

Department of Education  
National Capital Region  
**SCHOOLS DIVISION OFFICE**  
**MARIKINA CITY**

TVL-Home Economics

# Bread and Pastry Production

Fourth Quarter- Module 2  
Prepare Iced and Fresh Petit Fours



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**City of Good Character**  
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Government Property  
**NOT FOR SALE**

Mayroong pag-asa dahil sa iyo, dahil sa inyong mga kabataan. Ang inyong mga ngiti, tawa, sigla, at likas na kabutihan ang inspirasyon naming mga magulang at guro upang pagbutihin ang pag-aalaga sa iyo, nang maipagpatuloy mo ang inyong pag-aaral at mga libangan.

Lagi ka sanang maging malusog, masayahin, masipag, at mapagmahal.

Ako ay sabik na maghihintay sa inyong pagbabalik sa paaralan sa hinaharap.

*- Mayor Marcy*







## Paano iniwasan ng ating pamilya ang COVID-19?



Inaalagaan ba natin ang ating kalusugan sa pamamagitan ng **sapat na tulog, ehersisyo, at masustansyang pagkain?**



Lagi ba tayong **naghuhugas ng kamay** gamit ang sabon at tubig o mga alcohol-based na produkto?



Pinapanatili ba natin ang kalinisan sa pamamagitan ng **palagiang pagdi-disinfect ng bahay?**



Binubuksan ba natin ang mga bintana para **makadaloy ang hangin** (natural ventilation)?



Iniiwasan ba natin ang **paglabas ng bahay at pagpapapasok ng bisita** kung hindi naman kailangan? Kung may lalabas man, tayo ba ay nagsusuot ng **face mask at face shield?**



Nagbabasa o nakikinig ba tayo sa mga **balita at bagong impormasyon** tungkol sa COVID-19?



Tinatandaan ba natin ang mga **karaniwang sintomas** ng COVID-19? At alam ba natin kung saan tatawag kung sakaling mayroong may sintomas sa pamilya?



Tinuturuan ba tayo ng ating mga magulang at nagiging mabuti ba silang modelo ng mga nabanggit na health at safety protocols?

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**Marikina**

**Make Marikina COVID-19 Free**  
Stay safe, stay healthy!

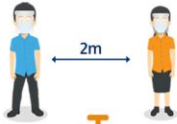




## MGA PAALALA UPANG MAIWASAN ANG COVID-19



Laging magsuot ng face mask at face shield.



Practice Social Distancing  
(Dumistansya ng 2 metro kapag nakikipag-usap)



Laging maghugas ng kamay at gumamit ng alcohol.



Kumain ng masustansyang pagkain at uminom ng maraming tubig.



Uminom ng bitamina.



Panatilihing malinis ang kapaligiran.



Manatili lamang sa bahay kung walang mahalagang aasikasuhin at panatilihing ligtas ang tahanan sa COVID-19.



Agad sumangguni sa inyong doktor o pinakamalapit na health center kapag nakaramdam ng mga palatandaan ng COVID-19.

### Marikina COVID-19 Hotlines:



0926 626 3695  
0927 456 6682  
0961 470 3326  
0961 470 3327

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**Make Marikina COVID-19 Free**  
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# HINDI PA TAPOS ANG LABAN SA COVID-19: MGA PAALALA LABAN SA FAMILY CLUSTER INFECTION

Iwasan ang hawaan sa pamilya, gawing ligtas ang tahanan. TANDAAN:



**MARIKINA COVID-19  
CALL CENTER**

**HOTLINE:**

0926-626-3695

0927-456-6682

0961-470-3326

0961-470-3327

**SWAB  
TEST**



## GAWING LIGTAS ANG TAHANAN.



- Huwag balewalain ang sintomas ng COVID-19
- Sundin ang quarantine protocols
- Huwag munang mag-dine in sa mga kainan/café
- Iwasan ang selebrasyon, inuman, at pagtambay
- Iwasan ang pulutong ng mga tao
- Huwag huhubarin ang face mask kapag nakikipagusap at panatilihin ang 2 meters na distansya
- Iwasan magpapasok ng mga bisita na hindi essential sa loob ng bahay
- Palaging maghugas ng kamay

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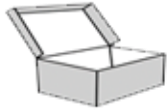


Hindi kaya ng pamahalaan lamang.  
Magkakasama nating talunin ang COVID-19 sa Marikina.

**PARA SA LIGTAS NA MARIKINA**



**City of Good Character**  
**DISCIPLINE • GOOD TASTE • EXCELLENCE**



## What I Need To Know

This module was designed and written with you in mind. It is here to help you develop knowledge, skills, and attitudes in the performance of Bread and Pastry Production tasks. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is Part II of Prepare and Display Petit Fours:

In this module 2 will discuss the two-learning outcome, namely:

- Prepare Iced Petit Fours
- Prepare Fresh Petit Fours

After going through this module, you are expected to:

- a. define iced and fresh petit fours;
- b. identify the tools needed in preparing iced and fresh petit fours;
- c. apply royal icing as frosting for iced petit fours;
- d. present and plate iced and fresh petit fours;
- e. value the significance of preparing iced and fresh petit fours.



## What I know

Fill each blank with the correct word to complete the selection.

Petit fours are derived from the \_\_\_\_\_ language meaning small \_\_\_\_\_. It referred to \_\_\_\_\_ biscuits and cakes tastefully decorated. Petit fours are also often made into different \_\_\_\_\_ with delicate, crisp, fresh, attractive, light, and designed to swallow in just \_\_\_\_\_ or two mouthfuls. Petit fours glacés means \_\_\_\_\_, iced or decorated tiny cakes \_\_\_\_\_ in fondant or icing, such a small éclair, and tartlets. While the petit fours prestige, is a petit fours make use of the \_\_\_\_\_ of any of the following: cake, \_\_\_\_\_, meringue, crèmeux or crème mousseline, and fresh fruits. For finishing, a glaze or a chocolate spray is used for bite-size appetizers usually served at \_\_\_\_\_ parties or buffets.



## Lesson

# 4

## Prepare and Display Petit Fours

In preparing and displaying petit fours, we should demonstrate the competencies based on the knowledge acquired from the previous lesson. By doing this, we can formulate and produce petit fours based on the standard given by the industry and may earn a living.



### What's In

In the previous lecture, we have discussed the information regarding petit fours. In this lesson, it will be easier to apply that knowledge and display your competencies in preparation, present and display iced, and fresh petit fours.



### *Notes to the Teacher*

In this lesson, the learners are expected to choose appropriate tools and equipment in a certain recipe. Highlighting their uses will help those select tools and equipment properly during laboratory. Give examples as much as possible to help the learners improve their analytic capabilities when encountering recipes.





## What's New

### BAYBAYIN ALPHABET

Convert the given Baybayin symbol into Roman Alphabet to reveal word.

𑀧 𑀨 3   𑀭									
A E-I O-U comma period									
𑀧	𑀨	𑀩	𑀪	𑀫	𑀬	𑀭	𑀮	𑀯	𑀰
BA	BE-BI	BO-BU	B	KA	KE-KI	KO-KU	K		
𑀱	𑀲	𑀳	𑀴	𑀵	𑀶	𑀷	𑀸	𑀹	𑀺
DA	DE-DI	DO-DU	D	GA	GE-GI	GO-GU	G		
𑀻	𑀼	𑀽	𑀾	𑀿	𑁀	𑁁	𑁂	𑁃	𑁄
HA	HE-HI	HO-HU	H	LA	LE-LI	LO-LU	L		
𑁅	𑁆	𑁇	𑁈	𑁉	𑁊	𑁋	𑁌	𑁍	𑁎
MA	ME-MI	MO-MU	M	NA	NE-NI	NO-NU	N		
𑁏	𑁐	𑁑	𑁒	𑁓	𑁔	𑁕	𑁖	𑁗	𑁘
NGA	NGE-NGI	NGO-NGU	NG	PA	PE-PI	PO-PU	P		
𑁙	𑁚	𑁛	𑁜	𑁝	𑁞	𑁟	𑁠	𑁡	𑁢
S	SE-SI	SO-SU	S	TA	TE-TI	TO-TU	T		
𑁣	𑁤	𑁥	𑁦	𑁧	𑁨	𑁩	𑁪	𑁫	𑁬
WA	WE-WI	WO-WU	W	YA	YE-YI	YO-YU	Y		





## What I Can Do

**TITLE:** Prepare and Display Iced Petit Fours

**PERFORMANCE OBJECTIVES:**

Cut and assemble the sponge cake as cake base then apply filling and frosting.

**SUPPLIES:**

Case Base  
Edible Cake Topper/ Design  
Filling  
Food Coloring  
Royal Icing  
Packaging Materials

**TOOLS:**

Bowls  
Cooling Rack  
Decorating Tip  
Fork  
Measuring cup and spoon  
Pastry Bag  
Spatula  
Tong



**STEPS/ PROCEDURES:**

1. Lay the first sponge cake on a wax paper.
2. Spread a thin layer of jam over the cake.
3. Place the second sheet cake on top of the first layer.
4. Press firmly.
5. Remove loose crumbs.
6. Spread the second layer of jam thinly over the cake.
7. Take the third sheet of cake. Turn it over to put the bottom part on top.
8. Press sheets of sponge firmly together
9. Place tray on top to allow layered cake and jam to bond.
10. To assemble iced petit fours using royal icing: place the cut cake base on the top of the cooling rack. Apply the royal icing over the tops and sides of the cake base, allowing dripping. Let it dry. Repeat if necessary, to thoroughly coat the cake base. Let it dry it completely.
11. Cut a small hole in the corner of a pastry or plastic bag; insert #14 tip. Fill the frosting pipe a rosebud on each petit fours. Insert the round tip into another pastry bag; fill it with green frosting. Pipe a leaf under each rose.

**ASSESSMENT METHOD:**

Oral Questioning  
Scoring Rubric



## How well did you perform?

Your performance will be rated using the rubrics below.

### Scoring Rubrics

PERFORMANCE LEVELS
4- <b>Advanced.</b> Can perform this skill without supervision and with initiative and adaptability to problem situations.
3- <b>Proficient.</b> Can perform this skill satisfactorily without assistance or supervision.
2- <b>Approaching to Proficiency.</b> Can perform this skill satisfactorily but requires some assistance and/or supervision.
1- <b>Basic.</b> Can perform this skill satisfactorily but requires considerable assistance and /or supervision.

### Performance Criteria Checklist

Check the appropriate box that corresponds to your level of performance by doing.

CRITERIA	1	2	3	4
1. Lay cake base and apply filling thinly over the cake base.				
2. Cake base was thinly slice and were cut into 1x1'4-inch square.				
3. Produce a firm cake base.				
4. Apply the glaze thoroughly and let it dry completely.				
5. Pipe a rosebud and leaf on the petit fours.				
6. Present and Display the Iced petit four in plate gorgeously.				

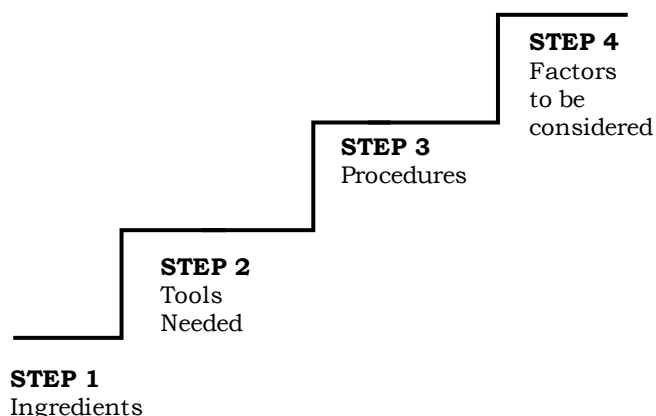


## What I Have Learned

### LADDER PLAN

Give the data needed to have a successful iced petit four using royal icing.

Guide Question: **How to make iced petit four?**



## LADDER PLAN

Answer Sheet: Guide Question: **How to make iced petit four?**

Draw your visualized output of iced petit fours.

### STEP 4

#### FACTORS TO BE CONSIDERED

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### STEP 3

#### PROCEDURES

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### STEP 2

#### TOOLS NEEDED

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### STEP 1

#### INGREDIENTS

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How did you find the activity? Have you learned something? Are you ready for the next lesson? Let us proceed.





## Learning Outcome #2.

### Prepare Fresh Petit Four



### What's In

Fresh petit fours may be called petit fours fraise or moist filled with pastry cream and often topped with fresh fruit miniature eclairs, and cream puff.

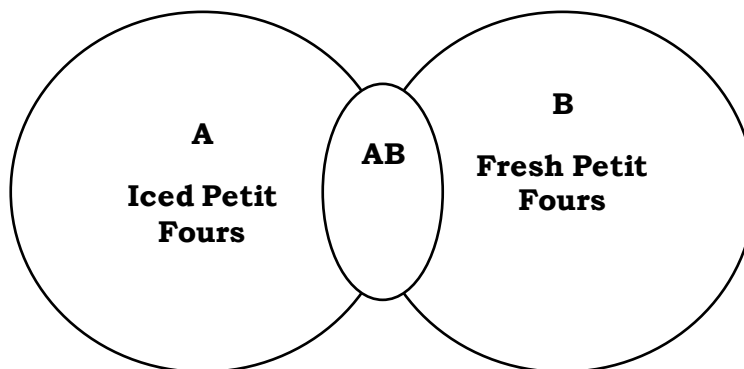
This type of petit fours is created with mini pastries and the most common types are fruit tarts, éclairs, or cream puffs. Cream puff and éclairs are filled with buttercream for pastry cream, while fruit tarts made with custard and fresh fruits on top. Fresh petit fours are not typically glazed, but some éclairs and cream puffs have a chocolate glaze place on top to finish them off.



### What's New

#### Venn Diagram

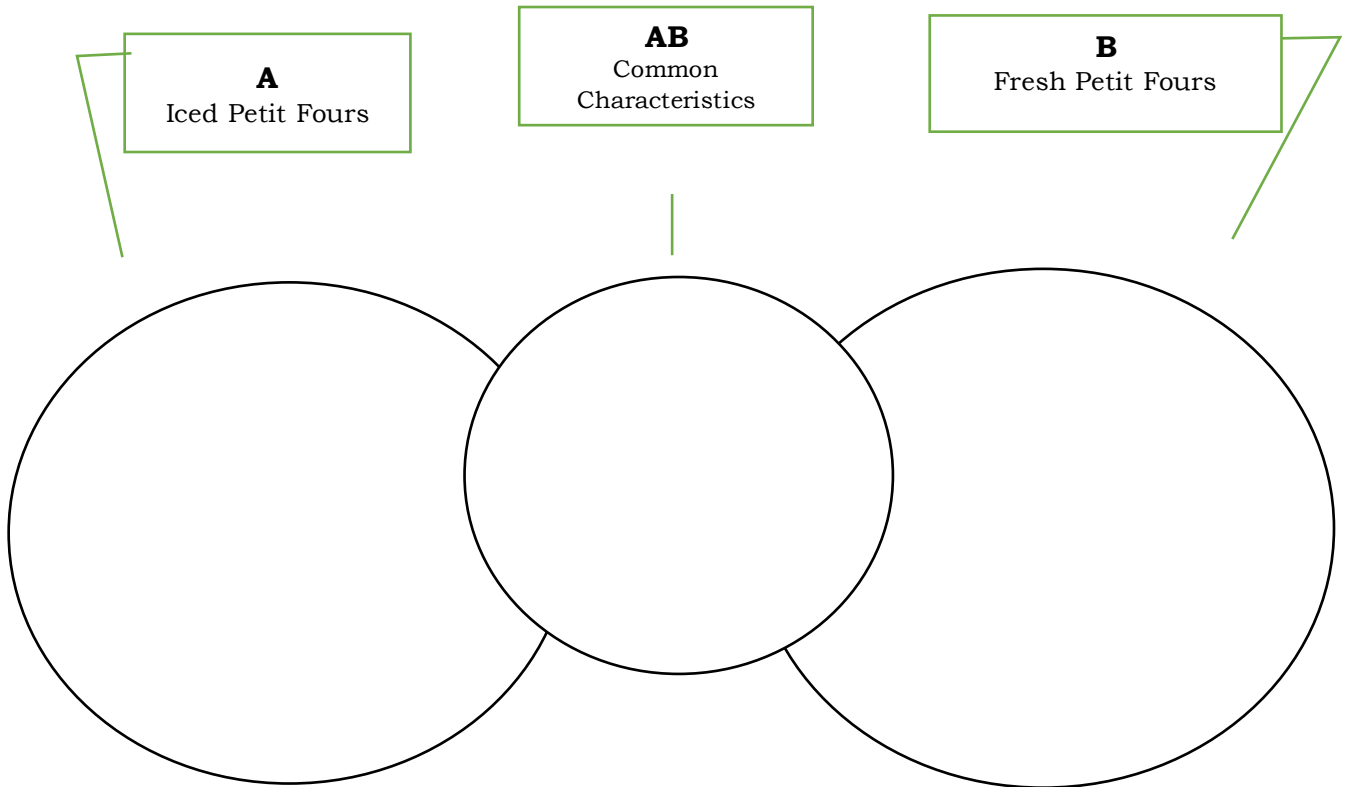
List down the qualities and characteristics of each kind/type of petit four given. For A. Iced Petit Fours, and B. Fresh Petit Four. While in AB, you will write the common characteristics of the two petit fours.



Answer Sheet:

### Venn Diagram

List down the qualities and characteristics of each kind/type of petit four given. For A. Iced Petit Fours, and B. Fresh Petit Four. While in AB, you will write the common characteristics of the two petit fours.



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## Additional Activities

### Suggested Petit Fours Recipes

#### Mini Chiffon Cakes

##### Ingredients

<b>Chiffon Base</b>	<b>Quantity (g)</b>	<b>Milk Buttercream</b>	<b>Quantity (g)</b>
Cake Flour	110.00	Butter	250.00
Refined Sugar (1)	100.00	Refined Sugar	150.00
Iodized Salt	1.00	Evaporated Milk	200.00
Oil	60.00	Vanilla Extract	2.00
Water	90.00	<b>Chocolate Buttercream</b>	<b>Quantity (g)</b>
Egg Yolk	97.00	Butter	185.00
Vanilla Extract	5.00	Cocoa Powder	7.00
Egg White	176.00	Water	12.00
Refined Sugar (2)	50.00	<b>Flower Decor</b>	<b>Quantity (g)</b>
Cream of Tartar	1.00	Milk Buttercream	185.00
		Food Dye	

Approximate 16 pcs ( 2x2 inch mini cakes)

#### Procedures:

Scale weight: 43 grams

##### Chiffon Base

1. Grease and line the 8x8x2 inch saucepan with 3 pcs. wax paper. set aside.
2. Sift the cake flour, sugar (1), baking powder, and iodized salt into a mixing bowl. Set aside.
3. In a separate bowl, combine egg yolks, water, oil, and vanilla extract.
4. Make a well in the center of the flour mixture, then pour over the egg mixture. Mix using a wire whisk until well combined.
5. In a mixing bowl, combine egg whites and cream of tartar. (The egg white must be at room temperature)
6. Using a desktop mixer, with a whisk attachment, beat at low speed (setting:1). Once bubbles appear, adjust mixing speed to medium (setting: 2) and add gradually pour 1/3 of sugar (2).
7. When the mixture becomes whitish color, add the remaining sugar (2) and mix at high speed (setting: 3) until soft peaks form.





8. Fold in the egg white mixture into the flour mixture. Do not over mix the batter.
9. Pour an equal amount of the batter on each baking pan into the three (3) prepared baking pans. Spread the batter on each baking pan and smoothen the surface using a spatula.
10. Bake in an oven (preheated at 175°C) for 10 minutes.
11. Remove from oven and allow to cool. Set aside.

### **Milk Buttercream**

1. In a small bowl, dissolve sugar in the evaporated milk using a wire whisk. Set aside.
2. In a desktop mixer with a paddle attachment, add-in butter beat at low speed (setting: 1) until softened, gradually add the sugar and milk mixture.
3. Add in the vanilla extract, increase mixing speed to high (setting: 3), and continue mixing with appropriately 20 minutes or until the mixture is light and fluffy.
4. Divide the buttercream filling into three (3) equal parts. Set aside.

### **Chocolate Buttercream**

1. Dissolve the cocoa powder in water.
2. Add the dissolved cocoa powder to one part (of three parts) of prepared milk buttercream filling. Mix until well incorporated.

### **Flower Decors**

1. Prepare the piping bags, petal tips, and leaf tips.
2. Get one part (of the three parts) of prepared milk buttercream filling and divide it into three equal parts.
3. Transfer each colored milk buttercream into separate piping bags.

### **Assembly**

1. Depan each cake base onto a tray and remove the wax paper.
2. Spread the chocolate buttercream filling on top of the base cake layer.
3. Place the second chiffon base cake on the top of the chocolate buttercream fillings to form a second layer. Remove the wax paper.
4. Spread the chocolate filling on the top of the second base cake layer.
5. Place the third chiffon base cake on the top of chocolate buttercream filling to form a third layer. Remove the wax paper.
6. Evenly spread the milk buttercream filling on top of the third base cake layer.
7. Cut the cake into a 2x2 inch square using a sharp serrated knife.
8. Decorate the top of each square using the colored buttercream.



## Cream Puffs

Ingredients:

Puff Shell	Quantity (g)	Custard Filling	Quantity (g)
Bread Flour	70.00	Evaporated Milk	229.00
Water	50.00	Refined Sugar	45.00
Butter	50.00	Cornstarch	16.00
Iodized salt	1.00	Egg yolks	46.00
Refined Sugar	10.00	Vanilla Extract	1.50
Eggs	120.00	Iodized Salt	1.00
		Butter	28.00

### Procedures:

Approximate 16 pcs Scale weight: 40 grams

\* Combined weight of puff and filling

### Puff Shell

1. In a saucepan, heat water, iodized salt, sugar and butter until it dissolves and boils.
2. While stirring, add in the bread flour, continue stirring until well combined forming a ball and produces a film at the bottom of the pan. Remove from heat and allow to cool.
3. After the mixture cools, whisk in eggs one at a time.  
Continue mixing until well-combined and mixture is smooth.
4. Transfer mixture into a piping bag with round tip.  
Note: To make uniform pipes, dust the pan with flour and use around cookie cutter to create a guide for pipping the puff.
5. Pipe the puff mixture into flour dusted pan. Each puff is approximately 18 grams each.
6. Bake in an oven (pre-heated at 200°C) initially set at 200°C for 15 mins.
7. Allow to cool and set aside.

### Custard Filling

1. In a double boiler, heat milk, sugar, and iodized salt over medium heat.
2. In a mixing bowl, combine egg yolks and cornstarch. Use a wire whisk to mix until well-combined. After mixing, temper the egg mixture using the heated milk mixture by pouring  $\frac{1}{4}$  of the milk mixture to the egg mixture while mixing constantly.
3. Once the egg mixture has been tempered, pour it into the saucepan with the remaining milk mixture and continue to heat while mixing constantly until consistency thickens.
4. Once thickened, remove from the heat. Add butter and vanilla extract, then mix well until smooth. Allow to cool and set aside.
5. Once cooled, transfer the custard filling into a piping bag with a thin round tip.
6. Pipe the prepared custard filling into the cream puff shells. Serve with toppings as desired.



## Chocolate Filling

### Ingredients

	Quantity (g)	Volume
Milk	229.00	1 cup
Refined Sugar	45.00	¼ cup
Cornstarch	16.00	1 ½ Tbsp
Egg Yolks	46.00	3 pcs large
Butter	27.50	2 Tbsp
Iodized Salt	1.00	1/8 tsp
Cocoa Powder	10.00	½ Tbsp
Semi- Sweet Chocolate	65.00	¼ cup
Vanilla Extract	1.50	½ tsp

### Procedure:

1. In a saucepan, combine milk, sugar, and iodized salt. Scald the mixture over medium high heat until small bubbles appear. Transfer the milk mixture into a bowl and set aside.
2. Into a separate bowl, sift cornstarch and cocoa powder then add the egg yolks.  
Mix using a wire whisk until mixture becomes smooth paste.
3. Pour the milk mixture into the egg mixture while continuously mixing using wire whisk.
4. Steam the mixture, in a double boiler until its consistency thickens.
5. Remove from heat, then add butter, semi- sweet chocolate, and vanilla extract into the mixture.
6. Allow to cool prior use.

## Honey Glaze

### Ingredients

	Quantity (g)	Volume
Gelatin, Unflavored	16.00	1Tbsp
Cornstarch	20.00	1Tbsp&1 tsp
Water	320.00	1 ¼ cup
Honey	100.00	½ cup
Sugar	60.00	¼ cup
White Chocolate Compound	60.00	¼ cup

### Procedure:

1. In a small bowl, dissolve gelatin powder in ¼ cup cold water. Set aside.
2. In a saucepan, dissolve sugar and honey in ¾ cups water.  
Bring the mixture to a boil at medium heat or for approximately 3 minutes.
3. In a separate small bowl, combine cornstarch with ¼ cup water to make a slurry.
4. Pour the cornstarch slurry into the honey mixture while continuously stirring.





5. Remove from heat and pour into a mixing bowl. Add the white chocolate compound and mix until well incorporated. Set aside to cool until lukewarm.
6. When the mixture is lukewarm, add in bloomed gelatin and mix until it gets dissolved completely.
7. Further cool mixture just enough for its consistency to be thick but flowable. Use as glaze poured over cakes of cupcakes.



## What I Have Learned

*Tempering* is when recipes call to temper eggs, generally need to add a hot liquid to an egg mixture. The *Slurry* is a combination of starch and cold water mixed and used to thicken a sauce. *Depan* is a process that you are going to remove the baked product from the pan. Automatic depanners, removing the product from the pans, either invert the pans, jarring them to dislodge.



Complete the sentence:

At the end of this lesson I learned the \_\_\_\_\_

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And I realized that \_\_\_\_\_

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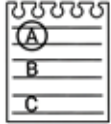


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## Answer Key

### MODULE 2- ICED AND FRESH PETIT FOURS

<b>What's New</b>	<b>Baybayin:</b>
1. Square	1. French
2. Glaze	2. Oven
3. Frosting	3. Small
4. Shape	4. Shape
5. Fraise	5. One
6. Four	6. Glazed
7. Jams	7. Covered
8. Petit Fours	8. Base
9. Fondant	9. Biscuit
10. Sponge	10. Cocktail

Fill in the blank:

**What I Know**





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### Pictures

Petit Fours. Bread and Pastry Learning Module. Department of Education.





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