

TVL - Home Economics

# Bread and Pastry Production

Second Quarter-Module 1  
Prepare Pastry Products/  
Basic Ingredients, Ratio and Portion Control



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GOVERNMENT PROPERTY  
**NOT FOR SALE**

Mayroong pag-aso dahil sa iyo, dahil sa inyong mga kabataan. Ang iyong 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 iyong pag-aaral at mga libangan.

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

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

- Major Marcy





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



Inaalagaan ba natin ang ating kalusugan sa pamamagitan ng **sapatos na tulog, eheksisyo, 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!

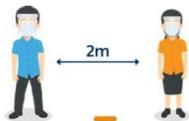




## MGA PAALALA UPANG MAIWASAN ANG COVID-19



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  
Stay safe, stay healthy!**



# 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



QUARANTINE FACILITY

## GAWiNG LiGTAS ANG TAHA NAN.



- 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 nakiipagkusap 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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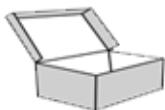
*Hindi kaya ng pamahalaan lamang.*

*Magkakasama nating talunin ang COVID-19 sa Marikina.*

**PARA SA LiGTAS NA MARIKINA**



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## 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 tasks. The scope of this module permits it to use 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. However, the order in which you read them can be changed to correspond with the textbook you are now using.

The second quarter is divided into three lessons, namely:

- Quarter 2 –
  - L.O.1 Prepare and Produce Pastry Products
  - L.O.2 Decorate and Present Pastry Products
  - L.O.3 Store Pastry Products

The module is divided into 6 lessons, namely:

- Lesson 1 – Basic Ingredients, Ratio, and its Portion control
- Lesson 2 – Types, Kinds, and Classification of Pastry Products
- Lesson 3 – Mixing Procedures and Baking Techniques in Pastry
- Lesson 4 – Temperature ranges in baking pastry
- Lesson 5 – Decorate and Present Pastry products
- Lesson 6 – Store and Packaging Pastry products

After going through this module, you are expected to:

- identify the culinary terms in pastry making;
- discuss the basic ingredients used in pastry making;
- explain the ratio of ingredients required to produce a balanced formula; and
- demonstrate the correct portion in pastry for profitability.

**Learning Outcomes:** At the end of the lesson the students are expected to do the following:

L.O.1. Prepare Pastry products:

- 1.1 Basic Ingredients, Ratio, and its Portion control

As you wish to pursue baking as a career, you should familiarize yourself with the preparation and baking terminologies that come across in the process.





## What I Know

Identify the following that is being asked. Choose the right answer on the box below. (10 points)

- \_\_\_\_\_ 1. It refers to the manipulation of dough until the correct consistency.
- \_\_\_\_\_ 2. It is to press the mixture out of the piping bag.
- \_\_\_\_\_ 3. It is to pinch together the edge of a pie crust with the fingers or fork tines.
- \_\_\_\_\_ 4. It is to flatten the dough out into a sheet in preparation for shaping into various forms.
- \_\_\_\_\_ 5. It is the outer part of the pastry or pie.
- \_\_\_\_\_ 6. It is to mix a dry substance with liquid until liquefied.
- \_\_\_\_\_ 7. Its function is to distribute the fat particles into the dry ingredients and form into small particles or granules.
- \_\_\_\_\_ 8. It is to heat the oven to the desired temperature before baking.
- \_\_\_\_\_ 9. It is done by filling the cup with brown sugar or shortening and pressing it with the back of the spoon or with your palm.
- \_\_\_\_\_ 10. It is the folding of fat repeatedly into the dough.

Beating  
Cutting -In  
Laminating  
Pre-Heat

Crust  
Dissolve  
Pack Compactly  
Rolling

Crimp  
Kneading  
Pipe Out

### Culinary Terms:

**Beating:** introduces air into the mixture through mechanical agitation as in beating eggs. Aeration of fat, sugar, eggs, and other materials beating together, done by hand or by machine.

**Centigrade:** divided into 100 degrees, as the centigrade thermometer (first constructed by Celsius, 1701-44), in which the freezing point is zero and boiling point is one hundred.

**Creaming:** term used in baking for beating sugar and softened shortening such as butter or margarine together to form a lighter color mixture that is aerated.



**Crimp:** pinches together the edge of a pie crust with fingers, or tines of a fork.

**Crust:** the outer part of loaf bread, pastry, and pie.

**Cutting-in/Cut-in:** the function of distributing the fat particles into dry ingredients, typically flour.

**Egg Wash:** consist of beaten egg sometimes mixed with liquid, usually milk or water which is brushed onto bread or pastry.

**Folding:** is a technique that gently combines a light airy ingredient such as beaten egg whites and cake mix or batter mixture. It is the lighter mixture poured on top of the heavier mixture.

**Grease:** brushing the cake tins, or smearing fat over baking sheets.

**Kneading:** is the manipulation of dough until the correct consistency is achieved.

**Pastry creams:** is a thick sauce containing eggs and starch.

**Pipe out:** is by pressing the mixture out of the piping bag.

**Recipe:** is an exact formula. It includes weights of the materials used for bread or confectionery. All other details such as temperature, time, yield, etc., are also recorded.

**Whip:** to beat rapidly and continuously to aid incorporation of air as in whipping egg whites to make meringue and cream.

## Lesson 1

# Basic Ingredients, Its Ratio and Portion Control

The term pastry comes from the word “paste” meaning “to stick”. A pastry dough contains a high proportion of fat that contributes to its flaky or crumbly texture. It consists of crust and filling that may be savory and sweetened. Its mixture is composed of flour, fat, liquid, and salt.

The world of pastry is enormous as many types of pastries were known. Keep in mind that preparing different varieties of pastries will require a different set of ingredients. But learning the basics ingredients and fundamentals in baking will lead to success in pastry making.





## What's In

In baking pastries, one must know the different ingredients in making the dough. Furthermore, we must understand the proper ratio of ingredients that affects the consistency, taste, and quality of pastry products. Portion control is also necessary to get the right number of servings from a recipe. It would also allow you to provide the correct serving size.

### **Notes to the Teacher**

In this lesson, the learners are expected to define the basic ingredients in pastry making, explain the importance of ratios to produce a balanced formula, and show the correct way of portioning the product. As a teacher, guide the student to understand the significance of the lesson to their success.



## What's New

**Online:** Go to the link below. On the site, search the four ingredients in making pastry dough. Explain its uses. (20 points)

Link: [www.gimmesomeoven.com>how-to-make-a-pie-crust](http://www.gimmesomeoven.com/how-to-make-a-pie-crust)

**Offline:** Cut out pictures of the four basic ingredients used in pastry. Paste it in the box below and explain its uses. (20 points)

1. All-Purpose Flour

2. Lard or Vegetable Oil



3. Water

4. Salt

### **How well did you perform?**

Your performance will be rated using the rubrics below.

#### **Rubrics for Scoring:**

4	cannot be able to define the ingredients but with a picture attached
6	can be able to define the ingredients without a picture attached
8	can be able to define the uses of ingredients in minimal sentences with a picture attached
10	can be able to define the use of ingredients completely and correct with a picture attached

<b>Scale</b>	<b>Description</b>	<b>Points</b>
<b>10</b>	<b>Excellent</b>	<b>93 - 100</b>
<b>8</b>	<b>Good</b>	<b>86 - 92</b>
<b>6</b>	<b>Fair</b>	<b>79 - 85</b>
<b>4</b>	<b>Poor</b>	<b>78 - below</b>



### **What Is It**

The pastry is a delicate baked product that consists of crust and filling. It is an assortment of rich flour mixtures consisting of a high proportion of fat to the flour with a relatively small amount of liquid and enriched with different kinds of fillings.

#### **Ingredients in Pastry Making:**

1. *All-Purpose Flour*

- the gluten content of this flour provides a structure or substance for baked pastries



2. *Lard or Vegetable Shortening*

- these are the fats frequently used in making pastries
- better to use than liquid oil
- if the oil is used, reduce its amount
- butter and margarine may also be used in pastry making but it produces a less tender crust

3. *Water or Liquid Milk*

- it is an important ingredient in pastry because it provides the moisture needed to develop gluten
- it should be cold when added to flour
- milk improves the flavor and color of the crust

4. *Salt*

- it improves and contributes to the flavor of baked products
- if salted butter or margarine is used, salt is omitted

In baking, precision is a must. Accuracy in measuring ingredients is one of the keys to produce a quality product. Things may not have gone so well if your measurement is incorrect. In attaining accuracy, one of the things we may consider is the use of ratio.

Ratio is a proportion of ingredients with the other ingredients. It is defined by parts that are comparative to each other in quantity. Using ratio, scaling of ingredients to their correct quantity will be easier.

**Ratio of Ingredient for One Pie Crust:**

$\frac{1}{4}$  teaspoon salt

1 cup all-purpose flour

$\frac{1}{8}$  cup lard/butter or margarine

6 tablespoon cold water

**Portion Control** means getting the right number of servings from the recipe and serving the right amount. It requires following the standardized recipes exactly.

**Importance of Portion Control:**

1. It provides the correct serving size.
2. It helps control costs.
3. It helps minimize waste.
4. It helps to guide the ordering and preparation of food.
5. It is a contributing factor in giving the consistent yield and portion size.



### **Methods of Portion Control:**

#### **1. Cutting**

It is a method of dividing food into uniform pieces.

Example: Egg Pie, Buko Pie

#### **2. Weighing**

It is a method that creates a portion based on weight, making use of a food scale, or weighing scale.

Example: 50 grams of cream puff

#### **3. Measuring**

It is a method of portioning food. It involves the use of scoops and measuring tools like measuring cups and measuring spoons.

Example: 2 tablespoons custard

#### **4. Counting**

It is done by counting one by one to determine the total number of servings produced.

Example: 25 pieces of empanada



## **What's More**

Identify the following terminologies being described. Write the correct answer. (10 points)

- \_\_\_\_\_ 1. The gluten content of this flour provides a structure or substance for baked pastries.
- \_\_\_\_\_ 2. It provides the moisture needed to develop gluten.
- \_\_\_\_\_ 3. It improves and contributes to the flavor in the crust.
- \_\_\_\_\_ 4. It means getting the right number of servings from the recipe and serving the right amount.
- \_\_\_\_\_ 5. It is a method of portion control used to determine the total number of serving produced.
- \_\_\_\_\_ 6. It is a method of portion control that creates portions based on weight.
- \_\_\_\_\_ 7. It is a method of portion control that involves the use of scoops and measuring tools.
- \_\_\_\_\_ 8. It is a method of portion control that divides food into uniform pieces.
- \_\_\_\_\_ 9. It is a dough containing a high proportion of fat, sometimes sweet and fancy.
- \_\_\_\_\_ 10. It is the type of fat used in making dough for pastries.





## What I Have Learned

Draw or illustrate the different methods of portion control. Cite some examples. (20 points)

1. Cutting

2. Weighing

3. Counting

4. Measuring





## What I Can Do

Perform the actual portion control. Provide a documentation while cutting, weighing, counting, and measuring finished products. (25 points)

### Answer the following statements:

Give your own observation regarding your performance in portion control.

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Explain the importance of portion control.

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### How well did you perform?

Your performance will be rated using the rubrics below.

#### Rubrics for Scoring:

4	Can perform this skill without supervision and with initiative and adaptability to problem situations.
3	Can perform this skill satisfactorily without assistance or supervision.
2	Can perform this skill satisfactorily but requires some assistance and or supervision.
1	Can perform this skill satisfactorily but requires considerable assistance and or supervision.

Scale	Description	Points
4	Excellent	93 - 100
3	Good	86 - 92
2	Fair	79 - 85
1	Poor	78 - below





## Assessment

I. Match **Column A** with **Column B**. Write the letter of the correct answer.

- | <b>A</b>                   | <b>B</b>                                       |
|----------------------------|--|
| _____ 1. All-purpose flour | A. determining the numbers of product produced |
| _____ 2. Salt              | B. it should cold before adding to the flour   |
| _____ 3. Water             | C. dividing food into uniform sizes            |
| _____ 4. Counting          | D. improves the flavor in dough                |
| _____ 5. Cutting           | E. provides structure in dough                 |

II. Read and analyze the questions below. Choose the best answer.

1. Which of the following terms describes the manipulation of dough to achieve the correct consistency?

- A. beating      B. laminating      C. kneading      D. rolling

2. Which of the following terms defines as flattening the dough to produce various shapes?

- A. beating      B. laminating      C. kneading      D. rolling

3. What do you call the outer part of a pastry or pie?

- A. crimp      B. crust      C. dough      D. filling

4. What do you call the process of pinching together the edge of a pie crust with the use of fingers or fork tines?

- A. crimp      B. crust      C. prick      D. pressed

5. Which of the following terms refers to heating the oven to the desired temperature before putting the mixture?

- A. pack compactly    B. pipe-out      C. pre-heat      D. reheat



## Additional Activities

Answer the following questions in two to three sentences.

1. Why is shortening preferred over oil in pastry making?

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2. Why do you use cold water in making a pie crust?

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## **How did you perform?**

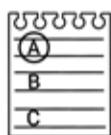
Your performance will be rated using the rubrics below.

### **Rubrics for Scoring:**

1	Able to explain comprehensively the significant question.
2	Able to explain appropriately with the question.
3	Able to explain, but the ideas are incomplete.
4	Can't explain the answers appropriately.

Scale	Description	Points
4	Excellent	93 - 100
3	Good	86 - 92
2	Fair	79 - 85
1	Poor	78 - below





## Answer Key

Assessment  
Matching Type

- b
- a
- e
- d
- c
- a
- b
- d
- e

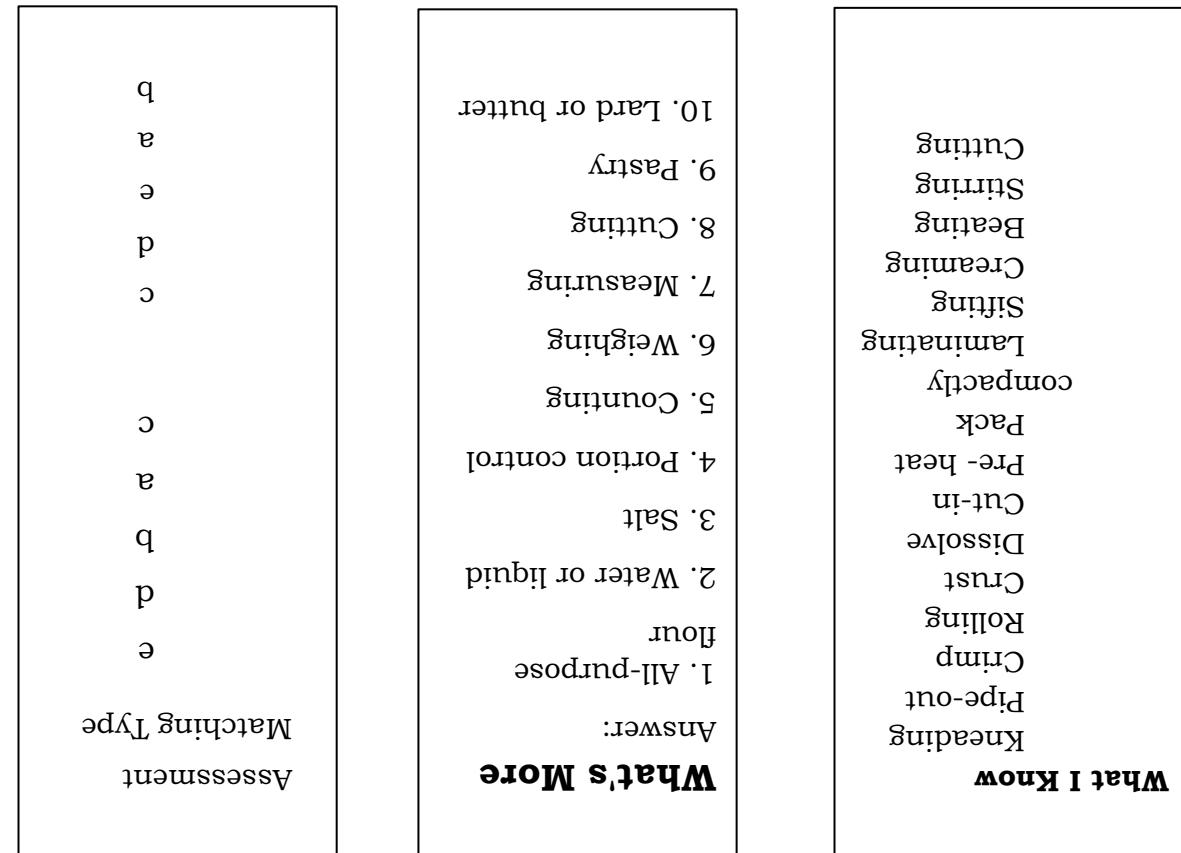
### What's More

Answer:

1. All-purpose flour
2. Water or liquid
3. Salt
4. Portion control
5. Counting
6. Weighing
7. Measuring
8. Cutting
9. Pastry
10. Lard or butter

### What I Know

- Kneading
- Pipe-out
- Crimp
- Rolling
- Crust
- Dissolve
- Cut-in
- Pre-heat
- Pack
- com pacty
- Laminating
- Sifting
- Beating
- Stirring
- Creaming
- Cutting





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