

XI BAKERY

PRACTICAL SYLLABUS

I UNIT

1. Bread sticks
2. Bread rolls
3. Burger buns
4. Doughnuts
5. Whole wheat bread
6. Onion bread
7. French bread

50 Marks

II UNIT

8. Multigrain bread
9. Mushroom quiche
10. Traditional sweet scones
11. Brioche
12. Banana bread
13. Sweet Rusk
14. Nankatai

50 Marks

1. BREAD STICKS

RECIPE

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

METHOD:

1. Make dough by straight dough method.
2. Knead in creamed fat.
3. Leave the dough for 10 min.
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 & bake 230°C till light brown in colour.

2. BREAD ROLLS

RECIPE

INGREDIENTS	QUANTITY
Refined Flour	200g
Sugar	10g
Fat	10g
Salt	5g
Yeast	10g
Warm Water	125ml. (approx)

METHOD:

1. Dissolve the yeast & sugar in Luke warm water.
2. Sieve the flour & make a bay in the centre.
3. Add the ferment, salt & knead into the dough.
4. Cream the fat & knead into the dough.
5. Allow to ferment.
6. Knock back & 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 min.
9. Bake at 180° for about 15-20 min.
10. Remove & brush with melted fat.

3. BURGER BUNS

RECIPE

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

METHOD:

1. Scald milk to 85°C. Mix yeast in warm water & leave for 5-10 min.
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 centre. 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.

4. DOUGHNUTS

RECIPE

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

METHOD:

1. Sift together the flour, baking powder & milk powder.
2. Make ferment with some of the flour mixture, all the yeast & 50ml of water and keep aside for 10-15 min.
3. Add the ferment to the remaining flour along with the egg & remaining ingredients adding water for just consistency.
4. Allow fermenting.
5. Knock back and allow to proof.
6. Sheet the dough & 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.

5. WHOLE WHEAT BREAD (BROWN BREAD)

RECIPE

INGREDIENTS	QUANTITY
Whole wheat flour	300g
Refined flour	200g
Yeast	18g
Salt	12g
Sugar	18g
Milk Powder	25g

METHOD:

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

6. ONION BREAD

RECIPE

INGREDIENTS	QUANTITY
Refined flour	225g
Sugar	10g
Salt	5g
Yeast	10g
Fat	15g
Water	125ml
Dry onion paste	40g

METHOD:

1. Mix together flour, sugar, salt, yeast & make dough.
2. Add fat and knead to form smooth dough.
3. Allow fermenting for 30 min.
4. Knock back & add dry onion paste.
5. Divide into 8 portions, round them up & place on a greased tray.
6. Keep aside to prove.

7. FRENCH BREAD / BAQUETTE

RECIPE

INGREDIENTS	QUANTITY
Refined flour	500g
Salt	10g
Yeast	20g
Warm water	300ml (approx)

METHOD:

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 firm dough.
4. Cover & leave to prove for approx 1 hr at 27°C.
5. Divide into portions of 320g. 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 & slash diagonally with a sharp knife.
9. Bake with steam for first 10 min at 250°C.

8. MULTIGRAIN BREAD

(NO TIME DOUGH METHOD)

RECIPE

INGREDIENTS	QUANTITY
Refined flour	190g
Multigrain mix	60g
Comp Yeast	15g
Salt	5g
Sugar Powder	10g
Water	150ml
Fat	10g
Bran	5g
Oats	5g

METHOD:

1. Sieve flour on marble slab. Add multigrain mix to flour, mix roughly with flour.
2. Prepare smooth & soft dough with above ingredients.
3. Rest till double in size.
4. With scaling of 200g, divide the dough into 2 portions.
5. Round dough pieces & give $\frac{3}{4}$ proof in a steam atmosphere.
6. Give one cut along the diameter of the dough with blade dipped in flour.
7. Spray water on surface. Sprinkle mixture of bran and oats over it.
8. Bake in a preheated oven at 220°C for 20 to 25 min.

9. MUSHROOM QUICHE

RECIPE

FOR THE CRUST

INGREDIENTS	QUANTITY
Plain flour	180g
Butter	85g (cold cut into pieces)
Margarine	45g (cold cut into pieces)
Salt	½ tsp
Ice water	3-4 tsp

FOR FILLING

INGREDIENTS	QUANTITY
Mushrooms	450g
Oil	4 tsp
Garlic	1 clove
Lemon juice	1tsp
Salt	To taste
Pepper powder	To taste
Eggs	3 no
Heavy cream	300ml
Cheese	60g

METHOD:

1. **For crust-** sift flour & salt into a bowl. Rub in the butter & margarine until the mixture resembles bread crumbs. Stir in enough water to bind.
2. Gather into a ball wrap in a plastic film & refrigerate for 20 min.
3. Roll the dough & leave it into a tart tin. Prick the base all over with a fork.
4. Blind bake until it is golden brown.

5. **For Filling-** Wash the mushroom & slice it thin. Heat oil in frying pan, stir the mushroom, garlic & pepper. Cook till the mixture is dry.
6. Whisk the eggs & cream together, stir in the mushroom. Sprinkle grated cheese over the bottom of pre cooked shell & pour the mushroom filling over the top.
7. Bake until puffed & brown. Serve the quiche hot.

10. TRADITIONAL SWEET SCONES

RECIPE

INGREDIENTS	QUANTITY
Flour	170g
Sugar	2 tsp
Baking powder	3 tsp
Salt	1/8 tsp
Cold Margarine	75g
Milk	125ml

METHOD:

1. Sift the flour, sugar, baking powder & salt into a bowl.
2. Rub in fat until the mixture resembles bread crumbs.
3. Pour in the milk & stir with a fork to form soft dough.
4. Roll the dough about 1/2 cm thick & cut into round using a round biscuit cutter.
5. Place it in a prepared tray; bake it at 200°C until golden brown.

11. BRIOCHE

RECIPE

INGREDIENTS	QUANTITY
Flour	250g
Sugar	25g
Yeast	5g
Salt	5g
Fat	20g
Egg	½ no
Water or milk	150ml

METHOD:

1. Make a smooth dough with all the ingredients.
2. Give rest & divide the dough into pieces of 50g & 5gm.
3. Mould the first round & then make a small round. The small round should be placed on the first round.
4. Place it in the greased tray.
5. Give egg wash in the half proof & make small incisions in the bottom with the help of scissors.
6. Bake it at 220°C for about 10 min.
7. Remove it from the tin immediately and cool.

12. BANANA BREAD

RECIPE

INGREDIENTS	QUANTITIES
Bananas	200g
Refined flour	200g
Sugar	200g
Eggs	150g
Oil	150g
Baking soda	1 tsp
Baking powder	½ tsp
Salt	a pinch

METHOD:

1. Sieve all the dry ingredients (flour+ Baking soda +Baking powder).
2. Beat eggs & sugar.
3. Add all the dry ingredients & mix.
4. Add smashed bananas to mixture.
5. Finally add oil and mix well.
6. Put the mixture in a greased tin or in cup cake lined moulds.
7. Bake in pre heated oven at 180°C till done.

13. SWEET RUSK

RECIPE

INGREDIENTS	QUANTITY
Flour	250g
Sugar	80g
Fat	35g
Yeast	5g
Salt	To taste
Milk powder	25g
Water	150g
Cumin seeds	10g

METHOD:

1. Prepare flying ferment with yeast, a little sugar, a little flour & water.
2. Mix milk powder, with the remaining water.
3. Mix the above two mixtures with sieved flour and knead it well.
4. Add fat & knead it well till the gluten is well developed.
5. Add cumin seeds.
6. Give rest for 30 min & cut it into desired weight or 200g.
7. Mould it longer than the bread or shape into cylinder size.
8. Place it in a greased mould or tray and allow to proof till the desired volume is achieved.
9. Bake it at 200°C till it gets golden brown colour.
10. Cool it & slice into a quarter inch thickness. Then arrange it on a clean baking tray.
11. Dry it at 150°C for about 25 min.

14. NANKATAI

RECIPE

INGREDIENTS	QUANTITY
Flour	175g
Besan	75g
Vanaspati ghee	250g
Icing sugar	250g
Pista	For garnishing

METHOD:

1. Sieve flour and besan together.
2. Cream fat and fold in the flour.
3. Round each piece and arrange them on a cleaned tray.
4. Gently place a pista on top (Do not press too much)
5. Bake it at 175°C for 10 min.