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101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/08/5/A

Prepare yeast products

Nov/Dec 2024

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

PRACTICAL ASSESSMENT

TIME: 4 HOURS

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INSTRUCTIONS TO THE CANDIDATE

1. You are required to perform the following tasks;
   i. Prepare bread rolls
   ii. Prepare doughnuts
   iii. Prepare Whole meal bread
2. You have **30 minutes** to review the recipes, collect equipment, identify and weigh ingredients and organize your workstations.
3. You have **Three hours and a half (3 ½)** to prepare, produce and present ***four*** **(*4) portions*** of each of the three tasks
4. The following resources will be provided:
   - A fully equipped and safe Workshop
   - Timer or watch
   - Ingredients and other requirements
   - Recipes for:
     - Bread rolls (Task I)
     - Doughnuts (Task II)
     - Whole meal bread (Task III)

NOTE: *A candidate who does not prepare, produce and present the required quantities of each item will be disqualified*

TASK I: BREAD ROLLS RECIPE

Ingredients	**Quantity (4 portions)**
Flour (strong)	200 g
Yeast	5 g
Liquid (half water, Half milk) 125 ml	125ml
Butter or margarine	10 g
Caster sugar	250 g
Salt	2 g
Egg wash	1

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Procedure

1. Sieve the flour into a bowl; warm in oven or above the stove.
2. Cream the yeast in a small basin with a quarter of the liquid.
3. Make a well in the centre of the flour; add the dissolved yeast.
4. Sprinkle over a little flour, cover with a cloth, leave in a warm place until the yeast ferments (bubbles).
5. Add the remainder of the liquid (warm), the fat, sugar and the salt.
6. Knead firmly until smooth and free from stickiness.
7. Return to the basin, cover with a cloth and leave in a warm place until double its size. (This is called proving the dough.)
8. Knock back. Divide into even pieces.
9. Mould into the desired shape.
10. Place on a floured baking sheet. Cover with a cloth.
11. Leave in a warm place to prove (double in size).
12. Brush carefully with egg wash.
13. Bake in a hot oven at 220°C for about 10 minutes.

TASK II: DOUGHNUTS RECIPE

Ingredients	Quantity (8buns)
Flour (strong)	200 g
Yeast	5 g
Milk and water	60 ml (approx.)
Medium egg	1
Butter or margarine	50 g
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 centre 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 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 divide into eight pieces.
8. Mould into balls. Press a floured thumb into each.
9. Add a little jam in each hole. Mould carefully to seal the hole.
10. Cover and allow to prove on a well-floured tray.
11. Deep-fry in moderately hot fat, 175°C, for 12–15 minutes.
12. Lift out of the fat, drain and roll in a tray containing caster sugar mixed with a little cinnamon.

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TASK III: WHOLEMEAL BREAD RECIPE

Ingredients	Quantity (2 loaves)
Oil	60 g

Honey	3 tbsp.
Water, lukewarm	500 ml
Dried yeast	18 g
Salt	1 tbsp.
Unbleached strong white flour	125 g
Stoneground whole meal flour	625 g

Procedure

1. Melt the butter in a saucepan.
2. Mix together 1 tbsp of honey and 4 tbsp of the water in a bowl.
3. Disperse the yeast into the honey mixture.
4. In a basin, place the melted butter, remaining honey and water, the yeast mixture and salt.
5. Add the white flour and half the whole meal flour. Mix well.
6. Add the remaining whole meal flour gradually, mixing well between each addition.
7. The dough should pull away from the side of the bowl and form a ball. The resulting dough should be soft and slightly sticky.
8. Turn out onto a floured work surface. Sprinkle with white flour, knead well.
9. Brush a clean bowl with melted butter or oil. Place in the dough, cover with a damp cloth and allow to prove in a warm place. This will take approximately 1–1½ hours.
10. Knock back and further knead the dough. Cover again and rest for 10–15 minutes.
11. Divide the dough into two equal pieces.
12. Form each piece of dough into a cottage loaf or place in a suitable loaf tin.
13. Allow to prove in a warm place for approximately 45 minutes.
14. Place in a pre-heated oven, 220°C and bake until well browned (approx. 40–45 minutes).
15. When baked, the bread should sound hollow and the sides should feel crisp when pressed.
16. Cool on a wire rack.

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