

XI CONFECTIONERY
PRACTICAL SYLLABUS
PRACTICAL RECIPES

I UNIT

40 marks

1. Vanilla cup cakes
2. Gulab Jamun
3. Coconut macaroons
4. Shortcrust Cookies
5. Nankatais
6. Ribbon cake
7. Chocolate cake with Buttercream Icing
8. Eggless cake
9. Melting moments
10. Crème caramel
11. Swiss roll
12. Date and walnut cake
13. Madelines

II. UNIT

40 marks

14. Chocolate Salami
15. Whole wheat cake
16. Apple jam
17. Sandwich cake
18. Chocolate mud pie
19. Oatmeal muffins
20. Carrot muffins
21. Fruit cake
22. Marble cake
23. Queen cake

Assignment

20 marks

1. VANILLA CUP CAKES

Ingredients	Quantity
Refined flour	115 g
Sugar	115 g
Eggs	2 nos
Baking Powder	¼ tsp
Margarine	70 g
Milk	15-20 ml
Vanilla essence	few drops

Method

1. Sieve the flour along with baking powder.
2. Cream the fat (margarine) along with icing sugar.
3. Beat the eggs along with vanilla essence
4. Add the egg into the creamed mixture
5. Fold in the flour and mix well.
6. Prepare cup cake moulds and add spoonfuls of the mixture into the cup cake moulds.
7. Bake in a pre-heated oven at 180c for 30-45 min till golden brown

2. GULAB JAMUNS

Ingredients	Quantity
Mawa	100 g
Sugar	100 g
Maida	20 g
Cardamom	A pinch
Arrow root	5 g
Soda bicarbonate	A pinch
rose essence	few drops
Water	15 m
Fat	For frying

Method

1. Prepare a syrup of one string consistency with sugar and water.
2. Add the rose water. Pass the mawa through a sieve. Add crushed cardamom, arrow root and a little cold water in which the soda bicarbonate has been dissolved.
3. Make a soft dough without kneading too much. Shape into small rounds.
4. Deep fry in oil till golden brown in colour. The frying should be done on a slow fire and the oil should be stirred constantly to avoid over heating.
5. Remove and drain from the oil and put in the sugar syrup.

3. COCONUT MACAROONS

Ingredients	Quantity
Dessicated coconut	85 g
Powdered sugar	85 g
Egg whites	2 nos
Salt	A pinch
Vanilla essence	Few drops
Milk	15-20 ml
Vanilla essence	few drops

Method

1. Separate egg yolks from the egg whites
2. Put the egg whites in a clean moisture-free bowl.
3. Make sure that the yolk does not fall in the egg white.
5. Beat the egg whites thoroughly till it forms peaks.
6. Gradually add the sugar till it dissolves completely.
7. Fold in dessicated coconut and mix well.
8. Put spoonfuls of the mixture on a greased baking tray.
9. Bake at 150c for 15-20 min

4. SHORTCRUST COOKIES

Ingredients	Quantity
Flour	175g
Margarine	50g
Butter	50g
Icing sugar	85g
Milk	¼ tsp
Cocoa powder	2tsp
Vanilla essence	few drops

Method

1. Sieve the flour.
2. Cream the margarine with icing sugar and butter and fold in the flour.
3. Divide the dough into 2 portions and add cocoa powder to one portion of the dough.
4. In case the dough is too hard add a little milk to soften it.
5. Flatten the dough (white) and roll out with a rolling pin.
6. Place the chocolate dough over the white dough and roll out again till it is smooth and even.
7. Roll the entire dough into a log and refrigerate till it hardens.
8. Cut the log into portions of 1cm thickness each and bake at 175°C for 20-25 mins.

5. NANKHATAIS

Ingredients	Quantity
Flour	250g
Rava	60g
Ghee	145g
Vanilla essence	½ tsp
Nutmeg powder	½ tsp
Cardamom powder	1 tsp
Castor sugar	125g
Curd or lime juice	as required
Salt	a pinch

Method

1. Make a powder of all the spices (cardamom, nutmeg).
2. Sieve the spices along with flour and salt.
3. Cream the ghee well and add castor sugar.
4. Mix well and add the rava.
5. Fold in the flour and start kneading the mixture.
6. Add curd or lime juice to the mixture till it forms into a smooth dough.
7. Divide the dough on a lightly floured surface and make equal rounds.
8. Grease a baking tray and place the rounds on the tray.
9. Slightly flatten the rounds by making a cross in the centre with a knife.
10. Decorate each round with a piece of cashew nut or a cherry.
11. Bake on a moderate oven till the nankhatais get a slight colour.

1. RIBBON CAKE

Ingredients	Quantity
Icing sugar	115g
Margarine	55g
Refined flour	115 gms
Eggs	2nos
Colours	as desired
Vanilla essence	few drops
Baking powder	¼ tsp

Method

- 1.** Using the creaming method prepare a cake batter with the above mentioned ingredients.
- 2.** Divide the batter into 3 portions.
- 3.** Add 2 different colours to two separate portions of cake batter and leave one portion white.
- 4.** Fill the cake tin by adding a layer of white at the base, then two different coloured layer and finally another white layer for the top.
- 5.** Bake in a hot oven at 200 °C for 20-25 min or till done.

7. CHOCOLATE CAKE WITH CHOCOLATE BUTTER ICING

For the cake:-

Ingredients	Quantity
Flour	120g
Margarine or butter	150g
Eggs	2nos
Sugar	150g
Baking powder	¼ tsp
Cocoa powder	2tsp
Sodium bicarbonate	a pinch
Chocolate essence	few drops
Glazed cherries	3 to 4 (for garnishing)

For the icing:-

Butter	50 gms
Margarine	50 gms
icing sugar	100 gms
Cocoa powder	5 to 10 gms
Chocolate essence	½ tsp

Method

1. Sieve the flour along with cocoa powder, baking powder and sodium bicarbonate.
2. Cream the margarine or butter well and icing sugar.
3. Beat the eggs along with chocolate essence.
4. Finally fold in the flour.
5. Pour the cake batter into a greased mould and bake at 200°C for 45 minutes to 1 hour.
6. Allow the cake to cool on a wire rack.
7. Cut the cake into 2 or 3 layers as desired.
8. Prepare icing by creaming together the butter, margarine and sugar, cocoa powder and essence.
9. Apply icing evenly in between each layer with the help of a palette knife.
10. Apply icing on top of the cake and evenly spread out.
11. Pipe out icing on the borders with the help of an icing bag and nozzle.
12. Garnish with cherries if desired.

2. EGGLESS CAKE

Ingredients	Quantity
Condensed milk	200ml
Flour	160g
Baking powder	1level tsp
Sodium bicarbonate	½tsp
Melted butter/ Margarine	60g
Vanilla essence	1tsp
Water	75ml
Icing sugar	2level tsp

Method

1. Sieve the flour along with baking powder and sodium bicarbonate.
2. Dissolve the icing sugar in 75ml of water.
3. Pour the condensed milk in a steel bowl and add the dissolved icing sugar and water mixture.
4. Mix well with a wooden spoon and add vanilla essence.
5. Fold in the flour. Melt and cool the margarine and pour it into the cake mixture.
6. Stir it well till it becomes into smooth batter.
7. Grease a cake tin and pour the batter into it.
8. Bake at 200°C for 30-40min.
9. When the cake is ready it starts leaving the sides of the mould and it is springy to touch.

9. MELTING MOMENTS

Ingredient	Quantity
Butter	115 gms
Sugar (powdered)	85 gms
Eggs	½ nos.
Vanilla essence	¼ tsp.
Refined flour	150 gms.
Baking powder	¼ gms
Crushed cornflakes	50 gms.

Method:

1. Cream the butter till soft, add the sugar and continue creaming till light and fluffy.
2. Gradually add the egg and vanilla essence, beating well after each addition.
3. Sift together the flour and baking powder. Fold into the creamed mixture.
4. Take lime-size balls and roll in crushed cornflakes.
5. Place on a greased tray apart from one another.
6. Bake in a pre-heated oven at 180°C.

10. CRÈME CAMEL

Ingredients	Quantity
Sugar	50g
Eggs	6nos
Milk	250ml
Vanilla essence	few drops
Granulated sugar	150-200g

Method

1. Melt the sugar till it caramelizes in the mould.
2. Slightly warm the milk and keep aside.
3. Break the eggs in a bowl and pour the sugar over it.
4. Add a few drops of vanilla essence and beat the mixture slightly.
5. Pour the warm milk into the mixture and stir well till the sugar dissolves and the mixture combines properly in the milk.
6. Strain the mixture and pour it into the caramel mould.
7. Steam bake in a pre-heated hot oven at 200°C for 45 min or till done.

Variation

1. The caramel mould can be placed in a cooker.
2. Add a little water and overturn the lid and steam for 1 hour on a medium flame.
3. Place weight over the mould so that it does not spill out while steaming.

11. SWISS ROLL

Ingredient	Quantity
Eggs	3 nos
Sugar	85 gms
Hot water	1 tbsp
Flour	85 gms
Vanilla essence	½ tspn
Jam	55 gms.

Method

1. Break eggs into a bowl with sugar and whisk until stiff and creamy.
2. Sift flour and fold into the mixture carefully.
3. Add hot water and vanilla essence.
4. Pour the mixture into a greased Swiss roll tin & bake at 200°C for 10-15 minutes.
5. Quickly turn on to a paper dusted with sugar.
6. Remove lining paper on top, cut off the stiff edges, spread jam and roll with the help of a paper.

11. DATE AND WALNUT CAKE

Ingredients	Quantity
Flour	120g
Icing sugar	120g
Margarine/ Butter	120g
Dates	75g
Walnuts	30g
Baking powder	½tsp
Sodium bicarbonate	a pinch
Vanilla essence	few drops
Eggs	3nos
Salt	a pinch

Method

1. Cream the margarine.
2. Add icing sugar to the margarine and cream well.
3. Beat the egg along with vanilla essence.
4. Sieve the flour along with baking powder and sodium bicarbonate.
5. Add the beaten egg to the mixture and continue creaming.
6. Chop the dates and walnuts finely and mix them in.
7. Fold in the flour till the mixture forms into a batter.
8. Add a pinch of salt for taste.
9. Pour the batter into a cake tin and sprinkle a few chopped walnuts on the top of the cake.
10. Bake at 200C for 30-45 min or till done.

13. MADELEINES

Ingredient	Quantity
Icing Sugar	120 gms
Eggs	2 nos.
Refined flour	120 gms
Butter	120 gms
Baking powder	¼ tsp
Desiccated coconut	50 gms.
Glazed cherries	30 gms.
Strawberry jam	30 gms.
Vanilla essence	few drops

Method:

1. Cream the butter and sugar till light and fluffy.
2. Gradually add the egg and essence beating well after each addition.
3. Sift together the flour, salt and baking powder. Fold into the creamed mixture.
4. Put the mixture into greased Madeleine moulds.
5. Fill $\frac{3}{4}$ of the moulds with the mixture to avoid spilling.
6. Bake in a pre-heated oven at 180°C for 20 mins or till done.

For make up or dressing:-

1. Cool the madelines completely.
2. Trim the tops of the Madelines so that the cake stands upright.
3. Roll the cakes in melted jam, roll again in desiccated coconut and top it with a cherry.

14. CHOCOLATE SALAMI

Ingredient	Quantity
Cocoa powder	2 ½ tblsp.
Sugar	3 tbsp.
Biscuits	9 (broken)
Egg	1 (yolk)
Butter	40 gms.
Vanila Essence	½ tsp.
Rum	For spinkling
Butter paper	

Procedure:

1. Mix cocoa powder and sugar, essence in a bowl.
2. Add butter broken biscuits and egg. Yolk and knead thoroughly.
3. Place the mixture lengthwise towards one side giving a roll like shape.
4. Sprinkle the rum all over the paper fold it gently. Keep it in a refrigerator and allow to harden.
5. Remove the paper carefully and slice neatly before serving.

15. WHOLE WHEAT FLOUR CAKE

INGREDIENTS	QUANTITY
Whole wheat flour	1cup (200g)
Powdered sugar	1cup (200g)
Oil	1/3cup
Butter	50g
Baking powder	1½ tsp
Water	½ cup
Cashew nuts	½ cup
Vanilla essence	½ tsp
Eggs	2nos

Method

1. Place the flour, sugar, baking powder, oil, butter and eggs in a bowl and beat well.
2. Add the water and vanilla essence beat till smooth and fold in the cashew nuts.
3. Place the mixture in 7-8 inches round cake tin and bake in a pre-heated oven of 180C for 35-40 mins.
4. Pierce with a knife and if it comes out clean the cake is done.

16. APPLE JAM

INGREDIENTS	QUANTITY
Apples	2Kg
Granulated sugar	450g
Sodium benzoate	¼ tsp (optional)
OR	
Lime juice	1tbsp
Colour (red)	few drops

Method

1. Wash the apples and peel them.
2. Scour the apples (remove the seeds) and check the weight.
3. Dice the apples and immerse the diced apples in hot water.
4. Boil the apples till it becomes soft.
5. Remove from the flame and strain the pulp through a sieve.
6. Allow the excess water to drain out.
7. Empty the pulp into a thick bottomed vessel and mash it with a wooden spoon.
8. Stir the pulp continuously and add the sugar and continue stirring in one direction.
9. Add the preservatives such as sodium benzoate or lemon juice.
10. Stir till the jam starts leaving the sides of the vessel.
11. Add colour if required.

17. SANDWICH CAKE

INGREDIENTS	QUANTITY
Flour	180g
Baking powder	1 level tsp
Icing sugar	180g
Margarine	180g
Salt	a pinch
Eggs	3nos
Milk	2 tsp
Vanilla essence	few drops
Jam	100g
Tutti fruity (optional)	50g

Method

1. Cream the margarine.
2. Sieve the flour along with baking powder.
3. Sieve the icing sugar and add it to the creamed margarine.
4. Beat the eggs along with vanilla essence and add to the creamed mixture.
5. Fold in the flour and mix well.
6. Add a pinch of salt.
7. Add milk to the cake batter till it becomes of a dropping consistency.
8. Divide the batter into 2 parts.
9. In one part tutti fruity can be added.
10. Fill the batter in 2 separate moulds of identical shape.
11. Bake at 180°C for 20-30min.
12. Cool the cake on a wire rack.
13. Apply jam and sandwich the 2 halves together.
14. Dust icing sugar on the top of the cake before serving.

18. CHOCOLATE MUD PIE

For the base:-

INGREDIENTS	QUANTITY
Flour	240gms
Margarine	120 gms
Egg	1 no.
Salt	5 gms
Cold water	To mix

For the filling:-

Flour	90 gms
Margarine	100 gms
Cocoa powder	10 to 15 gms
Pwd Sugar	100 gms
Egg	2nos.
Salt	½ tsp
Chocolate essence	Few drops
Baking pwd	A pinch

Method for the base:-

1. Sieve the flour and salt together.
2. Rub in the fat into the flour, till it resembles bread crumbs.
3. Add beaten egg and cold water, just enough to make a smooth dough.
4. Roll out the dough and place in a round pie mould.
5. Pierce the pie base with a fork and bake blind for 5 to 7 minutes.

Method for the filling:-

1. Cream the fat and sugar together.
2. Beat the eggs along with essence and add the beaten egg to the mixture.
3. Sieve the flour along with cocoa powder, salt and a pinch of baking powder.
4. Fold in the sieved flour and make a smooth batter.
5. Pour the batter into the pie shell and bake at 180°C for 15 to 20 minutes or till done.
6. Overturn the pie on a wire rack to cool and demould.
7. Cut the pie into triangles and serve with vanilla ice cream.

19. OAT MEAL MUFFINS

INGREDIENTS	QUANTITY
Flour	115g
Margarine/ Butter	85g
Icing sugar	115g
Baking powder	½ tsp
Eggs	2nos
Milk	50ml
Oats	50g
Salt	a pinch
Vanilla essence	few drops

Method

1. Cream the butter along with icing sugar and blend it with eggs.
2. Sieve the flour with baking powder and add it to the mixture.
3. Add essence and milk along with few oat meal into the mixture till it becomes into a dropping consistency.
4. Grease the muffin moulds and fill spoon fill of batter into it.
5. Bake at 180°C for 20-30min.

20. CARROT MUFFINS

INGREDIENTS	QUANTITY
Flour	1¼ cup
Butter	1 cup
Icing sugar	½ cup
Egg	1 no
Grated carrots	1½ cups
Baking powder	1 tsp
Baking soda	a pinch
Cinnamon	1 tsp
Nutmeg (grated)	¼ tsp
Salt	½ tsp

Method

1. Preheat the oven at 180°C.
2. Grease a muffin mould.
3. Grate the carrots and sauté in butter and allow to cool.
4. With an electric mixer cream the butter and add sugar and eggs until light and fluffy.
5. Add the sautéed carrots.
6. Sift over the flour, baking powder, baking soda, cinnamon, nutmeg and salt. Stir well and blend into the mixture.
7. Spoon the batter in the prepared muffin mould, filling them almost to the top.
8. Bake until the tops springs back when touched lightly for about 30min.
9. Cool on a wire rack.

21. DARK FRUIT CAKE

Ingredients	Quantity
Flour	250g
Butter	100g
Margarine	100g
Icing sugar	200g
Brown sugar (Demerara sugar)	50g
Eggs	8-10nos
Baking powder	10g
Sodium bicarbonate	5g
Nutmeg	½ tsp
Caramel	As required
Dry fruits (broken cashew nuts, almonds, raisins, tutti fruity)	200g
Rum essence	1½ tsp

For caramel

Granulated sugar	1 cup (200g)
Water	2-2 ½ cups (200-250ml)

Method

1. Prepare caramel by dissolving sugar in water over a high flame till it attains a brown colour.
2. Allow the caramel to cool.
3. Chop dry fruits.
4. Cream the margarine and butter along with icing sugar and brown sugar till it turns light and fluffy.
5. Beat the eggs with rum essence and gradually pour into the creamed mixture.
6. Mix the chopped dry fruits in a little flour till the fruits are coated well with flour (make sure not to use the measured flour).
7. Add the dry fruits into the cake mixture.
8. Fold in the flour.
9. Pour the cooled caramel into the cake batter as per requirements to obtain the desired colour.
10. Lightly grease the cake mould or line the cake mould with grease proof paper.
11. Pour the batter into the cake mould.
12. Bake in a moderately hot pre heated oven between 180-200°C for 45-60mins.

*Place a small metal bowl with water in the oven if required, if the oven gets too heated to avoid a very dark cake crust.

22. MARBLE CAKE

INGREDIENTS	QUANTITY
Margarine or butter	120g
Granulated sugar	120g
Refined flour	120g
Eggs	3nos
Cocoa powder	5-10g
Baking powder	$\frac{3}{4}$ tsp
Vanilla essence	$\frac{1}{2}$ tsp

Method

1. Grease a 15x15 cm cake tin.
2. Sieve the flour along with baking powder.
3. In a bowl cream the butter or margarine with a wooden spoon till light and fluffy.
4. Separate the yolks from the whites.
5. Whisk the egg whites.
6. Gradually add the sugar during whisking so that it dissolves in the egg whites. The egg whites should form stiff peaks.
7. Add the yolks into the whites one at a time along with essence.
8. Add spoonfuls of whisked eggs into the creamed fat. Continue creaming.
9. After the process of creaming fold in the flour using a metal spoon.
10. Separate a little batter and mix with cocoa powder.
11. Alternately drop spoonfuls of white and chocolate batter into the cake tin and give it a stir with a thin knife or fork.
12. Bake at 180°C for 30 minutes or till done.

23. QUEEN CAKES

INGREDIENTS	QUANTITY
Refined flour	55g
Powdered sugar	55g
Fat	55g
Eggs	1no.
Milk	15ml
Tutti fruity	50g
Vanilla essence	¼ tsp
Baking powder	¼ tsp

Method

1. Cream the fat and add icing sugar together.
2. Beat the egg well with essence and add to the creamed mixture.
3. Dust the tutti fruity with flour and add to the mixture (make sure not to use the measured flour).
4. Finally fold in the sieved flour with baking powder.
5. Add milk into the batter if required to make the batter of a dropping consistency.
6. Drop spoonfuls of batter into paper cases.
7. Bake between 150-170°C for 15-20 minutes or till done.