



cake + pastry

module due _____

Cake and Pastry will teach you how to make a variety of sugary goodness including cakes, pastries and angel food cake by expanding your culinary vocabulary and your baking skills.

name

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Chapter 24 – Cakes, cookies, pies, and candies

Summary

The two basic types of cakes are shortened, which contain fat, and unshortened, which do not contain fat. Chiffon cakes are a cross between shortened and unshortened cakes. All cakes contain the same essential set of ingredients, each of which performs a specific function. You must measure ingredients carefully and then mix them using the method described in your recipe. You also must use correct pan sizes, oven temperatures, and baking times to make sure cakes bake properly. After baking, you can fill and/or frost a cake to enhance its flavour and appearance.

Pastry is the primary component of fruit, cream, custard, and chiffon pies. Flour, fat, water, and salt are the basic ingredients in pastry. Carefully measuring these ingredients and gently handling the dough will help you produce tender, flaky pastry.

KEY TERMS

ASSIGNMENT 2 : - KEY TERMS / 4 MARKS

Look up the following key terms and write down their meaning.

Chapter 24 – Guide to Good Food

shortened cake

unshortened cake

chiffon cake

pastry

Cake Worksheet

1. Cakes are classified into two groups. **What are they** and **what are the differences** between them?
2. Describe the characteristics of a good quality cake of each type. **(Describe the Standard)**
3. Complete the following chart:

CAKE INGREDIENT	FUNCTION IN CAKE
Flour	
Baking Powder/Soda	
Fat	
Sugar	
Eggs	
Liquid	
Cream of Tartar	

4. Why is it important to use the correct size pan?
5. Describe the correct method for preparing a cake pan for baking the two types of cake referred to in question 1.

6. The correct proportion of ingredients is important for a successful cake. What is the result of too much of the following ingredients?

Flour	
Fat	
Sugar	
Eggs	
Liquid	
Leavener	

7. Which type of cake can be prepared by either the conventional method or the quick mix method? **Describe the steps for the conventional method.**
8. Describe how to put the batter (for the cake in question 7) into the pans.
9. What do you do to test the doneness of the cake?
10. The cooling method is different for the different types of cakes. What is the cooling method for an Angel Food Cake and for a Butter Cake? Explain the importance of cooling the cakes in these ways.

**ASSIGNMENT 3: READ CHAPTER 24, GUIDE TO GOOD FOOD —
QUESTIONS /32**

1. True or false. Both shortened and unshortened cakes contain chemical leavening agents. (1)
2. List the seven basic ingredients of a shortened cake (other than a pound cake) and briefly describe a major function of each. (7)
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 -
 -
 -
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3. What are two functions of cream of tartar in angel food cake? (2)
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 -
4. Describe how angel food cakes are leavened? (2)
5. What would happen if a cake were made with too much fat? (1)
6. Why do baking pans need to be the correct size when baking a cake? (1)
7. Why is it important to measure your ingredients accurately? (2)
 - Cakes -
 - Pastry -

8. What are the two most common mixing methods for making shortened cakes? Describe them. (4)
- -
9. True or false. An angel food cake should be removed from the pan as soon as it comes out of the oven. (1)
10. True or false. Both shortened and unshortened cakes can be microwaved successfully. (1)
11. How will pastry be affected if salt is omitted from the recipe? (1)
12. List 3 reasons pastry might be tough? (3)
- -
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13. What two characteristics are used to describe high-quality pastry? (2)
- -
14. Describe two techniques that can be used to give a brown appearance to a pastry crust prepared in a microwave oven? (4)
- -

Preparing Cakes

The statements below describe preparation principles and techniques used in preparing cakes. In the space provided, give a reason for each principle or step.

Principles of Preparation

1. Measure the flour accurately.
2. Avoid over mixing the ingredients.
3. Bake the batter in pans of the correct size.
4. Do not grease the pans for unshortened cakes.
5. Bake the cake just until it tests done.

Baking Shortened Cakes

1. Pans should not touch each other or the oven while baking.
2. Insert a wooden toothpick into the center of the cake or lightly touch the center of the cake with the fingertip.
3. Allow the cake to cool in the pan for about 10 mins.
4. When microwaving shortened cakes, use a round or ring shaped pan.

Preparing Unshortened Cakes

1. Eggs should be at room temperature.
2. After pouring batter into the pan, run a spatula through the batter.
3. Gently touch the cracks that form in the top of the cake.
4. When the cake is done, place the cake upside down over the neck of a bottle.

Pastry Worksheet

1. Two kinds of flour most often used for pastry are _____ and _____.
2. Because of the _____ content, flour forms the framework for pastry.
3. Gluten is _____ and is formed when _____
_____.
4. Too much gluten development is caused by _____ and will result in a _____ pastry.
5. Name four fats that can be use for pastry. Which are best for making pastry?
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 -
 -
6. Fat produces _____ and _____ pastry because it _____
_____.
7. Why do we use salt in pastry? _____
8. Liquid used in pastry may be:
 -
 -
 -
9. The liquid usually used is _____ and it is necessary for _____ and _____
_____.
10. Why does the amount of liquid vary?
11. When mixing pastry, fat is _____ into the flour until it is about the size of _____
_____. If the dough is over stirred a _____ pastry results.
12. Water is added a tablespoon at a time to avoid _____. This is important because _____
_____.
13. Mix the dough until _____, At this point the right amount of gluten has been formed.
14. The less the dough is worked the more _____ it will be.
15. When rolling pastry you should roll from the _____ to the _____ using _____
_____, _____ strokes. If a circular shape is desired, you must roll _____
_____.
16. What should you do if the rolled pastry is sticking to the counter?

17. What should you do if the edges of the pastry begin to crack while you are rolling it?
18. What might happen if you stretch the rolled pastry to fit the pie plate?
19. Why are shiny pans not good for baking pastry?
20. What can be done to prevent excessive browning of pastry edges during baking?
21. A pie crust to be filled after baking is pricked thoroughly with a fork before baking to prevent _____ which is caused by _____
22. What causes pastry to shrink when baked?
23. What causes baked pastry to fall apart?
24. What are 3 causes for tough pastry?
25. What causes hard, brittle pastry?

Pie Filling

Activity D

Name _____

Chapter 24

Date _____ Period _____

Supply the requested information about different kinds of pies.

1. Describe a typical fruit pie. _____

2. Describe a typical cream pie. _____

3. Describe a typical custard pie. _____

4. Describe a typical chiffon pie. _____

5. Describe the characteristics of a high-quality pie. _____

6. Describe your favorite kind of pie. _____

Pastry Preparation

Answer the following question listed below using Chapter 24 in the Guide to Good Food.

1. What are the four basic ingredients used to make pastry?
2. What is the function of salt in pastry?
3. How will using too much flour affect the quality of pastry?
4. How does fat perform in pastry?
5. What guidelines should you follow during preparation to ensure that your pastry is tender and flaky?
6. What is the most common "method" or technique used for mixing pastry?
7. What is 1 technique that should be done to ensure that a one-crust pie; that will be filled after baking, will turn out?
8. Name one technique that is NOT a recommended technique for preparing pastry in a microwave oven.

PRODUCT STANDARD SCORECARD: CAKE

FOD2040-1

Student Name: _____

Date: _____

Teacher: _____

Class: _____

PRODUCT:	PRODUCT:	PRODUCT:	PRODUCT:
Two-Stage Cake Standards	Foam Cake Standards	Filling/Frosting/Icing Standards	Decorated Cake
<input type="checkbox"/> Exterior Uniform shape with slightly rounded top. No peaks or cracks. <input type="checkbox"/> Uniform size. Light in weight in proportion to size. <input type="checkbox"/> Uniform golden brown colour. <input type="checkbox"/> Tender, smooth crust. <input type="checkbox"/> Interior Uniform colour, characteristic of type of cake. <input type="checkbox"/> Fine, even grain, free of tunnels. <input type="checkbox"/> Velvety, moist and tender texture. <input type="checkbox"/> Pleasing flavour, well blended and characteristic of kind of cake.	<input type="checkbox"/> Exterior Uniform shape; level top Uniform size; volume appropriate to type. Uniform colour. Smooth crust. <input type="checkbox"/> Interior Uniform colour; characteristic of type of cake. <input type="checkbox"/> Fine, even grain, free of tunnels. <input type="checkbox"/> Resilient to touch. <input type="checkbox"/> Velvety, moist, tender texture. <input type="checkbox"/> Pleasing flavor, well blended and characteristic of kind of cake.	<input type="checkbox"/> Texture Correct consistency, neither too thick nor too thin Smooth, free of lumps. <input type="checkbox"/> Flavor Compliments type of cake. Pleasing, well blended, characteristic of kind of frosting/filing. <input type="checkbox"/> Appearance Even colour, characteristic of type of filling/frosting. Shiny, glossy or matte. <input type="checkbox"/> Application Evenly applied, uniformly filled. Smooth, free of crumbs. Pleasing appearance and finish.	<input type="checkbox"/> Frosting Meets previous standards. <input type="checkbox"/> Application Evenly applied, free of crumbs. <input type="checkbox"/> Decorative Treatments Writing uniform, legible. <input type="checkbox"/> Floral and other decorations appropriate. <input type="checkbox"/> Border and finishing treatments are appropriate. <input type="checkbox"/> Presentation Neat and attractive.
SCORE	SCORE	SCORE	SCORE
5	5	5	5
AT STANDARD	AT STANDARD	AT STANDARD	AT STANDARD
COMMENTS			

PRODUCT STANDARD SCORECARD: PASTRY

FOD2040-2

Student Name: _____ Date: _____

Teacher: _____ Class: _____

PRODUCT:	PRODUCT:	PRODUCT:	PRODUCT:
Short, Crust Pastry Standards	Puff Pastry Standards	Choux Pastry Standards	
<input type="checkbox"/> Appearance Golden brown colour. Attractive edge. Minimal shrinkage. Blistered surface, no large bubbles. <input type="checkbox"/> Texture Flaky, crisp. Tender. <input type="checkbox"/> Flavour Pleasing, well blended. <input type="checkbox"/> Filling Is appropriate and complements the pastry.	<input type="checkbox"/> Appearance Golden brown. Uniform shape; well risen. <input type="checkbox"/> Texture Crisp, flaky. Tender. <input type="checkbox"/> Flavour Pleasing, well blended. <input type="checkbox"/> Filling Is appropriate and complements the pastry.	<input type="checkbox"/> Appearance Uniform shape Shape appropriate to product. Pleasing colour. Well risen. <input type="checkbox"/> Texture Crisp exterior, soft moist interior. Tender. <input type="checkbox"/> Flavour Pleasing, slightly "eggy" flavour. <input type="checkbox"/> Filling Is appropriate and complements the pastry.	
SCORE	SCORE	SCORE	
6 AT STANDARD	4 AT STANDARD	5 AT STANDARD	
COMMENTS			