©2025 TVET CDACC

101305T4FBC

FOOD & BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/08/5

Prepare Yeast Products

July/August 2025

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

easytvet.com

PRACTICAL ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE:

1. You are required to perform the following tasks
   i. *Prepare Bun Dough*
   ii. *Prepare Hot Cross Buns*
   iii. *Prepare Doughnuts*
2. You have been provided with the following resources for the practical tasks:

- Safe and fully equipped kitchen
  i. Flour
  ii. Yeast
  iii. Milk
  iv. Eggs

v. Butter
vi. Sugar
vii. Currants
viii. Sultanas
ix. Mixed spices
x. Oil
xi. Cinnamon
xii. Grease proof paper

easytvet.com

TASK 1: BUN DOUGH

Ingredients	Quantity (4 Portions)
Flour	400g
Yeast	10g
Milk & Water	120ml
Egg	2 pc
Butter or margarine	100g
Sugar	50g

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.
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. Use as required.

easytvet.com

TASK 2: HOT CROSS BUNS

Ingredients	Quantity (4 Portions)
Bun dough	200g
Currants	50g
Sultanas	50g
Mixed spices	20g
Crossing paste	
Flour	125g
Water	250ml
Oil	25ml
Bun wash	
Sugar	100g
Milk	125ml

easytvet.com

Procedure

1. Add to basic bun dough washed and dried currants and sultanas and mixed spice.
2. Mould into eight round balls. Mix together the ingredient for the crossing paste and pipe it in continuous lines across the buns.
3. Place on a lightly greased baking sheet. Cover with a cloth and allow to prove.
4. Bake in a hot oven at 220°C for 15–20 minutes.
5. For bun wash, Boil ingredients together until the consistency of a thick syrup. Set aside.
6. Brush liberally the hot cross buns with bun wash as soon as cooked.

TASK 3: DOUGHNUTS

Ingredients	Quantity (4 Portions)
Bun dough	200g
Oil	500ml
Sugar	50g
Cinnamon	20g

Procedure

1. Take the basic bun dough and divide into eight pieces.
2. Mould into balls.
3. Roll out the balls and cut out doughnut to shapes.
4. Place doughnuts on a well-floured tray, cover and allow to prove for 20 min or until well proofed.
5. Deep-fry in moderately hot fat, 175°C, for 12–15 minutes.
6. Lift out of the fat, drain and roll in a tray containing sugar mixed with a little cinnamon.

easytvet.com