

TVL - Home Economics

Bread and Pastry Production

Third Quarter: Module 1

Prepare and Present Gateaux, Tortes and Cakes/
Prepare Sponge and Cakes



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GOVERNMENT PROPERTY
NOT FOR SALE

Mayroong pag-asa 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.

- 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 labas 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!

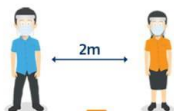




MGA PAALALA UPANG MAIWASAN ANG COVID-19



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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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 LIGHTAS 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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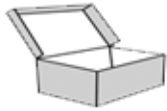


Hindi kaya ng pamahalaan lamang.
Magkakasama nating talunin ang COVID-19 sa Marikina.

PARA SA LIGHTAS 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 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.

The module is divided into five learning outcomes namely;

Learning Outcome 3.1 – Prepare Sponge and Cakes

Learning Outcome 3.2 – Prepare and Use of Fillings

Learning Outcome 3.3 – Decorate Cakes

Learning Outcome 3.4 – Present Cakes

Learning Outcome 3.5 – Store Cakes

After going through this module, you are expected to:

1. discuss the classification of cakes;
2. demonstrate the mixing methods used; and
3. observe food safety practices

Lesson

1

Prepare Sponge and Cakes

This module covers the knowledge and skills required by students, to produce, to fill and present different kinds of sponge and cakes, where to finish, decoration and presentation.

In baking cakes, the proper calculation of ingredients and the process must be given equal consideration, many inexperienced bakers fail due to inaccurate calculation, improper handling of ingredients and inability to follow the recipe exactly.





What I Know

Answer the following terms briefly by giving your own idea.

1. Conventional method

2. High-fat cakes

3. Deflate the foam

4. Development of Gluten

5. Emulsified shortening



What's In

Identify and differentiate the following cakes. Write the answer on the blank provided.



1. _____



2. _____



3. _____

Notes to the Teacher

In this lesson, the learners are expected to classify the different types of sponge and cakes, but as a teacher always remind them to be aware in their workplace, practice proper sanitation and daily safety checklist.

? What's New

Identify the following cakes. Write the answer on the blank provided.



1. _____



2. _____



3. _____



4. _____



5. _____





What Is It

Definition of Terms

TERM	EXPLANATION
Assembling	fitting together the component parts of a certain dish or food.
Cake	type of sweet food typically baked made from flour, sugar and other ingredients.
Chiffon cake	It is made with vegetable oil, eggs, sugar, flour, baking powder and flavorings, and is a very light cake.
Consistency	the way in which a substance, typically a liquid, holds together; thickness or viscosity.
Filling	Edible mixture used to fill pastries, sandwiches, or cakes.
Foaming	Continuously beat eggs white to incorporate air until it becomes light and fluffy,
Gateau	Dessert with a filling, sandwich between layers of decadent sponge cake.
Gluten	wheat, and to a lesser degree rye and barley, produce a combination of natural proteins.
Grease	brush pan with shortening
Tortes	filled with a number of fillings, such as fruit , jam , whipped cream , or mousse , and are made up of several layers of very thin sponge cake.

Classification of cakes

Shortened Cakes/High-Fat	Un-Shortened cakes/Low-fat / Foam - Type Cakes	Modified Sponge Cake
Conventional or cream cakes, uses solid type of shortening.	Made without the addition of fat/shortening.	combination of shortened and sponge types of cakes

MIXING METHOD

1. Creaming method

- Also called the conventional method.
- 1st method for mixing that defines the structure of the cakes

Procedure:

1. Measure the ingredients accurately at room temperature.
2. Mix butter or shortening and sugar until smooth and creamy
3. Add the eggs one at a time, mix until light and fluffy.
4. Scrape down the ingredients to ensure even mixing.
5. Add the sifted dry ingredient alternating with the liquids.

2. Two- stage method

- Also called the blending method.
- 1st stage making high ratio (blend the flour and other dry ingredients)
- 2nd stage smooth mixture adds the liquid ingredients.

Procedure:

1. Measure the ingredients accurately at room temperature.
2. Sift all the dry ingredients and shortening and mix.
3. Scrape down the sides to ensure even mixing.
4. Combine the remaining liquids and add the remaining eggs and mix.
5. The mixture is ready for baking.

3. One-stage method

- less chance for moistened the flour

Procedure:

1. Measure the ingredients accurately at room temperature.
2. Combine all liquid and dry ingredients and mix at low speed for 30 seconds.
3. Stop the stand mixer and scrape down the bowl.

4. Flour-batter method

- used for only a few specialty items.

Procedure:

1. Measure the ingredients accurately at room temperature.
2. Sift the dry ingredients, add the fat and blend together except sugar.



3. Combine sugar and eggs and liquid flavoring and whip together.
4. Combine the flour-fat and the sugar egg mixture until smooth.
5. Add water or milk gradually and mix smoothly.

5. Sponge method

- Butter is creamed with sugar until the mixture is light then; whipped egg whites are folded into the butter.

Plain Sponge Method Procedure:

1. Measure the ingredients accurately.
2. Combine the two ingredients (eggs and sugar) in a bowl.
3. Set the bowl over hot water until the mixture warms up to 43C - 110F.
4. Beat the eggs including water, milk and liquid flavorings at high temperature as long as 10 to 15 minutes.
5. Sift, fold and blend the flour not to deflate the foam.
6. Immediately pan and bake the batter. Delays will cause loss of volume.

6. Angel food method

- refers to based egg-white foams and contain no fat

7. Chiffon method

- butter containing flour, egg yolks, vegetable oil, and water is folded into the whites.

Procedure:

1. Measure the ingredients accurately.
2. Sift the dry ingredients into the mixing bowl.
3. Mix with other ingredients like oil, egg yolks, water and liquid flavorings.
4. Fold the whipped egg whites into the flour -liquid mixture.
5. Deposit in pans and bake.

8. Combination Creaming/Sponge method

- Butter is creamed with sugar until the mixture is light.

Procedure:

1. Cream the butter and sugar
2. Add the egg yolks one at a time. Mix.
3. Whip the egg whites and sugar until they form soft peaks.
4. Fold the meringue into the butter mixture



5. Sift and fold the dry ingredients.
6. Pour the batter in prepared pans
7. Level the top of the batter with a plastic.

Observe Food Safety Practices

1. Disposable gloves, hair net, or face masks are needed to prevent cross contamination.
2. Complete Personal Protective Equipment (PPE).
3. Wash hands and tools and equipment before and after using.
4. Avoid wearing jewelry or watches during the hands-on.
5. Prevent students from any form of illness.



What's More

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

A

- ___ 1. It refers to conventional methods.
- ___ 2. Refers to base egg-white foams and contains
no fat.
- ___ 3. Refers to specialty items produces
fine -textured cake.
- ___ 4. Refers to blending dry ingredients with
limited liquid ingredients
- ___ 5. Refers to mixture of butter and sugar
whipped egg whites are folded into the butter.

B

- A. angel food method
- B. creaming method
- C. flour-batter method
- D. sponge method
- E. two-stage method
- F. chiffon method

II. Complete the sentences by choosing your answers in the box.

Whip/Soft

Mix/Liquid

Dry/Liquid

Scrape/Mixing

Pan/Bake

1. Combine ____ and ____ ingredients and mix at low speed for 30 seconds.
2. _____ the egg whites and sugar until they form _____ peaks.
3. _____ with other ingredients like oil, egg yolks, water and _____ flavorings.
4. _____ down the sides to ensure even _____.
5. Immediately _____ and _____ the batter.



What I Have Learned

Arrange the proper mixing methods of sponge cakes. Write the correct sequence before each number. Write A for the 1st procedure, B for the 2nd procedure and so on.

- _____ 1. Measure the ingredients accurately.
- _____ 2. Sift, fold and blend the flour not to deflate the foam.
- _____ 3. Set the bowl over hot water until the mixture warms up to 43C - 110F.
- _____ 4. Beat the eggs including water, milk and liquid flavoring at high temperature at least 10 to 15 minutes.
- _____ 5. Combine the two ingredients (eggs and sugar) in a bowl.
- _____ 6. Immediately pan and bake the batter. Delays will cause loss of volume



What I Can Do

Complete the chart of making a Sponge Cake.

Ingredients	Quantity	Unit	Estimated cost	Final Cost	Tools and Equipment needed





Assessment

Read and analyze the questions below. Choose the letter of the correct answer.

- _____ 1. Which of the following qualities for a shortened cake?
A. crumbly crust on rounded top C. pale brown crust
B. evenly thin brown crust D. shiny crust
- _____ 2. Which of the following statements about making foam cakes is FALSE?
A. egg whites and steam are leavening agents C. cake pan is not greased
B. removed from the pan for cooling D. contain no fat
- _____ 3. Which of the following cakes are made with vegetable oil, eggs, sugar, flour, baking powder, and flavoring's?
A. butter cake C. chiffon cake
B. carrot cake D. red velvet cake
- _____ 4. Which of the following cakes are made without the addition of fat/shortening?
A. angel food cake C. chocolate brownies
B. banana cake D. devil's cake
- _____ 5. Which of the following ingredients makes angel food cake rise?
A. baking powder C. baking soda
B. beaten egg white D. yeast



Additional Activities

Online Activity:

Search the different mixing methods and choose one (1) to make a **vlog/blog** in your presentation.

1. Angel food method

3. Sponge Method

2. Creaming Method

4. Chiffon Method

Offline Activity:

The student will perform the actual mixing methods by making a sponge cake. Make an observation report signed by the parent or guardian.

How Well Did You Perform?

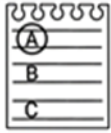
Your performance will be rated using the rubrics below.



Scoring Rubrics

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



Answer Key

What's More

Matching Type

1. b
2. a
3. c
4. e
5. f

Fill in the blanks

1. dry / liquid
2. whip/ soft
3. mix / liquid
4. scrape / mixing
5. pan/bake

What's New

1. butter cakes
2. chocolate cake
3. Swiss roll cake
4. genoise cake
5. chiffon cake

What I know

Answer May Vary

Additional Activities

Answer May Vary

Assessment

1. a
2. b
3. c
4. a
5. b

What I Can Do

Answer May Vary

What I Have I Learned

1. a
2. e
3. c
4. d
5. b
6. f



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Caking making methods

2014 R. Mohan

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