

**INSTRUCTION MATERIAL**

**SUBJECT: BAKERY & PATISSERIE PRACTICALS**

**STD. XII**

**UNIT 1**

**(40 marks)**

1. Baguette
2. Chicken & Cheese Pizza
3. Oat & Raisin Cookies
4. Crunchy Cookies
5. Strawberry Cheese Fingers
6. Jam Tarts
7. Apple Pie
8. Pound Cake
9. Carrot & Nut Cake
10. Pineapple upside down

**UNIT 2**

**(40 marks)**

1. Croissants
2. Cinnamon Rolls
3. Patties
4. Cheese Straws
5. Vanilla Sponge with butter icing
6. Black Forest Cake

**PROJECT :**

**(20 marks)**

# BAGUETTE

## Ingredients

Qty	Unit	Description
1	Kgs	Flour
0.03	Kgs	Yeast
0.015	Kgs	Salt
0.02	Kgs	Gluten
0.02	Kgs	Bread Improver
0.6	Litres	Water

## Method

1. Weigh all ingredients.
2. Sieve flour,gluten and bread improver and salt.
3. Mix gluten in water and mix in flour
4. Make a dough.keep dough for resting. Give initial proof, knock back and rest
5. Scale a dough in equal quantities.
6. Roll baguette and keep for proving.
7. Bake at 230°c with steam
8. Lower the heat after 10 minutes and bake at 200°c for 15 min.

## CHICKEN AND CHEESE PIZZA

### Recipe for Base

<i>Ingredients</i>	<i>Qty.(g)</i>
Refined flour	125
Comp. yeast	10
Salt	2
Sugar	5
Olive oil / oil	10 ml
Water (60% based on flour)	75 ml

### Filling

Tomato purees	80
Herbs	5
Shredded Chicken	200
Capsicum	50
Oil (Optional)	50 ml
Mozzarella cheese	50
Salt	to taste

### Method

1. Prepare smooth and soft dough with above ingredients.
2. Divide dough into 2 portions, round and keep on greased baking sheet little apart.
3. Proof for 15 minutes, Flatten the rounded with your palm into 6" round diameter.
4. Prick the bases with a fork. Proof for 50 minutes.
5. Bake in a hot oven at 250°C till firm to touch for 4 to 5 minutes.

### Precautions:

1. Bake in a hot oven for few minutes as the bases will be baked again with the filling.
2. Do not roll pizzas. Flatten them with your palm.

## OAT AND RAISIN COOKIES

<b>Ingredients</b>	<b>Qty. (g)</b>
Butter	200 gms.
Icing sugar	125 gms.
Brown sugar	150 gms.
Eggs	2 nos.
Flour	350 gms.
Salt	5 gms.
Baking soda	5 gms.
Vanilla Essence	5 ml.
Oats	150 gms.
Raisins	100 gms.

### **Method:**

1. Cream the butter, salt & sugars till light & fluffy.
2. Gradually add the beaten eggs with vanilla essence.
3. Fold in the butter, which is sieved with baking soda.
4. Lastly add the chopped raisins and oats to the flour.
5. Shape into roundels, and press one side of the cookie on the oats and place on a greased tray (oats facing up)
6. Bake at 150°C for 15 mins.

## CRUNCHY COOKIES

### Ingredients

Qty	Unit	Description
0.225	kg	Butter or Margarine, Softened
0.23	kg	Sugar
0.225	kg	Packed Brown Sugar
1	No.	Egg
0.225	litres	Vegetable Oil
0.005	kg	Vanilla Extract
0.787	kg	All Purpose Flour
0.005	kg	Salt
0.005	kg	Cream of Tartar
0.005	kg	Baking Soda
0.225	kg	Quick Cooking Oats
0.225	kg	Crisp Rice Cereal
0.225	kg	Flaked Coconut
0.125	kg	Chopped Walnuts

### Method:

1. In a mixing bowl, cream butter and sugars. Beat in egg, oil and vanilla. Combine flour, salt, cream of tartar and baking soda; gradually add to the creamed mixture. Stir in remaining ingredients.
2. Drop by tablespoonfuls 2 inch apart onto ungreased baking sheets. Press tops lightly with a fork. Bake at 350 degrees for 8-10 minutes or until lightly browned. Remove to wire racks to cool.

## SPONGE FINGERS

### Ingredients

Qty	Unit	Description
0.4	KG	eggs
0.3	KG	Castor sugar
0.25	KG	Flour
0.05	KG	icing sugar
0.025	KG	Cornflour

### Method

1. Separate the eggs and whisk egg yolks with half of the castor sugar
2. Whip the egg whites with remaining part of castor sugar
3. Sift flour along with cornflour
4. Fold the flour into the yolks and then carefully fold in the whipped egg whites
5. Pipe on a greaseproof paper and sprinkle icing sugar over them and bake at 200 deg C for 10 minutes

## JAM TARTS

<b>Ingredients</b>	<b>Qty.(g)</b>
Butter	250 gms.
Sugar	125 gms.
Eggs	50 gms.
Refined flour	375 gms.
Salt	5 gms.
Vanilla essence	5 ml.
Strawberry / Raspberry jam	125 gms.

### **Method:**

1. Cream the butter till soft.
2. Add the sugar and continue creaming till light and fluffy.
3. Gradually add the egg and vanilla essence, beating well after each addition.
4. Sift together the flour and salt. Fold into the creamed mixture.
5. Rest the dough in the fridge for at least half an hour.
6. Roll on a floured surface to ¼" inch thickness.
7. Line the tart moulds with the pastry and fill 2/3rds with jam.
8. Cut strips of the dough and make a trellis on the tart.
9. Bake in an oven pre-heated to 200°C for approx. 15 mins.

## APPLE PIES

<b>Ingredients</b>	<b>Qty. (g)</b>
<b>Pastry:</b>	
Butter	250 gms.
Sugar	125 gms.
Eggs	50 gms.
Refined flour	375 gms.
Salt	5 gms.
Vanilla essence	5 ml.

### **FILLING:**

Apple (peeled and sliced)	250 gms.
Lemon juice	5 ml.
Sugar	60 gms.
Cornflour	5 gms.
Salt	A pinch.
Cinnamon Powder	3 gms.
Nutmeg powder	2 gms.

### **Method :**

1. Toss the apple with the lemon juice and mix with sugar, cornflour, salt and spices.
2. Prepare the pastry by creaming method and rest the dough for half an hour.
3. Roll on a floured surface to 1/4<sup>th</sup> inch thickness.
4. Line the tart moulds with the pastry and top with the filling. Do with butter.
5. Cut strips of the dough and make a trellis on the tart.
6. Bake at 200oC for approx 30 mins.
7. Serve dusted with icing sugar.



## POUND CAKE

<b>Ingredients</b>	<b>Qty. (g)</b>
Refined flour	100
Baking powder	1/4 <sup>th</sup> tsp.
Margarine	100
Grain sugar	100
Eggs	100
Vanilla essence	3 ml.

### **Method:**

1. Sieve flour and baking powder/
2. Cream margarine and flour together.
3. Beat egg, sugar and essence till thick and creamy.
4. Add beaten egg-sugar mixture to the creamed mixture and whip.
5. Pour the mixture into a lined cake tin and bake 150°C for about 30 minutes till firm.
6. Depan on a cooling rack.

### **Yield: 1 no.**

1. The amount of eggs should be weighed.
2. Measuring baking powder carefully or the cake will collapse.
3. Make a slight depression in the centre for even rising.
4. Let cake cook in the tine so that it becomes firm.

## CARROT & NUT CAKE

<b>Ingredients</b>	<b>Qty.(g)</b>
Butter	300 gms.
Brown sugar	500 gms.
Milk	250 ml.
Lemon Zest	5 gms.
Salt	8 gms.
Eggs	300 gms
Refined flour	500 gms
Cinnamon powder	3 gms
Nutmeg powder	1 gm.
Baking powder	5 gms
Grated carrot	200 gms
Chopped walnut	100 gms.

### **Method:**

1. Cream the butter & sugar till light and fluffy.
2. Gradually add the egg, beating well after each addition.
3. Sift together the flour, salt, spices, baking powder and soda
4. Fold the sifted ingredients into the creamed mixture.
5. Fold-in the carrot & walnut.
6. Grease & line a cake mould and pour in the batter.
7. Bake in an oven pre-heated to 170°C.

## PINEAPPLE UPSIDE DOWN CAKE.

### Ingredients

Qty	Unit	Description
0.6	KG	flour
0.02	KG	baking powder
0.24	KG	butter
0.33	KG	castor sugar
0.2	KG	eggs
0.08	KG	milk
0.006	KG	vanilla essence
0.16	KG	walnuts
0.3	KG	pineapple slices
0.05	KG	canned Cherries
0.03	KG	castor sugar

### Method:

1. First prepare the mould. Grease the cake tin with butter and 30 gms castor sugar.
2. Arrange canned pineapple slices on the bottom and fill the gaps with cherries
3. Cream butter and sugar till fluffy. Add eggs one by one and beat well
4. Add milk and fold in sieved flour and baking powder along with the walnuts.
5. Bake at 180 degree for 40 minutes.

## CROISSANTS

<b>Ingredients</b>	<b>Qty.(g)</b>
Flour	225 gms.
Yeast	10 gms.
Milk powder	10 gms.
Salt	4 gms.
Egg yolk	1 no.
Sugar	20 gms.
Puff Margarine (dough)	10 gms.
Puff Margarine (Rolling)	120 gms.
Water	As required.

### **Method :**

1. Make bread rolled dough as usual, add cream fat and knead for a while, allow to ferment (1/2 hour) punch down.
2. Roll out into a rectangle and spread the margarine on 2/3<sup>rd</sup> of the dough leaving a margin on all the sides.
3. Fold into three.
4. Rotate the dough to 90° and roll out into a rectangle, this is the first turn.
5. Allow to rest in the fridge for 30 mins. repeat twice for a total of 3 turns.

## CINNAMON ROLLS

<b>Ingredients</b>	<b>Qty.(g)</b>
Danish dough	250 gms
Butter	for brushing.
Castor sugar	30 gms
Cinnamon powder	½ tspn.

### **Method:**

1. On a floured surface roll out the Danish dough into a ¼ inch thick rectangle.
2. Mix the cinnamon powder with castor sugar.
3. Brush with butter and sprinkle with cinnamon sugar.
4. Roll up like a Swiss roll.
5. Cut into 1 inch slices, place the cut side down in a greased muffin tray or a greased pan.
6. Bake in a pre heated oven to 200°C
7. When baked brush with jam or glaze while still warm.

## PATTIES

<b>Ingredients</b>	<b>Qty.(g)</b>
Refined flour	500 gms.
Puff margarine (dough)	50 gms.
Puff margarine (folding)	250 gms.
Salt	10 gms.
Sugar	5 gms.
Lime	½ no.
Water (cold)	As required.
Puff dough	500 gms.
Filling (Prawn / Chicken /Veg)-	
Egg wash.	

### **Method:**

1. Sieve flour and salt and makes a bay, add cold water lemon juice, sugar and knead to make soft dough.
2. Cream the fat and rub into the dough.
3. Cover the dough with a wet cloth and rest for 25 mins.
4. Sheet the dough into a rectangle and apply 1/3 of the fat.
5. Give it a book fold and rest the dough for ½ an hour in the fridge.
6. Repeat this process twice, rolling, folding and resting.
7. Roll the puff dough to 3mm thickness.
8. Cut into 4 inch squares. Wash the edges of each with water.
9. Place a portion of the desired filling in the center of each square.
13. Fold the squares diagonally and press the edges together.
11. Rest in the fridge for 30 mins. Brush the patties with egg wash.
12. Bake at 200°C until crisp and brown.

## CHESSE STRAWS

<b>Ingredients</b>	<b>Qty.(g)</b>
Refined flour	225 gms.
Salt	½ tsp.
Lemon juice	1 tsp.
Margarine	170 gm
Ice cold water	To mix
Rice flour	For dusting.
Filling	As desired (grated cheese)
Egg for coating.	1 no.

### **Method:**

1. Sieve flour with salt.
2. Add water and lemon juice to flour and knead to smooth and soft dough.
3. Keep dough covered under wet cloth for at least 20-25 mins.
4. Divide the margarine into 3 parts.
5. Roll the dough into a rectangular shape.
6. Put one part of the margarine in flakes on 2/3 of the rectangle leaving 1.5 edge all around.
7. Fold into three, folding in empty portion first.
8. Repeat process twice more to use up all the margarine and once without putting in margarine.
9. Rest the pastry wrapped in greaseproof paper in a cool place (preferably in a refrigerator) for at least 45 mins.
10. Roll into 0.5 cm thickness and sprinkle grated cheese and all seasonings and fold into two.
11. Roll again to 0.5 cm thickness, cut into strips twist it and keep on baking sheet, sprinkle with water.
12. Bake at 230°C for 15 mins and at 175 °C for a further 15 mins.

## VANILLA SPONGE WITH BUTTER ICING

### Ingredients

Qty	Unit	Description
0.500	KG	eggs
0.250	KG	Flour
0.250	KG	Sugar

### For Icing

Qty	Unit	Description
1	KG	Unalted Butter
0.5	KG	Icing Sugar
0.002	KG	Vanilla pods

### Method

1. Beat the eggs and the sugar together till fluffy.
2. Sift flour and fold them into the egg mixture.
3. Pour the mixture into greased or lined moulds and bake at 200° C.

### For Icing

1. Sift the icing sugar to get rid of any lumps.
2. Cream the butter and icing sugar along with vanilla scrapings and beat till light and fluffy
3. Remove and store fo further usage at room temperature
4. This is a basic butter cream. You could add flavours and colours of your choice.
5. Apply Icing on the Sponge using a turntable and spatula



## BLACK FOREST CAKE

### Ingredients

Qty	Unit	Description
1.2	Kg	Chocolate sponge
0.4	Kg	Whipped cream
0.04	Kg	Dark chocolate flakes
0.02	Kg	Black cherry compote
0.1	Kg	Grain sugar
0.1	Kg	Water

### Method:

1. Boil water and sugar to make sugar syrup. Cool and set aside
2. Slice the sponge horizontally in 3-4 layers
3. Layer each sponge with sugar syrup, whipped cream and cherry compote
4. Finish the top of the cake and the sides with whipped cream
5. Pipe the whipped cream over the cake and garnish with chocolate flakes and cherries