

072104T4BYP

BAKING TECHNOLOGIST (YEAST AND PASTRY) LEVEL 4

FOP/OS/BT/CR/01/4/A

PRODUCE YEAST PRODUCTS

OCT/NOV2023

**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

PRACTICAL ASSESSMENT

INSTRUCTIONS TO THE CANDIDATE

TIME: 6 hours

1. In this assessment, you are required to complete the following tasks:
 - a) Assemble tools, materials, and ingredients
 - b) Produce and present each of the following:
 1. Doughnuts
 2. Chelsea buns
 3. Cholla bread
 4. Whole meal bread
2. You have 25 minutes to review the recipes for the preparation of the products.
3. You have 10 minutes to collect equipment for the preparation of the products.
4. You have 10 minutes to identify and weigh ingredients.
5. You have 15 minutes to organize your workstations

This paper consists of SIX (6) printed pages.

The candidate has **Five (5)** hours to prepare and present the following product:

- Doughnuts
- Chelsea buns
- Cholla bread
- Whole meal bread

Ensure the institution provides the candidate with the following resources for the activities:

- Fully equipped and safe kitchen
- Timer/ watch
- Recording sheet and pen
- Basic ingredients for the dishes

Ingredients and other requirements

- Basic ingredients for the dishes.
- Recipe cards for:
 - Doughnuts (*Appendix I*)
 - Chelsea buns (*Appendix II*)
 - Cholla bread (*Appendix III*)
 - Whole meal bread (*Appendix III*)

APPENDIX 1: DOUGHNUTS

Ingredients	Quantity
Wheat flour	1 Kg
Instant yeast	20 g
Milk	300 ml
Eggs	4 pcs
Salt	5 g
Sugar	120 g
Caster sugar	50g
Vegetable cooking oil	1 litre

PROCEDURE:

1. Weigh and sieve the flour.
2. Make a bay at the center of the flour
3. Place all other ingredients at the sides apart from yeast
4. Place the yeast at the center of the bay and add the beaten eggs and milk
5. Make a smooth dough and proof it for about 40 minutes
6. Knock it down and proof a second time for 20 minutes.
7. Knock it back and pin it out.
8. Cut it using a doughnut cutter
9. Set it aside for the final proofing
10. Use moderately hot oil to deep fry on both sides
11. Drain well on absorbent paper.
12. Toss in caster sugar.
13. Present

APPENDIX II: CHELSEA BUNS

Ingredients	Quantity
Wheat flour	250g
Instant yeast	5 g
Milk	60 ml
Eggs	1pc
Margarine	50 g
Currants /sultanas	50 g
Water	40 ml
Caster sugar	25 g

PROCEDURE:

1. Sieve the flour into a bowl and warm.
2. Cream the yeast in a basin with a little of the liquid.
3. Make a well in the center of the flour.
4. Add the dispersed yeast, sprinkle with a little flour, cover with a cloth, leave in a warm place until the yeast ferments (bubbles).
5. Add the beaten egg, butter or margarine, sugar, and remainder of the liquid. Knead well to form a soft, slack dough, knead until smooth and free from stickiness.
6. Keep covered and allow to prove in a warm place.
7. Take the dough and roll out into a large square.
8. Brush with melted margarine or butter.
9. Sprinkle liberally with caster sugar.
10. Spread the dried fruits evenly $\frac{3}{4}$ way.
11. Roll up like a Swiss roll, brush with melted margarine or butter.
12. Cut into slices across the roll 3 cm wide.
13. Place on a greased baking tray with deep sides.
14. Cover and allow to prove.
15. Bake in hot oven at 220°C (425°F) for 15–20 minutes.

APPENDIX III: CHOLLA BREAD

Ingredients	Quantity
Wheat flour	500 g
Instant yeast	10 g
Caster sugar	30 g
Eggs	1 pc
Salt	5g
Margarine	30 g
Sesame seeds	20 g
Water	250 ml

PROCEDURE:

1. Rub the butter or margarine into the sieved flour in a suitable basin.
2. Mix the sugar, salt and egg together.
3. Disperse the yeast in the water.
4. Add all these ingredients to the sieved flour and mix well to develop the dough. Cover with a damp cloth or plastic and allow to ferment for about 45 minutes.
5. Divide into 125–150g strands and begin to plait as follows:

4–strand plait	5–strand plait
2 over 3	2 over 3
4 over 2	5 over 2
1 over 3	1 over 3

6. After moulding, place on a lightly greased baking sheet and egg wash lightly.
7. Prove in a little steam until double in size. Egg wash again lightly and decorate with sesame seeds.
8. Bake in a hot oven, at 220°C for 25–30 minutes.

APPENDIX IV: WHOLEMEAL BREAD

Ingredients	Quantity
Wheat flour	350 g
Whole meal flour	150 g
Instant yeast	10 g
Sugar	30 g
water	300 ml
Salt	5g

Margarine	30 g
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PROCEDURE:

1. Mix the whole meal and wheat flour in a mixing bowl
2. Make a bay at the center of the flour
3. Place all other ingredients at the sides apart from yeast
4. Place the yeast at the center of the bay and add the beaten eggs and milk
5. Make a smooth dough and proof it for about 40 minutes
6. Knock it down and proof a second time for 20 minutes.
7. Shape the dough to fit the bread tin
8. Set aside for the final proofing
9. Bake at 200°C - 220°C for 25–30 minutes
10. Remove from oven and allow to cool