

TVL-Home Economics

# Bread and Pastry Production

Fourth Quarter - Module 4  
Present Dessert



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

Government Property  
**NOT FOR SALE**

Mayroong pag-asal 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, masayahan, 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 **sapat na tulog, echersisy, 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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**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



## 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 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.

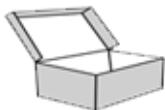
Magkakasama nating talunin ang COVID-19 sa Marikina.

**PARA SA LiGTAS NA MARIKiNA**



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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 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 Present Dessert:

In this module 1, will discuss the three-learning outcome, namely:

- Present and serve plated desserts
- Plan, prepare and present dessert buffet selection or plating.
- Store and package desserts

After going through this module, you are expected to:

- a. define and discuss desserts;
- b. enumerate the components of a plated desserts;
- c. identify the factors needed in planning dessert display to the location;
- d. distinguish the proper storage and packaging of the dessert; and
- e. value the significance of presenting desserts.

### Definition of Technical Terms

**Angelica** Young leaf stalks of a plant which are candied and used for decoration.

**Anglaise Sauce** Known as custard sauce, vanilla sauce or crème Anglaise.

**Aspic** Savoury jelly.

**Bombes** A frozen dessert with a combination of either Ice Cream, Sorbet, Sherbet and Bombe Mixture.

**Caramel** Sugar solution boiled above 150 °C until turns golden brown.

**Coupe** An individual serving bowl.

**Dessert** Is a course of meal consisting of a wide assortment of sweet-based product whether fresh, cooked or processed.

**Glaze** to impart gloss by coating with an agent such as apricot purée.

**Mise en place** basic operations prior to the service.

**Mousse** a dish which is light in consistency, served either hot or cold.

**Mousseline Sauce** sabayon mix fold into a whipped heavy cream.



<b>Pudding</b>	a soft mixture bake or steam in a basin or dish.
<b>Purée</b>	food passed through a sieve to make a thick pulp.
<b>Romanoff Sauce</b>	a mixture of whipped heavy cream and sour cream.
<b>Sabayon</b>	Sauce made from the yolks of eggs or either water or wine and sugar, beaten over a double boiler.

## Lesson 5

## Present Dessert

In presenting dessert, the learner will enable to showcase their ability in plating and presenting baked product as desserts based on the standard operating procedures and techniques. It will prepare the learner to apply what they have learned in earning an income and eventually become entrepreneurs.



### What's In

In the previous lesson, we have discussed the different bakery and pastry products including, the characteristics of the ingredients, tools we might need in producing the product based on the standard operating procedures and techniques of the enterprise. In this lesson, we will strengthen their capability and keep-up, with the standard operating procedures of the industry open for their future businesses.



#### ***Notes to the Teacher***

Guide learners to enable them gain knowledge and understanding in the different tools, utensils and equipment needed in egg preparation; the proper way on how to clean and sanitize.



## ?

## What's New

Match **Column A** with **Column B**. Write the letter of the correct answer on the space provided before each number.

- | <b>A</b>               | <b>B</b>   |
|------------------------|--|
| ____ 1. Cake           | a. brittle   |
| ____ 2. Cream Puff     | b. the sense of taste  |
| ____ 3. Crêpe          | c. paper-thin pancakes   |
| ____ 4. Crisp          | d. are rich muffins that contain high proportion of fats, sugar and eggs.  |
| ____ 5. Dessert        | e. egg whites beaten to stiff stage with sugar added gradually.  |
| ____ 6. Dessert Buffet | f. hollow shell that are crispy and brown outside and moist and soggy inside.  |
| ____ 7. Ice cream      | g. a frozen milk product made with cream or milk, sugar, flavoring and stabilizer gelatin, pectin, and seaweed gums. |
| ____ 8. Palate         | h. an eat-all-you-can meal that are fast growing in popularity in large restaurants and hotel.                       |
| ____ 9. Pudding        | i. a mixture of 3-day old bread soaked in milk with eggs, butter sugar and spices.                                   |
| ____ 10. Meringue      | j. is a course in a meal consisting wide assortment of sweet-based products.   |



## What Is It

### Natures and Characteristics of Dessert

Dessert is a course that concludes a meal. The course that usually consists of sweet foods, such as confection, such as biscuit, cakes, cookies, custard, gelatin, ice cream, pastries, pies puddings, sweet soups, and tarts. Fruits are also commonly found in dessert courses because of its naturally occurring sweetness.

Dessert is a course of a meal consisting of a wide assortment of sweet-based products, whether fresh, cooked, or process. Dessert took as the last course of a dinner or buffet, without which, the meal is never complete.



## **Types of Dessert**

1. Baked Desserts- are made by putting the ingredients in a hot oven.
2. Fried Desserts- are made using a cooking process called deep frying.
3. Frozen Desserts- are made by blending the ingredients in a freezer.
4. Chilled Desserts- are made by putting the ingredients to the refrigerator and let it chilled.

## **Varieties of Desserts**

1. Biscuits or cookies
2. Cakes
3. Chocolates and candies
4. Custard and Puddings
5. Deep-Fried Desserts
6. Frozen Desserts
7. Jellied dessert
8. Pastries
9. Pies, cobblers, and clafoutis
10. Sweet soup
11. Dessert wines

### **Learning Outcome #1**

#### **Present and Serve Plated Dessert**

### **Overview of Dessert Plating**

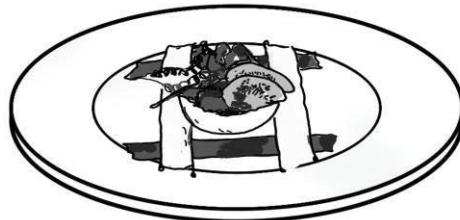
The art of the plated dessert is a new aspect today. Plating styles have changed. Gradually, pastry chefs began to shift their focus back to flavor, discovering that they could create great-looking and great tasting desserts without building towering constructions.

An important factor in the development of plating styles is the way pastry and kitchen chefs work together as a team to shape the culinary identity of the restaurant. Dessert menus are treated as continuations of the dining experience, not simply as an unrelated sweet course tacked on at the end. Dessert plating styles are constantly changing and evolving. Thanks to today's creative pastry chefs.



## **Plating Desserts**

### **Components of a plated dessert**



Plated dessert presentations or simply plated desserts are desserts that are served by an establishment such as restaurant, resort, or dessert café after it is ordered by a guest and enjoyed on site.

There are four components of a plated dessert: The main item, the dessert sauces, the crunch component, and the garnish. A plated dessert should have all these items, but if it lacks any one of these items except for the main item it can still be a plated dessert. It is widely believed that all the components should be edible. Many chefs believe that each component should be eaten as well.

### **Three main goals of plated dessert**

#### **1. To satisfy the customer**

This emphasizes flavor above all else, though you can argue that the actual visual design of the plate also satisfies a customer.

#### **2. To complement the venue's theme**

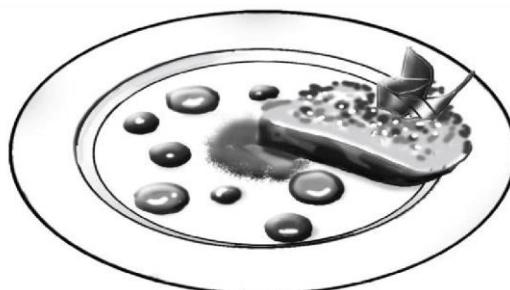
This emphasizes the visual and creative expressions of a dessert continue to bring customers back.

#### **3. To make a dessert that is affordable in the terms of the restaurant**

This is in terms of both complexity and price. A dessert that is too complex will put too much stress on the kitchen staff when it needs to be reproduced and a dessert that is too expensive will never be purchased by the customer.

### **Four Components of Plated Dessert**

#### **1. The Main Item**

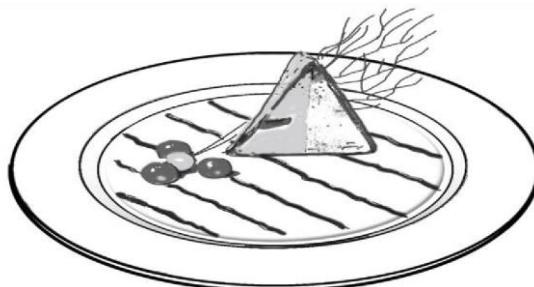


The main item can be anything such as a slice of pie, a mini tart, a cluster of cookies, custard. It is the actual dessert itself. The product should weigh between three and five ounces, but it is not unusual for it to weigh as much as 8 ounces.



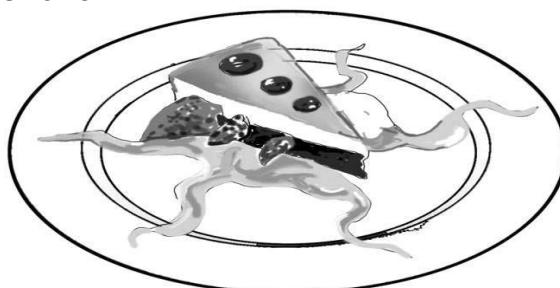
The main item should never be large that is overwhelming. It should be the main focal point of the dessert presentation. It should be the main source of flavor for the presentation while the other components contrast and complement it.

## 2. The Sauce



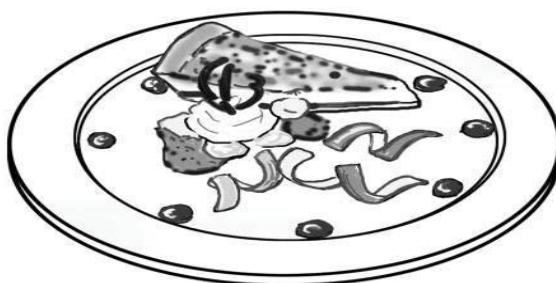
Plated desserts should have up to two sauces each. Overall, the sauces should not weigh more than one to two ounces except for a flooded design. Sauce is very important for dry items like pies and cakes although a sauce can also be added to any dessert. The sauces used should be about the same consistency. The sauces should be able to hold their own shape. This allows for dessert sauces to be manipulated like paint to create fun designs.

## 3. Crunch Component



A crunch component is an added component that adds a crunch to the dessert. It is usually a dry decorative cookie or biscuit added to any dessert to make it crunchy, exactly how it sounds. It enriches the dish and makes the flavor of the dish more enjoyable from the first bite up to the last. This is especially important to soft desserts like custard and ice cream.

## 4. Garnish



The garnish is the final component of a plated dessert. Common garnishes include fresh mint leaves, powdered sugar, chocolate piping, fruit, chocolate and sugar work, and sorbet. Garnish should be used with restraint just as much as it



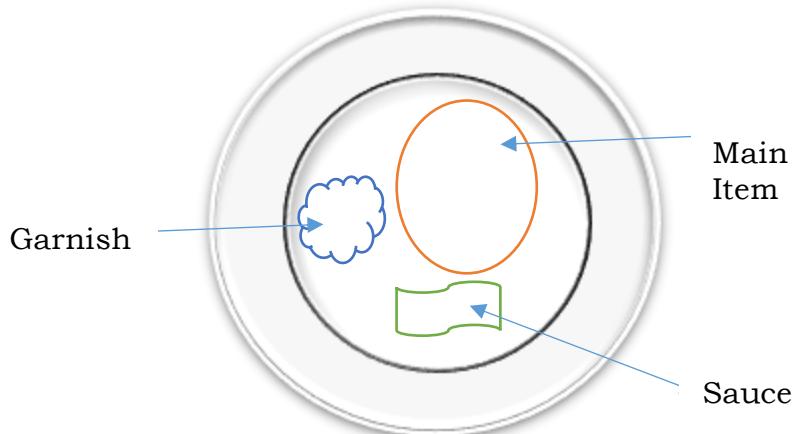
should be used tastefully. A garnish that is overused loses its effect and can ruin a dessert. The most over used garnish is the mint leaf. Although a mint leaf has a refreshing flavor and adds a color to desserts, this garnish is very common. A pastry chef should push his boundaries and use his creativity to find a garnish that works better than a mint leaf.

### **Portion Control**

Portion control means ensuring that the right quantity of food is prepared and served every time a customer orders a menu item. Dishes can be served in different profile.

- Single dessert: larger portion
- Buffet dessert: smaller portion.

Restaurants can present greater variety while maintaining cost control and quality. In other words, customers will be consistently satisfied every time they visit.



### **Rules**

There are rules to plating food:

Place food on plate as you wish customer to see it

- Top of the plate is the farthest away from the customer.
- Bottom of the plate is closest to the customer.
- Place the food on the plate to maximise visual impact to the customer.

### **Show on the plate the following**

- main portion of dessert
- sauce
- garnish

When designing layout shape, color, garnish, and glaze all have visual impact on the customer's mind.



### **GUIDELINES IN PLATING DESSERT:**

1. Make garnishes edible. Everything on the dessert plate should be edible and delicious.
2. Keep it clean and simple. Do not crowd the plate. If your dessert is beautiful, it should not need a lot of garnishes. Keep the rim of the plate clear, so the servers are not touching the food when they place the desserts in front of the customers.
3. Make your garnishes relate to the dessert on the plate. The only time you should garnish with fresh mint is if you are serving mint ice cream. Do not put it on there just because you think the dessert needs color. If you have a brown dessert, like apples in puff pastry, then make sure all those elements are executed well—puff pastry should look beautiful and crisp.
4. Layer flavors and textures in your dessert. Textures and flavors hit the palate at different times. Ask yourself, "How can I make this better?" If the answer is a little lemon zest, then add it as a garnish. All the components on the plate should build on the dessert, making it better.
5. Try different plates—various sizes and shapes. The right plate can add or enhance the theme well.

**TITLE:** Present and Serve Plated Desserts

### **PERFORMANCE OBJECTIVES:**

Plate and decorate desserts in accordance with four components.

### **SUPPLIES:**

Bake Product  
Sauce  
Garnish  
Crunch Component



Sample Plating

### **TOOLS:**

Baking Sheet  
Bread Knife  
Cookie Cutter  
Glass  
Kitchen brush  
Plate –different size  
Paper Towel  
Sauce dispenser bottle  
Spoons  
Spatula  
Sieve



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**PROCEDURES:** Based on the sample picture

1. To end up with powder on the plate. Dust the plate with powder, cover parts of the plate that you wish to leave blank with paper/paper towel. A smaller plate may use to create a small circle at the plate.
2. Put the sauce on the sauce container bottle or piping bag then apply it in zigzag/ crisscross way to create a design.
3. Place the main dessert at the place you wish to showcase.
4. Decorate the bread with jam or any filling. Add garnishes to the dessert.

## **ASSESSMENT METHOD:**

Oral Questioning

Scoring Rubric for Performance

Scoring Sheet for Plated Dessert



## How well did you perform?

Your performance will be rated using the rubrics below.

### Scoring Rubrics

#### RUBRIC FOR PERFORMANCE

Name: \_\_\_\_\_ Gr. & Sec: \_\_\_\_\_ Date: \_\_\_\_\_  
Activity: \_\_\_\_\_

Dimension	Highly Skilled 5	Skilled 4	M. Skilled 3	Unskilled 2	No Attempt 1
1. Use of tools, equipment and materials	Appropriate selection, preparation and use materials and tools/equipment all the time. 5	Appropriate selection, preparation and use materials and tools/equipment most of the time. 4	Appropriate selection, preparation and use materials and tools/equipment some of the time. 3	Never selects, prepares, and use appropriate materials and tools/equipment. 2	No attempt to use tools/equipment. 1
2. Application of procedure	Systematic application of procedure all the time without supervision 5	Systematic application of procedure most of the time with minimum supervision 4	Systematic application of procedure some of the time with constant supervision 3	Never follows systematic application of procedure and highly development on supervision. 2	No attempt to apply procedure to project. 1
3. Safety/ Work Habits	Highly self-motivated and always observes all safety precautions. 5	Self-motivated and observes most safety precautions at all time. 4	Self-motivated and observes sometimes safety precautions. 3	Needs to be motivated and does not observe safety precaution. 2	No motivation and totally disregards precautions. 1
4. Time Management	Work finished ahead of time. 5	Work finished on time. 4	Work finished close to given time. 3	Work finished beyond the given time. 2	No concept of time 1

Over-all Score




Rating:

(Based on Transmutation)




#### RECOMMENDATION:

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Transmutation Table			
20- 95	15- 85	9-10 – 75	0-70
19- 93	14- 83	7- 8 – 74	
18- 91	13- 81	4-6 – 73	
17- 89	12- 79	2-3 – 72	
16- 87	11- 77	1 – 71	



## STANDARD SCORE SHEET FOR PLATE AND SERVE DESSERT

Name: \_\_\_\_\_ Gr. & Sec: \_\_\_\_\_ Date: \_\_\_\_\_  
**Activity:** \_\_\_\_\_

Put a check mark (✓) on the appropriate rating for plate and serve dessert based on the component, guidelines, and outer appearance of plating dessert.

<b>CRITERIA</b>	<b>EXCELLENT</b>	<b>VERY SATISFACTORY</b>	<b>SATISFACTORY</b>	<b>NEED IMPROVEMENT</b>
<b>RANGE</b>	<b>10</b>	<b>9-8</b>	<b>7</b>	<b>6-1</b>
<b>Used component in plating Dessert and Outer Appearance</b>				
Main Item	10%			
Sauce	10%			
Crunch	10%			
Garnish	10%			
Proper Balance	10%			
Used of Color	10%			
Shape (Proportion)	10%			
Overall Product	10%			
<b>Guidelines in Plating Dessert 20%</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2- 1</b>
Make garnishes edible	5 %			
Layer flavors and textures in your dessert.	5 %			
Used Various size or shape of plate	5%			
Keep it clean and simple.	5%			
<b>TOTAL</b>	<b>100 %</b>			



## **Learning Outcome #2**

### **Plan, Prepare and Present Dessert Buffet Selection or Plating**

#### **Dessert Buffet**

Buffet is eat-all-you-can meals that is fast growing in popularity in large restaurants and hotels. It attracts potential customer mainly because of the elegant presentation of the dishes or courses by using finely crafted warmers, silver-plated trays, and platters, clear sparkling glass trays, stemmed glasses, and fine china.

#### **Dessert Presentations**

Desserts can be presented in a variety of ways: as party favors, in a dessert buffet or as a grouping of delicious confections aimed at dazzling your guests. There are certain desserts that should be available for display, but it depends on the available facilities.

#### **Plan a dessert display appropriate to the location**

- Will it be displayed in a fully equipped commercial kitchen in a five-star location?
- Will it be displayed at a tranquil picnic spot by the river 25 kilometers from the place of production?
- If there is no electricity, then the possibility of having ice cream is now greatly diminished and chilled cream cakes and desserts will not be on the menu.

#### **Facilities**

- Electricity
- Working space
- Ability of the staff in the kitchen
- Ability of the staff front of house
- Quality of the equipment that is given to work with
- Preparation of the product can be conducted elsewhere.

All these possibilities need to be considered when planning the dessert display. This is of no concern to the public. This is the concern of the catering business owner, the head chef and pastry chef and requirements for the customer.

With possibilities being considered then comes the opportunity to produce whatever the customer desires.



## **Desirable equipment for display**

- serving platters
- sauce jugs
- plates
- cutlery
- napkins
- tongs
- lifters
- refrigerated cooling.
- hot display Bain Marie.

## **What is needed for production, storage and service requirements?**

After the product has been produced and stored, the equipment needed to display and serve desserts need to be taken into consideration, as well as where it is going to be served.

### **Choice of Location**

Most establishments will be operating out of hotel and restaurant kitchens that have all the equipment that is required. Prudent management practices require a complete list of all equipment that may be required to be taken 'off-site' for when customer desires a function 'by the river' or 'in the park'.

### **Complexity of dessert**

Some desserts are more complex than others to serve.

Hot souffle needs special consideration and teamwork so it is not desirable to place on menu for dessert display.

Cold souffle would be a better choice for a dessert display. It will stand at room temperature for short periods if required.

In summary, always keep in mind these general concepts when planning dessert presentations.

- Every component should have a purpose. Do not add elements merely to make the plate fuller. Limit the items added primarily for decoration.
- Components or elements can work together by complementing or by contrasting.
- When elements contrast, be sure they balance. For example, when you balance a rich mousse with a tart fruit sauce, be sure the sauce isn't so tart or strong flavored that it overwhelms the mousse.
- It is possible to get carried away with the concept of balance. It is not necessary to garnish every soft dessert with something crisp or every hot dessert with something old. Sometimes customers prefer just a plain, unadorned dish of ice cream or a simple slice of warm apple pie.



## **Service Period**

Is the function in the evening or in middle of the day, Some desserts are more popular if served during day while other desserts served in evening might be a better choice.

**Day service** lighter cooler desserts

**Evening service** warmer desserts can be more appropriate 1.3

**Garnishes** Many a garnish can be produced for the elaborate decoration of dessert creations

**Rule No:1** If there are 100 desserts then 150 garnish pieces need to be produced

**Why?**

- Fine delicate work sometimes breaks.
- Workers handle too roughly causing breakages.
- Dropped work.

Fine chocolate filigree and motifs need to be stored in dry cool conditions. It needs to be protected from damage.

Chocolate curls need to be contained in shallow containers that can be lidded.

- Tuiles, glass biscuits and Florentines are high in sugar and if left out they will soften as the sugar attracts moisture from the air.
- Almond bread, biscotti will soften if exposed to the air for extended period.
- Roasted nut slivers keep fresh taste longer if kept in sealed container. These should be roasted every two days to keep freshness. Roast in small batches.

## **Hot sauces**

- Butterscotch
- Anglaise sauce
- Starch thickened custards
- Chocolate.

Heat only what is required for the service period.

Anglaise and starch thickened sauces cannot be reheated after service period.

## **Cold sauces**

- Anglaise
- Burnt Orange
- Chocolate sauce
- Berry coulis

## **Portion Dessert**

Portion size is to be considered when overall return to the enterprise.



## **Buffet Service**

Buffet Service allows for smaller sizes to be served giving greater array of choice for the customers. These smaller serves can actually increase turnover and be more profitable. Buffet size price per unit is 70% of the normal size price then profit is increased.

### **Basic presentation principles**

- Colour
- Plate Selection
- The reason
- Positioning of food
- Freshness in foods
- Garnishes
- Traditional Garnishes
- Innovation

### **Control service temperature of desserts**

The temperature at which desserts are served all affect the eating sensation and overall customer satisfaction

- **Define hot:** it is not boiling.
- **Food Quality versus Food Safety-** Food that is held at temperatures above 60°C will dehydrate quickly thus making the food dry and less palatable.
- **Two-four-hour rule-** To be observed when preparing and serving food generally.
- **Cold Dessert-** Cream based desserts that are held in suspension with gelatin need to be chilled below 4°C to be stable.
- **Frozen Desserts** – is define as hard.
- **Room Temperature Dessert** -Desserts served at room temperature will be the easiest to maintain temperature suitability.
- **Sauces**- Sauces for desserts can be included in all the above categories



## **Learning Outcome#3**

### **Store and Package Dessert**

#### **Storing desserts**

Knowing the shelf life of a dessert or dessert accompaniment can broaden a host's list of sweet selections for an appropriate ending to a holiday menu. Here are suggestions that will inspire and assist a dessert cook.

- Puff pastry shells, the crisp casings for fresh fruit or pastry cream can be baked ahead and cooled. They may be left on the baking sheet for protection, covered with foil and stored in the freezer for up to one week.
- Pate a choux or cream puff pastry for éclairs or cream puffs. They can be stored in rigid airtight containers in the freezer up to five days. Do not store in the refrigerator because pastry absorbs odors and can be stale quickly.
- Baked cream puffs freeze beautifully up to one month when tightly covered. When filled with ice cream and frozen cream puffs should be made with milk instead of water which freezes more solidly, making the puffs hard and dry.
- Classic puff pastry dough can be wrapped in plastic and stored in the refrigerator up to three days. If freezing, overwrap plastic wrapped dough with foil and freeze up to three months. Thaw in refrigerator 24 hours before rolling.

#### **Avoid odor absorption**

- The butter cream when well-covered to prevent odor absorption can be stored in the refrigerator up to one week in the freezer up to one month. Allow to stand at room temperature one hour after removing from freezer or refrigerator, then beat until smooth.
- Whipping cream will be more stable if slowly beaten and not over whipped. Granulated or extra fine sugar and vanilla may be added before whipping.
- The royal icing keeps three to four weeks in the refrigerator and can be rebeaten before used. To keep it from hardening, cover with plastic wrap and place damp towel over the top.
- Store baklava or other sweet, sticky filo pastries at room temperature, uncovered, up to eight hours. To refresh, bake for 10 minutes at 400 O F.
- Baked sweet or short crust pastry shells can be stored in plastic bags in refrigerator up to two days or frozen up to one month.
- Unbaked pastry dough can be shaped into a disc, placed in freezer plastic bag. Defrost at room temperature or refrigerator until softened but still very cold for easier rolling.
- Pavlovas and other meringue sheets or circles may be stored in airtight metal containers at room temperature up to one week. This may not work in humid areas. In humid or rainy weather, dry them in a 225-degree oven, 20 to 30 minutes longer and use immediately.
- Butter cream filled and frosted meringue tortes freeze well up to three days but taste best at room temperature.



## **Storing cold and hot desserts**

As many desserts contain egg and dairy products, they present a potential health hazard if not stored properly. Proper storage means cooled desserts must be covered with plastic or placed in lidded containers before storing in the cool room.

### **Observe the following guidelines.**

- Desserts containing uncooked eggs should be handled with extreme care, as raw egg is a medium in which dangerous bacteria such as salmonella can thrive. This means you need to be careful with food such as chocolate mousse and uncooked cheesecakes that contain egg whites for aeration.
- Egg custards contain protein, which provides good food for bacteria. If custards such as crème caramel or trifle are not heated and cooled properly and quickly, bacteria that are present in the custard can grow quickly to dangerous numbers.
- Any dessert that is not required for immediate consumption must be cooled immediately and stored in the cool room until required.
- If you plan to keep a pre-prepared dessert hot until service, make sure that the temperature of the food is over 65o C. Never leave an egg mixture in a Bain Marie for any length of time. Any dessert that has been kept hot in the Bain Marie for a while should be discarded at the end of service.
- If milk and cream are used in desserts such as trifle and custards, they must not be left to stand at room temperature for any length of time. They should be kept in the refrigerator until the last possible moment to prevent the risk of food poisoning.
- Many desserts have a limited storage life. Make sure you check with your supervisor and follow organizational requirements.

### **Packaging Materials for Storing Desserts**

- glass container
- plastic container
- plastic/cellophane
- aluminum foil
- packaging tapes
- boxes

### **Equipment**

- Chiller
- Freezer
- Refrigerator



## **Sanitary practices when storing desserts.**

- Handle the food properly to prevent spoilage and contamination.
- Wash utensils and equipment thoroughly.
- Keep away from food when you are ill.
- Store foods and ingredients properly.
- Safeguard the food during distribution and service.

## **Storage Techniques**

- Refrigerate – to keep cold or cool
- Cold Storage – the process of storing food by means of refrigeration
- Chilling – to refrigerate or to reduce the temperature of food

## **Packaging desserts**

When packaging desserts, there are several things to consider, such as protection, tampering resistance, and special physical, chemical, or biological needs. The nutritional information must also be displayed in the product label.

The main aim of packaging is to keep the food in good condition until it is sold and consumed. It should also attract and encourage customers to purchase the product. Correct packaging is essential to achieve both these objectives.

Packaging should provide the correct environmental conditions for food, starting from the time food is packed until its consumption. A good package should therefore have the following functions:

- Provide a barrier against dirt and other contaminants keeping the product clean.
- Prevent losses. For example, packages should be securely closed to prevent leakage.
- Protect food against physical and chemical damage such as the harmful effects of air, light, insects, and rodents. Each product will have its own needs.
- Provide protection and convenience in handling and transport during distribution and marketing.
- Help the customers identify the food and instruct them how to use it correctly.
- Prevents any wastage such as leakage or deterioration which may occur during transportation and distribution.

## **Types of Packaging materials**

In many developing countries the most used packaging materials include:

- vegetable fiber
- papers, newsprint
- glass
- plastics

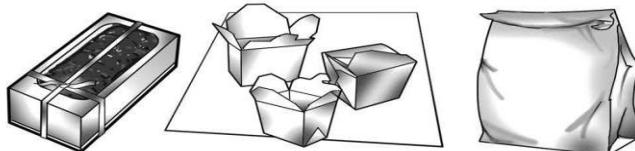


## **Vegetable Fiber Basket**



These include bamboo, banana, coconut, and cotton fiber. These natural materials are converted into yarn, string, or cord which will then form the packaging material. These materials are very flexible, with resistance to tearing, and are lightweight for handling and transportation. All these materials are biodegradable and re-usable because they came from vegetables.

## **Paper**



Paper is an inexpensive packaging material. It is, however, highly absorptive, easily torn, and offers no barrier to water or gases. The degree of paper reuse will depend on its former use. Therefore, dirty or stained paper should be rejected. Newsprint should be used only as an outer wrapper and should not come into direct contact with food, as the ink used is toxic.

## **Glass**



Glass has many properties which make it a popular choice as a packaging material.

Glass can withstand heat treatments such as pasteurization and sterilization.

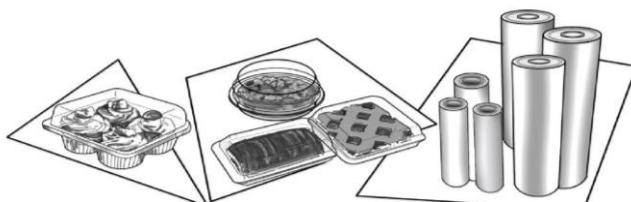
- It does not react with food.
- It protects the food from crushing and bruising.
- It is resistant to moisture, gases, odors, and microorganisms.
- It is reusable, re-sealable and recyclable.
- It is transparent which allows products to be displayed. Colored glass may be used either to protect the food from light or to attract customers.



Disadvantages of using glass as packaging materials.

- Glass is heavier than many other packaging materials and this may lead to higher transport costs.
- It can be easily fractured, scratched, and broken when heated or cooled too quickly.
- Potentially serious hazards may arise from glass cracks or fragments in the food.

## **Plastic**



The use of various plastics for containing and wrapping food depends on what is available. Plastics are extremely useful as they can be made in either soft or hard forms, as sheets or containers, and with different thickness, light resistance, and flexibility. The filling and sealing of plastic containers are like glass containers.



## **Additional Activities**

### **Online Learner**

Research on the internet or take some pictures of the different types of packaging and the materials made. Make a photo collage of your answer and present it in your online class.

### **Offline Learner**

Collate samples of packaging material available in your house. Indicate what kind of packaging and named what types of packaging materials made.





## Assessment

I. Read and analyze the statement carefully. Write the letter of the best answer.

1. What is the final component of a plated dessert?  
a. crunch                  b. garnish                  c. main item                  d. sauce
2. What dessert component is the actual dessert itself?  
a. crunch                  b. garnish                  c. main item                  d. sauce
3. Which dessert component attributes in moist characteristics of dessert?  
a. crunch                  b. garnish                  c. main item                  d. sauce
4. Which among the following is an added component of desserts, and is essential for soft desserts like custards and ice cream?  
a. crunch                  b. garnish                  c. main item                  d. sauce
5. Which among the types of packaging materials include bamboo, banana, coconut, and cotton fiber?  
a. glass                  b. paper                  c. plastic                  d. vegetable fiber
6. What packaging material is inexpensive, high absorption, easily torn, and offers a barrier to water or glass?  
a. glass                  b. paper                  c. plastic                  d. vegetable fiber
7. Which packaging material has a disadvantage because it is heavy and may lead to high transport costs?  
a. glass                  b. paper                  c. plastic                  d. vegetable fiber
8. Which among the storage techniques uses the process of storing food using refrigeration?  
a. chilling                  b. cold storage                  c. freezing                  d. refrigerate
9. Which among the storage technique involves refrigerating or reducing the temperature of food?  
a. chilling                  b. cold storage                  c. freezing                  d. refrigerate
10. Which of the following is not included in sanitary practices when storing dessert?
  - a. Handle the food properly to prevent spoilage and contamination.
  - b. Wash utensils and equipment thoroughly.
  - c. Store the foods and ingredients wet area.
  - d. Safeguard the food during distribution and service.



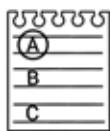
**II.** Read the following questions and answer them in the space provided.

1-6. What are the six packaging materials used for storing desserts?

7-9. What is/are the equipment used in storing desserts?

10. Define what is a dessert.





## Answer Key

### MODULE 1 - PRESENT DESSERT

Multiple Choices:

Assessment:

1. B  
2. C  
3. D  
4. A  
5. D  
6. B  
7. A  
8. B  
9. A  
10. C

Enumeration:

1. Glass container
2. Plastic container
3. Plastic/cellophane
4. Aluminum foil
5. Packaging tapes
6. Boxes
7. Freezer
8. Chiller
9. Refrigerator
10. Dessert - a usually sweet course or dish usually served at the end of a meal.

### What's New

### Matching Type

1. D
2. F
3. C
4. A
5. J
6. H
7. G
8. B
9. I
10. E

10. E
9. I
8. B
7. G
6. H
5. J
4. A
3. C
2. F
1. D





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### Pictures

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