FBPRBK3006 Produce savoury bread products

Sessions and recipes/formulas

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Session 1: Savoury bread



Session Outcome

Produce a range of savoury breads using the instant dough method.

Understand variations in formulas and how this will effect dough preparation, mixing, resting periods, final moulding, proof and baking techniques for these types of breads.

Introduction - Today’s production

* Review Assessment.
* Products and methods of production.
* Types of fillings:
  + Addition methods
  + Effect on formula balance
* Processing problems associated with these methods of production.
* Effects on loaf quality using these methods of production.
* Effects on dough loaf quality by adding fillings to production.
* Inclusion of fillings and ways of incorporating into production.
* Storage requirements of fillings (food safety).

Demonstration and practical activities

* Method of production/workflow.
* Formula changes and what mixing is required.
* Processing problems associated with incorporation of fillings.
* Demonstration: including fillings.
* Demonstration: proof volume changes.
* Review: Baked loaf characteristics.
* Food safety requirements for fillings.

Session - review

* Evaluate final products and identify faults.
* Homework (teacher to assign).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **PRODUCTION REQUIREMENTS - all KG’s are scale weights** | | | | | | |
| **Dough No** | **Type of Dough** | **Shape Required** | **Amounts** | **KG** | **Totals** | |
| 1 | Instant | scrolls | 1 | 2.400 |  |  |
|  |  |  |  |
| 2 | Pumpkin Bread | Vienna Loaves | 3 | 0.500 |  |  |
| Rolls | 12 | 0.100 |  |
| 3 | Calzone | Traditional | 20 | 0.080 |  |  |
|  |  |  |  |
| 4 | Retard – savoury rolls for next Session | Round rolls | 15 | 0.080 |  |  |
| Cheese & olive round rolls | 15 | 0.080 |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Dough 1 - | | Dough 2 | | Dough 3 | | Dough 4 | |
| Ingredients | % | Weights | % | Weights | % | Weights | % | Weights |
| Flour – bakers | 100 | 1500g | 75 | 1050g | 50 | 500g | 100 | 1500g |
| Flour W/meal |  |  | 25 | 350g | 50 | 500g |  |  |
| Water + or - | 56 | 840g | 58 | 812g | 56 | 560g | 56 | 840g |
| Yeast | 3 | 45g | 4 | 56g | 2 | 20g | 3.5 | 52.5g |
| Salt | 2 | 30g | 2.2 | 30.8g | 2 | 20g | 2 | 30g |
| Sugar | 2 | 30g | 1 | 14g | 1 | 10g | 2 | 30g |
| Fat | 2 | 30g | 4 | 56g | 6 | 60g | 2 | 30g |
| Bread Improver Instant | 1 | 15g | 1 | 14g | .5 | 5g | 1 | 15g |
| Gluten |  |  | 5 | 70g |  |  |  |  |
| Pumpkin (Cooked) |  |  | 30 | 420g |  |  |  |  |
| Nutmeg |  |  | 0.5 | 7g |  |  |  |  |
| **Totals** | 166% | 2490g | 205.7% | 2879.8g | 167.5% | 1675g | 166.5% | 2497.5g |
| **FDT** |  |  |  |  |  |  |  |  |

Vegemite and cheese scrolls

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Vegemite  Shredded Cheese | 50g  30g |  | Roll dough into a 3mm thick sheet. Spread evenly with vegemite and cheese. Roll to form a scroll, seal and put onto a baking tray. |
| Total weight | 80g |  | Bake 210 for 25-30mins |

Pizza Sauce

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Olive oil Garlic cloves Onion | 20g 4g 1g |  | Chop garlic and onions, sauté in olive oil |
| Oregano (pinch) Thyme (pinch) Basil (pinch) Pepper (pinch) | 2g  2g  2g  2g |  | Add herbs and pepper |
| Tomato puree Tomato paste | 500g 100g |  | Lastly, add puree and paste and bring to the boil |
| Total Weight | 633g |  |  |

Calzone Filling

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Ricotta cheese  Cheddar cheese  Pepperoni  Mushrooms  Basil  Egg | 125g  200g  100g  100g  5g  55g |  | Arrange fillings/toppings on dough. Fold over and seal. Bake 230°c for 20mins |
| Total Weight | 585g |  |  |

Cheese and olive Rolls

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Shredded Cheese  Sliced Black olives | 100g  35g |  | Place ingredients on top of proved rolls. |
| Total weight | 135g |  |  |

Session 2: Bulk ferment

Session Outcome

Produce a range of breads using the “sponge and dough” method of production.

Understand variations of formulas and how this will effect dough preparation, mixing, resting periods, final moulding, proof and baking techniques for these types of breads.

Introduction - Today’s production

* Review Session 7.
* Products and methods of production.
* Bulk ferment (Dough to Oven - DTO) count back for processing times.
* Two stage mixing for sponge and dough.
* Processing problems associated with these methods of production.
* Effects on loaf quality using these methods of production.
* Processing problems associated with the sponge and dough method of production.
* Effect on dough loaf quality using this method of production.
* Inclusion of fillings and ways of incorporating into production.
* Storage requirements of fillings (food safety).

Demonstration and practical activities

* Method of production/workflow.
* Demonstration: formula changes and what mixing is required.
* Demonstration: processing problems associated with bulk and sponge method.
* Demonstration: proof volume changes.
* Expected baked loaf characteristics from these products.
* Food safety requirements for fillings.

Session - review

* Evaluate final products and identify faults.
* Homework (teacher to assign).

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| --- | --- | --- | --- | --- | --- | --- |
| **PRODUCTION REQUIREMENTS - all KG’s are scale weights** | | | | | | |
| **Dough No** | **Type of Dough** | **Shape Required** | **Amounts** | **KG** | **Totals** | |
| 1 | Bulk ferment 3hr DTO | Loaves | 3 | 0.800 |  |  |
| Pizzas | 12 | 0.100 |  |
| 2 | Potato Bread – 1 hr bulk | Viennas | 3 | 0.500 |  |  |
| Floured baps | 15 | 0.100 |  |
| 3 | Instant bread – control loaf | Loaves | 3 | 0.800 |  |  |
| Savoury pull a parts loaves | 3 | 0.650 |  |
|  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
|  | Dough 1 | | Dough 2 | | Dough3 | |
| Ingredients | % | Weights | % | Weights | % | Weights |
|  |  |  |  |  |  |  |
| Flour – bakers | 100 | 2200g | 100 | 1500g | 100 | 3000g |
| Water + or - | 60 | 1320g | 65 | 975g | 56 | 1680g |
| Yeast | 2 | 44g | 2 | 30g | 3 | 90g |
| Salt | 2 | 44g | 2.5 | 37.5g | 2 | 60g |
| Sugar | 1 | 22g | 2 | 30g | 1 | 30g |
| Fat | 2 | 44g | 2 | 30g | 2 | 60g |
| Bread Improver Instant | 0.25 | 5.5g | .5 | 7.5g | 1 | 30g |
| Gluten |  |  | 6 | 90g |  |  |
| Potato flakes |  |  | 15 | 225g |  |  |
| Roasted potato |  |  | 15 | 225g |  |  |
| Dried onion |  |  | 1 | 15g |  |  |
| Herbs |  |  | 0.25 | 3.75g |  |  |
| **Totals** | **1667.25%** | **3679.5** | **211.25%** | **3168.75g** | **165%** | **4950g** |
| **FDT** |  |  |  |  |  |  |

Pizza Sauce

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Olive oil Garlic cloves Onion | 20g 4g 1g |  | Chop garlic and onions, sauté in olive oil |
| Oregano (pinch) Thyme (pinch) Basil (pinch) Pepper (pinch) | 2g  2g  2g  2g |  | Add herbs and pepper |
| Tomato puree Tomato paste | 500g 100g |  | Lastly, add puree and paste and bring to the boil. Allow to cool and spread onto pizza bases. |
| Total Weight | 633g |  |  |

Pizza Toppings

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Mushrooms  Bacon  Dried mixed herbs | 30g  30g  5g |  | Slice bacon and mushrooms. Place on top of sauces bases. |
| Shredded Cheese | 25g |  | Finish by sprinkle an even layer of cheese of the top of the toppings. Bake 210°c for 20mins |
| Total Weight | 90g |  |  |

Bacon, Spinach and Cheese Pull Apart

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Bacon  Spinach  Shredded Cheese | 50g  35g  35g |  | Slice bacon and roughly chop spinach. Mix through dough and bake 210°c for 25mins. |
| Total Weight | 120g |  |  |

Session 3: Steamed breads – Regligious/dietary requirements



Session Outcome

Produce a range of breads focussing on using the steam/boiling and bake method of production.

Understand variations of formulas and how this will effect dough preparation, mixing, resting periods, final moulding, proof and baking techniques for these types of breads.

Introduction - Today’s production

* Review Session 8.
* Products and methods of production.
* Steam method of production:
  + Steam buns
  + Bagels
* Processing problems associated with these methods of production.
* WHS issues that can arise using this cooking/ baking method.
* Effect on loaf quality using these methods of production.
* Traditions that influence products.
* Religious and dietary requirements in bread production:
  + Buddhism, Hinduism, Islam, Judaism
  + Vegetarian – vegans
* Effects on dough loaf quality using this method of production.

Demonstration and practical activities

* Method of production/workflow.
* Demonstration: formula changes and what mixing is required.
* Demonstration: processing problems associated with steam breads.
* Demonstration: proof volume changes
  + Proof and chill for ease in handling
  + Steam cooking reduction in proof times
* Loaf characteristics.

Session - review

* Evaluate products and identify faults.
* Homework: production scheduling for steam bun production assessment.

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| --- | --- | --- | --- | --- | --- | --- |
| **PRODUCTION REQUIREMENTS - all KG’s are scale weights** | | | | | | |
| **Dough No** | **Type of Dough** | **Shape Required** | **Amounts** | **KG** | **Totals** | |
| 1 | Steam buns – bulk ferment 1 hour | Chicken buns char Siu filling | 10 | 0.075 |  |  |
| Bao bun - unfilled | 10 | 0.075 |  |
| 2 | Bagels | Rings | 24 | 0.100 |  |  |
|  |  |  |  |
| 3 | Pretzels | Traditional | 24 | 0.100 |  |  |
|  |  |  |  |

Options: Keep all doughs on the tighter side due to handling properties and finished characteristics required.

Spray bagels with water 100% or golden syrup/ malt extract 5% solution before baking.

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| --- | --- |
| Dipping Solution | Ingredients and method |
| Dipping Solution 1 | Water - 2000  Salt - 100  Bi-carb soda - 200 |
| Dipping Solution 2 | Water – 2000  Bi-carb soda - 80 |
| Dipping Solution 3 | Water – 2000  Liquid lye - 90 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Dough 1 | | Dough 2 | | Dough 3 | |
| Ingredients | % | Weights | % | Weights | % | Weights |
| Flour  Ultra white | 100 | 900g |  |  |  |  |
| Flour bakers |  |  | 100 | 1500g | 100 | 1500g |
| Water + or - | 56 | 504g | 50 | 750g | 5 | 75g |
| Yeast | 6 | 54g | 2 | 30g | 2 | 30g |
| Salt | 1 | 9g | 2 | 30g | 1.6 | 24g |
| Sugar | 10 | 90g |  |  |  |  |
| Oil | 5 | 45g | 6 | 90g |  |  |
| Milk powder |  |  | 4 | 60g |  |  |
| Golden Syrup |  |  | 2 | 30g | 1.5 | 22.5g |
| Buttermilk |  |  |  |  | 53 | 795g |
| **Totals** | **178%** | **1602g** | **166%** | **2490g** | **163.1%** | **2446.5g** |
| **FDT** |  |  |  |  |  |  |

Steam Bun with Char Siu filling

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Onion | 50g |  | Heat 3 tablespoons of oil in a pan or wok, sauté the onion for 1 to 2 minutes until soft and transparent. |
| Diced chicken breast meat | 200g |  | Dice the chicken breast meat finely, add to group 1 and sauté until the chicken is cooked. |
| Oyster sauce  Light soy sauce  Dark soy sauce  sugar  Corn starch | 35g  12g  17g  30g  8g  100g |  | Make a slurry from group 3, add to the cooked chicken meat. Stir continuously on a medium heat until thickened.  Allow 0.030kg of filling per bun. |
| Total Weight | 452g |  |  |

Session 4: Flat breads



Session Outcome

Produce a range of flat breads and understand variations of formulas and how this will effect dough preparation, mixing, resting periods, final moulding, proof and baking techniques for these types of breads.

Introduction - Today’s production

* Review Session 9.
* Products and methods of production.
* Flat bread method of production.
* Processing problems associated with these methods of production.
* Effect on loaf quality using these methods of production.
* Types of products:
  + Chapati
  + Lavash/ lavosh – 1 soft and 1 crisp
  + Arabic Baladi bread
  + Pita bread
* Discuss religions and dietary requirements in production of savoury breads:
  + Buddhism, Hinduism, Islam, Judaism
  + Vegetarians and Vegan dietary requirements

Demonstration and practical activities

* Method of production/workflow.
* Demonstration: formula changes and what mixing is required.
* Demonstration: processing problems associated with flat breads.
* Demonstration: proof volume changes – bulk ferment, scale short rest and bake.
* Cooking/baking techniques for these types of breads.
* Bread characteristics from these products.
* Next lessons retard prep for assessment.

Session - review

* Evaluate products and identify faults.
* Homework – (Teacher to assign)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **PRODUCTION REQUIREMENTS - all KG’s are scale weights** | | | | | | |
| **Dough No** | **Type of Dough** | **Shape Required** | **Amounts** | **KG** | **Totals** | |
| 1 | Chapati | Round | 24 | 0.050 |  |  |
|  |  |  |  |
| 2 | Turkish – long mixed bulk ferment dough | Choice | 6 | 0.450 |  |  |
|  |  |  |  |
| 3 | Arabic Baladi Bread | Rounds | 12 | 0.200 |  |  |
|  |  |  |  |
| 4 | Pitta Bread | Rounds | 20 | 0.100 |  |  |
|  |  |  |  |

Make-up procedure for Chapati

* Develop the dough to a clear window and finished dough temperature of 27°c
* Rest the dough in a tub for 60min
* Divide the dough into 0.050kg pieces and round, return to tub for 10 min rest.
* Pin the dough pieces into circles approx. 1mm thick
* Heat a pan on the stove, place the dough piece in the pan on a low heat. Cook until you see bubbles form in the dough, approx. 15 seconds.
* Flip the dough and turn the flame to medium. Allow brown spots to form.
* Move the pan off the gas burner.
* Using tongs, place the dough piece over the naked flame. Cook on both sides until evenly browned on each side, the dough piece should expand to form a hollow centre.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Dough 1 | | Dough 2 | | Dough 3 | | Dough 4 | |
| Ingredients | % | Weights | % | Weights | % | Weights | % | Weights |
| Flour – strong | 50 | 350g | 100 | 1600g | 100 | 1400g | 100 | 1300g |
| Flour W/meal | 50 | 350g |  |  |  |  |  |  |
| Water + or - | 70 | 490g | 70-75 | 1200g | 70 | 980g | 58 | 754g |
| Yeast |  |  | 2 | 32g | 1.8 | 25.2g | 1 | 13g |
| Salt | 2 | 14g | 2.5 | 40g | 1.4 | 19.6g | 1.8 | 23.4g |
| Olive oil | 12 | 84g |  |  | 1 | 14g | 1 | 13g |
| Malt extract |  |  |  |  |  |  | 1 | 13g |
| **Totals** | **184%** | **1288g** | **179.5%** | **2872g** | **174.2%** | **2438.8g** | **162.8%** | **2116.4** |
| **FDT** |  |  |  |  |  |  |  |  |

Session 5: Savoury varities

Session Outcome

Produce a range of unleavened breads and understand variations of formulas and how this will effect dough preparation, mixing, resting periods, final moulding, proof and baking techniques for these types of breads.

**NOTE: Dough must be retarded for assessment in Session 12**

Introduction - Today’s production

* Review Session 10.
* Products and methods of production.
* Processing problems associated with these methods of production.
* Effect on quality using these methods of production.
* Traditions the influence unleavened breads:
  + Religions

Demonstration and practical activities

* Method of production/workflow.
* Demonstration: formula changes and what mixing is required.
* Demonstration: processing problems associated with unleavened.
* Demonstration: proof volume changes – bulk ferment, scale short rest and bake.
* Cooking/baking techniques for these types of breads:
  + Hot skillet on the stove top
  + Sole baking on the bottom of the oven
  + Hot trays inverted on oven
  + Extremely hot baking conditions
* Discuss expected baked loaf characteristics from these products.

Session - review

* Evaluate products and identify faults.
* Homework (teacher to assign).
* Continue production scheduling for assessment on steam bun production.

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| --- | --- | --- | --- | --- | --- | --- |
| **PRODUCTION REQUIREMENTS - all KG’s are scale weights** | | | | | | |
| **Dough No** | **Type of Dough** | **Shape Required** | **Amounts** | **KG** | **Totals** | |
| 1 | Pull Apart bread | Loaves | 3 | 0.500 |  |  |
| Shape of Choice | 3 | 0.500 |  |
| 2 | Steam Bread | Money bags | 12 | 0.075 |  |  |
| Bao Buns | 12 | 0.075 |  |
| 3 | Cheese and Tomato bread | Vienna | 3 | 0.500 |  |  |
| Small High top | 3 | 0.650 |  |
|  |  |  |  |  |
| 4 | Assessment prep – retard dough | Cheese roll | 12 | 0.100 |  |  |
| Pizza base | 12 | 0.100 |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Dough 1 | | Dough 2 | | Dough 3 | | Dough 4 | |
| Ingredients | % | Weights | % | Weights | % | Weights | % | Weights |
| Flour – bakers | 100 | 1800g |  |  | 100 | 1900g | 100 | 1400g |
| Flour W/meal |  |  |  |  |  |  |  |  |
| Ultra white flour |  |  | 100 | 1100g |  |  |  |  |
| Water + or - | 56 | 1008g | 56 | 616g | 53 | 1007g | 58 | 812g |
| Yeast | 4 | 72g | 6 | 66g | 4 | 76g | 4 | 56g |
| Salt | 2 | 36g | 1 | 11g | 1.5 | 28.5g | 2 | 28g |
| Sugar | 2 | 36g | 10 | 110g | 1 | 19g | 2 | 28g |
| U/S Butter |  |  |  |  |  |  | 4 | 56g |
| Oil | 2 | 36g | 5 | 55g | 1 | 19g |  |  |
| Bread Improver Instant | 1 | 18g |  |  | 0.5 | 9.5g | 1 | 14g |
| Gluten |  |  |  |  |  |  | 1 | 14g |
| Soya flour |  |  |  |  |  |  | 1 | 14g |
| Tomato Paste |  |  |  |  | 6 | 114g |  |  |
| Cheddar cheese (mature) |  |  |  |  | 16 | 304g |  |  |
| **Totals** | **167%** | 3006g | **178%** | 1958g | **183%** | 3477g | **173%** | 2422g |
| **FDT** |  |  |  |  |  |  |  |  |

Pesto Pull Apart

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Fresh Basil  Garlic  Parmesan Cheese  Pine nuts  Lemon juice  Oil | 200g  50g  50g  20g  10g  60g |  | Blend all ingredients in a food processor until a smooth paste forms.  Spread onto prepared dough and bake 210°c for 30mins |
| Total Weight | 390g |  |  |

**Steam Bun with Char Siu filling**

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | Weight (g) | Adjusted Weight (g) | Method |
| Onion | 50g |  | Heat 3 tablespoons of oil in a pan or wok, sauté the onion for 1 to 2 minutes until soft and transparent. |
| Diced chicken breast meat | 200g |  | Dice the chicken breast meat finely, add to group 1 and sauté until the chicken is cooked. |
| Oyster sauce  Light soy sauce  Dark soy sauce  sugar  Corn starch | 35g  12g  17g  30g  8g  100g |  | Make a slurry from group 3, add to the cooked chicken meat. Stir continuously on a medium heat until thickened.  Allow 0.030kg of filling per bun. |
| Total Weight | 452g |  |  |

Session 6: Skills Assessment FBPRBK3006

The following is the student assessment task for FBPRBK3006. Students should have an opportunity to practice making these products during their practical classes. See the Skills Assessment Marking Guide for more information about this assessment.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **PRODUCTION REQUIREMENTS - all KG’s are scale weights**  FBPRBK3006 Produce savoury bread products | | | | | | |
| **Dough No** | **Type of Dough** | **Shape Required** | **Amounts** | **KG** |  | |
| 1 | \*Enriched white – retarded  Dough to be made lesson prior | Cheese roll | 12 | 0.100 |  |  |
| Pizza | 12 | 0.100 |  |
| 2 | Pumpkin Bread | Vienna | 3 | 0.500 |  |  |
| 3 | Chapati | Round | 20 | 0.050 |  |  |
| 4 | Steam bun | Money bag | 10 | 0.075 |  |  |
| Bao bun | 10 | 0.075 |  |  |

**NOTE:**

The recipe/formulas for each of the above products are included in the Skills Assessment Marking Guide. You will need to provide these to your students with information on any restrictions in the order of how products need to be made. This may be necessary to meet specific facility requirements.

The dough for the enriched white products must be made and retarded during the prior lesson.