes are sour. Simmer on a low flame, stirring often for at least 15 minutes.

When assembling the pizza, make sure that oven is hot, then place the rolled out base on a baking tray lined with semolina, spread the sauce and topping, lastly sprinkle cheese. (See step no. 5 in pizza dough method).