

# **WEEK 1**

# MENU

## **Blueberry Muffins** (Yield: 12 muffins)

### **Ingredients:**

125 g	Unsalted Butter
250 g	Sugar
3 g	Salt
100 g	Eggs
300 g	All Purpose Flour
10 g	Baking Powder
120 ml	Buttermilk
200 g	Frozen Blueberries
	Flour for dredging

### **Method:** (*Creaming and quick bread Method*)

- Cream butter, sugar and salt.
- Beat eggs in one at a time.
- Sift together the flour and the baking powder.
- Alternately add the dry ingredients and buttermilk to the creamed mixture.
- Dredge blueberries in a small amount of flour and gently fold into batter.
- Portion into greased muffin tins.
- Bake muffins at 375°F for about 30 minutes or until golden brown.
- Remove from pan shortly after removing from oven. Cool.

# Peanut Butter Sandies

## Ingredients

flour, pastry (or all-purpose flour)	302.4 g	100%
baking soda	1.76 g (2.24 mL)	0.6%
baking powder	1.76 g (2.24 mL)	0.6%
butter, unsalted (softened)	201.6 g	67%
sugar, granulated	201.6 g	67%
eggs	41.58 g (1 ea)	14%
peanut butter	126 g	42%
salt	5.04 g (4.34 mL)	1.7%
sugar, granulated	as needed	
peanuts (use halves, optional)	25.2 g	8.3%

## Directions

1. Sift together the flour, baking soda and baking powder. Set aside. Cream the butter. Add the sugar and continue creaming. Gradually add the eggs, followed by the peanut butter and salt.
2. Add the dry ingredients to the butter mixture and mix to make a firm dough.
3. Scale the dough into 1-pound (480-gram) pieces. Roll the dough into 12-inch (30-centimeter) logs. Cut into 1-inch (2.5-centimeter) pieces.
4. Roll each cookie into a ball and place on a paper-lined sheet pan. Press each ball down using the bottom of a measuring cup to slightly less than 1/2 inch (1.2 centimeters). The edges of the cookies will develop some cracks, which is a desired look.
5. Using a fork, press crisscross markings on the surface of each cookie. Lightly brush the cookies with water. Sprinkle lightly with granulated sugar and press one peanut half into each cookie, if using.
6. Bake at 400°F (200°C) until golden brown, approximately 12 minutes.

# Soft Yeast Dinner Rolls

## Ingredients

yeast, dry active	20.25 g	4.55%
water (temperature controlled)	243 g	55%
flour, bread	445.5 g	100%
salt	10.13 g	2.3%
sugar, granulated	40.5 g	9.1%
milk, non-fat dry	20.25 g	4.55%
shortening, vegetable	20.25 g	4.55%
butter, unsalted (softened)	20.25 g	4.55%
eggs	32.4 g (3/4 ea)	7.3%
Egg Wash	as needed	

## Directions

### MISE EN PLACE

- ▶ Adjust water temperature.
- ▶ Soften butter.
- ▶ Prepare the egg wash.
- ▶ Line sheet pans with parchment while the dough ferments.

1. Dissolve the yeast in the water in a bowl. Combine the flour, salt, sugar, milk powder, shortening, butter and eggs in the bowl of a mixer fitted with a dough hook.
2. Add the water-and-yeast mixture to the mixer bowl; stir to combine.
3. Knead on medium speed 10 minutes or until the dough reaches 77°F (25°C).
4. Transfer the dough to a lightly greased bowl, cover and place in a warm spot. Ferment until doubled, approximately 1 hour.
5. Punch down the dough. Let it rest a few minutes to allow the gluten to relax.
6. Divide the dough into 1 1/4-ounce (38-gram) portions and round. Shape as desired and arrange on paper-lined sheet pans. Proof until doubled in size.
7. Carefully brush the proofed rolls with egg wash. Bake at 400°F (200°C) until medium brown, approximately 12 to 15 minutes.

# Streusel Topping

## Ingredients

flour, all purpose	169.25 g	100%
cinnamon, ground	0.74 g (1.82 mL)	0.4%
salt	2.12 g (1.82 mL)	1.25%
sugar, light brown	58.18 g	34%
sugar, granulated	42.31 g	25%
butter (cold)	126.94 g	75%

## Directions

1. Combine the dry ingredients. Cut in the butter until the mixture is coarse and crumbly.
2. Sprinkle on top of muffins or quick breads before baking. Streusel topping will keep for several weeks under refrigeration and may be frozen for longer storage. There is no need to thaw before use.

## Glossary Terms

**streusel** — (stroo-zel) a crumbly mixture of fat, flour, sugar and sometimes nuts and spices; used to top baked goods

**crumb** — the interior of bread or cake; may be elastic, aerated, fine or coarse grained

**baking** — a dry-heat cooking method in which foods are surrounded by hot, dry air in a closed environment; similar to roasting, the term baking is usually applied to breads, pastries, vegetables and fish

**mix** — (1) to combine ingredients in such a way that they are evenly dispersed throughout the mixture; (2) a blend of dry ingredients to which liquid, eggs and other ingredients are added in order to make a batter or dough

**quick bread** — a bread, including loaves and muffins, leavened by chemical leaveners or steam rather than yeast

# REFLECTION

## Reflection 1

### Week 1

**Course Number:** *CUL 121 section 10001*

**Course Title:** *Introduction to Baking*

**Date:** July 6<sup>th</sup> , 2018

**Name:** *Thi Thu Trang Nguyen ( Priscilla )*

#### **Today's Objective:**

Blueberry Muffins

Peanut Butter

Soft Yeast Dinner Rolls

#### **Product's picture:**





### **Standard of Cooking:**

#### Soft Yeast Dinner Rolls:

Combine the warm water with yeast to dissolve the yeast.  
Mix together: the flour, salt, sugar, milk powder, shortening, butter and eggs.  
Knead on medium 10 minutes and cover the dough after kneading and let it rise.  
Punch down the dough and rest in few minutes.  
Divide, shape as desired and arrange on paper-lined sheet pans.  
Brush the proofed rolls with egg wash and bake.

#### Peanut Butter:

Sift together the flour, baking soda and baking powder.  
Cream the butter and sugars are mixed smooth and fluffy and add the eggs, the peanut butter and salt.  
Scale the dough into 1- pound, roll each cookies into a ball and place on a paper-lined sheet pan.  
Bake.

#### Blueberry Muffins:

The flour, baking soda and baking powder are sifted together.  
Combine flour, sugar, salt and baking powder.  
Mix egg and milk with flour mixture.  
Dredge the blueberries in a small amount of flour and fold into batter.  
Bake in the Deck oven.

### **Additional Information:**

Soft Yeast Dinner Rolls: Dissolve the yeast in warm water at 28°C.  
Knead the dough in 10 minutes to create enough gluten.  
Divide each pieces about 50g and the shape is same size.  
Take soft rolls out when they are just barely golden brown, do not overcook.

Peanut Butter : Pat the dough into a log about 12-inch (30 cm) long and roll the plastic wrap around it.  
Bake at 400°F (200°C), approximately 12 mins but the best temperature is 375°F.

Blueberry Muffins: Only using frozen blueberries, and always keep them in the freezer until the last minute before folding in blueberries to avoid any juice from thawed berries turning the batter blue.  
Bake at 400°F (200°C), approximately 18-22 mins but the best temperature is 375°F.

### **Outcome & Chef Critique:**

Soft Yeast Dinner Rolls: Nice color ( golden brown), soft and same size.

Peanut Butter : They were nice color and same size.

Blueberry Muffins: The muffins were soft, nice color and same size.

### **Timeline of production**

Soft Yeast Dinner Rolls: Baked at 4:45.

Peanut Butter : Baked at 3:15.

Blueberry Muffins: Baked at 4:15.

### **Temperature chart**



Production	Temperature
Soft Yeast Dinner Rolls	400°F
Peanut Butter	400°F
Blueberry Muffins	375°F

### **What could I have done differently:**

Our group did quite well for the first day, our production almost reached chef's requirement. We just keep doing well for another day.

### **Summary**

**That day was the first time I could study how to make muffins, peanut butter, soft yeast dinner rolls which I have never known before. I could learn about the basic knowledge to do that, how to use the kitchen equipment as the mixer machine, deck oven, how to knead the dough by hand but reaching the result as we expected. Moreover, Chef Paz taught and explained everything about the yeast, straight dough method, creaming method, rolled cookie method. Chef directed how to make the muffins, peanut butter, soft yeast dinner rolls for right and told us about his experiences industry as well. My class was so interesting and my partner was so good. We shared and helped to each other to finish our production on time.**

## **WEEK 2**

# MENU

Focaccia (Roman Flatbread)

**View Ingredients By**

American Metric

Ingredients

sugar, granulated	11.34 g (14.79 mL)	2.2%
yeast, dry active	11.34 g (14.79 mL)	2.2%
water (temperature controlled)	354.84 mL	67%
flour, all purpose	510.3 g	100%
salt, kosher	8.51 g (9.76 mL)	1.7%
oil, olive	14.79 mL	2.8%
rosemary, fresh (crushed)	5.67 g (29.57 mL)	1.1%

Directions

1. Combine the sugar, yeast and water. Stir to dissolve the yeast. Stir in the flour, 4 ounces (120 grams) at a time.
2. Stir in 1 1/2 teaspoons (7 milliliters) of the salt. Mix well, then knead on a lightly floured board or in the bowl of a mixer fitted with a dough hook until smooth.
3. Place the dough in an oiled bowl, cover and ferment until doubled.
4. Punch down the dough, then flatten it onto an oiled sheet pan. It should be no more than 1 inch (2.5 centimeters) thick. Brush the top of the dough with the olive oil. Let the dough proof until doubled, approximately 15 minutes.
5. Sprinkle the crushed rosemary and the remaining 1/2 teaspoon (2 milliliters) salt on top of the dough. Bake at 400°F (200°C) until lightly browned, approximately 20 minutes.

## CHOCOLATE CHUNK COOKIES

### INGREDIENTS

butter, unsalted (softened)	108.86 g	80%
sugar, granulated	54.43 g	40%
sugar, light brown	81.65 g	60%
eggs	34.02 g (3/4 ea)	25%
vanilla extract	2.13 mL (2.34 mL)	1.5%
salt	2.72 g (2.34 mL)	2%
flour, pastry	136 1/8 g	100%
baking soda	0.95 g (1.21 mL)	0.7%
pecan pieces (can use chopped walnuts)	54.43 g	40%
chocolate chunks (can use chips)	217.73 g	160%

### Directions

#### MISE EN PLACE

- ▶ Allow butter to come to room temperature.
- ▶ Chop nuts.
- ▶ Line sheet pan with parchment paper.
- ▶ Preheat the oven to 350°F (180°C).

1. Cream the butter and the sugars in the bowl of a 6 quart (6.5 liter) or larger mixer fitted with the paddle attachment.

Beat until light, approximately 5 minutes at medium speed.

2. Add the eggs to the creamed mixture one at a time. Add the vanilla.

3. Stir the salt, flour and baking soda together and add to the creamed mixture.

4. Stir in the pecans or walnuts and chocolate chips.

5. Portion the dough using a #20 scoop onto a paper-lined sheet pan and bake at 350°F (180°C) until the cookies are golden brown and cooked through, approximately 10 to 12 minutes.

## **Pie Dough** (Yield: 1 x 9" pie crust – top & bottom)

### **Ingredients:**

350 g	Pastry Flour
5 g	Salt
12 g	Sugar
225 g	Cold, Unsalted Butter, cut into small cubes
75 – 100 ml	Ice Water

### **Method:**

- Sift flour, salt and sugar into bowl.
- Cut or rub butter into flour to desired size.
- Gradually add water to flour mixture. Mix gently, just until water is absorbed and dough comes together. Do not overwork dough.
- Wrap dough in plastic wrap and chill for at least an hour.
- Scale dough at 300 g for bottom crust and 250 g for top crust.
- Roll pastry 1/8" thick.

## **Apple Pie**

### **Ingredients:**

820 g	Apples, peeled, cored & sliced (~5)
1	Lemon, zested & juiced.
180 g	Sugar
60 g	Cornstarch
Pinch	Salt
Pinch	Cinnamon
Pinch	Nutmeg
20 g	Butter

### **Method:**

- Combine apple slices with lemon juice in a bowl.
- In a separate bowl combine sugar, cornstarch, salt and spices.
- Add dry ingredients to apple slices. Toss gently until well mixed.
- Fill previously-rolled bottom pie crust. Dot with butter. Egg wash edges of pastry.
- Roll pastry for top crust. Place on top of filling. Press down at edges.
- Finish edge of pie.
- Before baking, brush with egg wash and sprinkle with sugar.
- Bake @ 400°F for approximately 45 minutes or until pastry is browned, and filling is bubbly and soft.

## Reflection 2

### Week 2

Course Number: *CUL 121 section 10001*

Course Title: *Introduction to Baking*

Date: July 15<sup>th</sup>, 2018

Name: *Thi Thu Trang Nguyen ( Priscilla )*

#### Today's Objective:

Focaccia ( Roman Flatbread )

Chocolate Chunk Cookies

Pie dough

Apple pie

#### Product's picture:



#### Standard of Cooking:

Focaccia :

Combine the sugar, yeast and water.

Mix the four with the mixture above and salt.

Knead and fold lightly for 4 times, each times about 20 minutes, put in the proofer to ferment until double.

Punch down the dough and flatten it onto an oil sheet pan.

Sprinkle the crushed rosemary and salt on the top of the dough.

Bake until lightly browned.

Chocolate chunk cookies:

Cream the butter and the sugar, beat until light at medium speed.

Add the eggs to the creamed mixture and add vanilla.

Stir the salt, flour and baking soda and add to the creamed mixture.

Stir in the peacans and chocolate chunk

portion onto a paper-lined sheet pan and bake it.

Pie dough:

Sift flour, salt and sugar into bowl.

Cut butter into bit by bit flour by scraper .

Add water to flour mixer.

Mix gently and wrap dough in plastic wrap and chill for at least 1 hour..

Scale dough at 300g for bottom crust and 250g for top crust.

Apple pie:

Slice the apple and add the sugar, cornstarch, salt, cinnamon, nutmeg and lemon zested.

Fill rolled bottom pie crust, dot with butter, brush by the egg wash.

### **Additional Information:**

Focaccia:

We used fresh yeast so took more about approximate 20 or 22g.

Water temperature controlled about 38°C .

Chocolate chunk cookies:

Be careful don't over mix .

Bake at 350°F , approximately 12 mins.

Pie dough:

Use the scraper to cut the butter with flour.

Don't over work dough.

Apple pie:

Don't put too much nutmeg and cinnamon make the cake become brown.

### **Outcome & Chef Critique:**

Focaccia: Nice color ( golden brown)  
It needed a little higher.

Chocolate chunk cookies: They were nice color and same size.

Apple pie: The shape and color were so nice.  
But the apple slices were so cool inside, so it needed to bake more.

### **Timeline of production**

Apple pie: Baked at 3:30 and took out at 4:15.

Focaccia : Baked at 3:55 and took out 4:15.

Chocolate chunk cookies: Baked at 4:15 and took out at 4:30.

### **Temperature chart**

Production	Temperature
Apple pie	400°F
Focaccia	400°F
Chocolate chunk cookies	350°F

### **What could I have done differently:**

We needed to care about the fermentation of dough because the focaccia needed to a little higher about the shape and managed about the time to bake apple pie.



## **Summary**

in that day, chef Paz taught us what is the DDT, how to calculate, what is the slack dough, flacky dough and drop cookies. We were studied to make pie dough by hand and make the crust of apple pie. We reached almost chef's requirement but we had still some mistake when we baked apple pie. The class was so interesting, my partner and I did well for everything. We shared and helped to each other in working process.

## **WEEK 3**

# MENU

## Italian Rosemary Rolls

### Ingredients:

180 g	Warm water
18 g	Yeast (fresh)
35 g	Olive Oil
1 tsp	Dried Rosemary, Crushed
100 g	Eggs (~2)
506 g	All Purpose Flour
80 g	Dates or Olives (Pitted)

### Method:

- Straight dough method. Use all ingredients except the dates or olives.
- Autolyze for 10 to 15 mins.
- Knead until smooth and shape into a round ball.
- Ferment (covered) until soft and doubled. (at least an hour)
- Degas (or punch down) dough.
- Knead in the olives/dates.
- Portion into 50g portions (~18).
- Bench (covered).
- Shape into rolls and place them on a parchment-lined sheet tray.
- Press down and proof until doubled. (at least 20 mins)
- Brush with egg wash and top with more dried rosemary.
- Snip the top with an "X" and bake @ 400 F for 12-15 minutes or until done.
- Cool on rack.

## Carrot Bread

### Ingredients:

100 g	Eggs
200 g	Sugar
135 g	Vegetable Oil
220 g	Bread Flour
4 g	Baking Powder
3 g	Baking Soda
Pinch	Salt
2 g	Cinnamon
1 Cup	Finely Grated Raw Carrot

### Method:

- Muffin Method. (As follows)
- Sift the dry ingredients together and set aside.
- In a mixing bowl beat the eggs and sugar until thick.
- Add the oil gradually and continue beating until thoroughly combined and homogenous.
- Mix the grated carrot with the dry ingredients until coated and separate.
- Stir the dry ingredients into the wet ingredients until just combined.
- Pour into prepared pan and allow the batter to stand in the pan for ~ 10 mins.
- Bake in a preheated 325 F oven for an hour until light golden brown and a skewer comes out clean.
- Cool. Remove from pan when half cool.

## **Banana Bread**

### **Ingredients:**

150 g	Peeled Ripe Bananas
150 g	Brown Sugar
35 g	Eggs
85 g	Vegetable Oil
85 g	Milk
5 g	Baking Soda
155 g	Bread Flour

### **Method:**

- Combine bananas and sugar in a mixing bowl with the paddle attachment.
- Add remaining wet ingredients and combine.
- Sift flour and baking soda together in a large bowl. Make a well.
- Add wet ingredients to the dry ingredients and mix until dry ingredients are just moistened.
- Pour into greased and lined loaf pans.
- Bake @ 350F for approximately 40-50 minutes until golden.
- Cool.

# Fudge Brownie Batter

## Ingredients

butter, unsalted (room temperature)	168.98 g	113%
chocolate, unsweetened	150.21 g	100%
eggs	150.21 g (3 1/4 ea)	100%
sugar, granulated	375 1/2 g	250%
salt	1.88 g (1.67 mL)	1.25%
vanilla extract	9.79 mL	6.25%
coffee extract (optional)	4.9 mL	3.1%
flour, pastry (can use all-purpose)	150.21 g	100%
pecan pieces	75.1 g	50%
sugar, confectioners (optional)	as needed	

## Directions

MISE EN PLACE

- ▶ Allow butter to come to room temperature.
- ▶ Line a quarter-sheet pan with parchment paper.
- ▶ Preheat the oven to 325°F (160°C).

1. Melt the butter and chocolate over a double boiler to 120°F (49°C). Hold the chocolate at this temperature.
2. While the chocolate is melting, beat the eggs and granulated sugar in the bowl of a large mixer fitted with the paddle attachment on medium speed for 10 minutes. Add the salt and extracts. Scrape down the bowl, then add the melted chocolate, blending until well combined. Add the flour and mix until combined. Fold in the nuts.

## Reflection 3

### Week 3

**Course Number:** *CUL 121 section 10001*

**Course Title:** *Introduction to Baking*

**Date:** July 21<sup>th</sup>, 2018

**Name:** *Thi Thu Trang Nguyen ( Priscilla )*

#### Today's Objective:

Italian Rosemary Rolls

Carrot Bread

Banana Bread

Fudge Brownie Batter

#### Product's picture:



#### Standard of Cooking:

Italian Rosemary Rolls:

Mix the flour, the eggs, olive oil and yeast.

Knead until the dough becoming smooth and shape into a round ball.

Cover and ferment until the dough becomes doubled.

Then portion into 50 portions shape into rolls and put into proofer to

doubled.

Brush the top with egg wash and put the rosemary on the top.

Bake until lightly browned.

Sift the flour, baking powder and baking soda together and set aside.

In other bowl, beat the egg with sugar until thick .

Add the oil and continue beating.

Carrot Bread:

Mix the grated carrot with the dry ingredient.

Stir the dry ingredient into wet ingredients.

Pour into prepared pan, allow the batter to stand and bake.

Sift flour and baking soda into bowl.

Banana Bread:

Mix brown sugar with chopped banana and add the oil, milk and egg into mixture.

Add wet ingredient to the dry ingredients.

Pour into greased pan and bake it.

Melt the butter and chocolate over double boiler, and add the vanilla and coffee into.

Fudge Brownies Batter:

Keep this at this temperature 120°F.

Beat the eggs and sugar with medium speed in 10 mins until thick, add the melted chocolate, blending until combined well.

Add the flour and mix, fold in the nuts and bake in 15 mins.

### **Additional Information:**

Italian rosemary rolls:

Put the rosemary for the last to avoid breaking gluten. It will make the dough stacky not sticky.

Water temperature controlled about 38°C .

Carrot Bread:

Be careful don't over mix .

Bake at 350°F , approximately 40-50 mins.

Banana Bread:

Sift the flour and baking soda.

Fudge Brownie Batter:

Need to melt the chocolate and butter over doubled boil.



Just put warm chocolate into mixture.

### **Outcome & Chef Critique:**

Italian Rosemary Rolls: Nice color ( golden brown) and shape.  
However, brush too much egg wash .

Carrot Bread: Nice color.  
But the shape was collapsed by over beating.

Banana Bread: The shape and color were so nice.

Fudge Brownie Batter: The shape and color were so nice.

### **Timeline of production**

Italian Rosemary Rolls: Baked at 4:00 and took out at 4:15.

Carrot and Banana Bread : Baked at 3:05 and took out 4:00.

Fudge Brownie Batter: Baked at 4:15 and took out at 4:30.

### **Temperature chart**

Production	Temperature
Italian Rosemary Rolls	400°F
Carrot and Banana Bread	350°F
Fudge Brownie Batter	350°F

### **What could I have done differently:**

We should care about beating the eggs with sugar to avoid over mixing and just brush enough egg wash to the top of batter.

### **Summary**

**In that day, we were revised about the straight dough method. We were studied to make rolls again, beside we knew another way to make bread ( carrot and banana bread ). We reached almost chef's requirement but we had still some mistake about brushing egg wash to the top of dough. The class was so interesting, my partner and I did well for everything. We shared and helped to each other in working process.**

## **WEEK 4**

# MENU

## Blueberry Muffins (Yield: 12 muffins)

### Ingredients:

125 g	Unsalted Butter
250 g	Sugar
Pinch	Salt
100 g	Eggs
300 g	All Purpose Flour
10 g	Baking Powder
120 ml	Buttermilk
200 g	Frozen Blueberries
	Flour for dredging

### Method: (*Creaming and quick bread Method*)

- Cream butter, sugar and salt.
- Beat eggs in one at a time.
- Sift together the flour and the baking powder.
- Alternately add the dry ingredients and buttermilk to the creamed mixture.
- Dredge blueberries in a small amount of flour and gently fold into batter.
- Portion into greased muffin tins.
- Bake muffins at 375°F for about 30 minutes or until golden brown.
- Remove from pan shortly after removing from oven. Cool.

## Traditional Shortbread

### Ingredients

#### Ingredients

butter, unsalted (softened)	168.62 g	84%
sugar, confectioners	84.31 g	42%
vanilla extract	5.5 mL	
salt	2.11 g	1.05%
flour, pastry (or use all-purpose flour)	200.24 g	100%
Egg Wash	as needed	

#### Directions

- 1 Blend the butter and powdered sugar in a mixing bowl without creaming. Stir in the vanilla and salt, mixing thoroughly. Add the flour and mix until just combined.
- 2 Divide the dough into four equal portions. Roll each piece of dough into 8-inch (20-centimeter) disks. Wrap in plastic. Freeze until hard, approximately 30 minutes.
- 3 Remove from the freezer and unwrap, then lightly brush each disk with egg wash. Cut each disk into eight wedges. Dock the wedges with a fork.
- 4 Bake at 375°F (190°C) until pale golden brown, approximately 15 to 20 minutes.

## Cheddar–Chive Scones (Yield: 8 Scones)

### Ingredients:

200 g	All Purpose Flour
2 g	Salt
12 g	Baking Powder
80 g	Cold, Unsalted Butter
10 g	Chopped Fresh Chives
50 g	Grated Cheddar Cheese
30 g	Eggs
45 g	Milk
45 g	Cream

Egg wash and grated cheddar for garnish

### Method: Biscuit (as follows)

- Combine dry ingredients with paddle attachment.
- Add cold, cubed butter and blend to pea sized pieces.
- Add chives and grated cheddar cheese.
- Add egg, milk and cream and mix just until dough comes together.
- Roll into a ½” thick circle and cut 8 wedges.
- Egg wash and garnish with grated cheddar.
- Bake at 400°F for about 15 – 20 minutes.

# Whole-Wheat Sandwich Bread scaled

## Ingredients

water (temperature controlled)	354.84 mL	
milk, non-fat dry	35.44 g	5.2%
sugar, granulated	28.35 g	4.2%
salt	14.18 g	2.1%
yeast, dry active	14.18 g	2.1%
flour, bread	340.2 g	50%
flour, whole wheat	340.2 g	50%
butter, unsalted (softened)	28.35 g	4.2%
eggs	90.72 g	13%
Egg Wash	as needed	

## Directions

1. Combine the water, milk powder, sugar, salt, yeast and 12 ounces (360 grams) of the flour. Blend well. Add the butter and eggs and beat 2 minutes.
2. Stir in the remaining flour, 2 ounces (60 grams) at a time. Knead 8 minutes or until the dough reaches 77°F (25°C).
3. Place the dough in a lightly greased bowl, cover and ferment at room temperature until doubled, approximately 1 to 1 1/2 hours.
4. Divide the dough into two uniform pieces. Shape into loaves, place the dough into greased loaf pans and proof until doubled.
5. Brush the dough with egg wash. Bake at 375°F (190°C) until brown and hollow-sounding, approximately 50 minutes

## **Pâte Fermentée (Old Dough)**

### **Ingredients**

flour, bread	283.5 g	100%
yeast, instant	4.25 g	1.5%
water (70°F (21°C))	192.21 mL	
salt	7.09 g	2.5%

### **Directions**

1. Combine the ingredients in the bowl of a mixer fitted with a dough hook. Knead on medium speed until a perfect windowpane has been reached, approximately 8 minutes. Lightly dust the dough with flour and cover it with plastic film.
2. Ferment the dough until fully doubled, approximately 4 to 6 hours.
3. Use the dough immediately or retard it in the refrigerator up to 4 days.
4. Remove the dough from the refrigerator 2 hours before needed so that the dough warms to room temperature, approximately 70°F (21°C), before use.

## Reflection 4

### Week 4

**Course Number:** *CUL 121 section 10001*

**Course Title:** *Introduction to Baking*

**Date:** July 25<sup>th</sup> , 2018

**Name:** *Thi Thu Trang Nguyen ( Priscilla )*

#### **Today's Objective:**

Traditional Shortbread cookies

Whole Wheat Sandwich Bread Scaled

Cheddar Chive Scones

Pate Fermentee ( Old Dough ) Scaled

#### **Product's picture:**



#### **Standard of Cooking:**



- Blend the butter and powder sugar, and stir salt and vanilla.  
Add flour and mix by hand.  
Fold this by scraper.  
Take 2 plastic and divide mixture about 220 g each and put into fridge about 30 mins.  
Remove from fridge and unwrap, brush the egg wash and cut each disk into 8 wedges.  
Dock the wedges with a fork.  
Bake about 20 mins  
Mix flour bread and whole wheat flour by hand and set aside.  
Pour the water to the yeast to dissolve.  
Then put the sugar, butter ( soft ), salt, egg, milk powder, water and the yeast to flour mixture.  
Knead by hand in 10 mins.  
Place the dough for fermentation until doubled in 1 hour.  
Punch down and divide the dough into loaf pan, put into proofer until doubled.  
Brush the egg and bake about 50 mins.
- Use the scraper to cut the butter into a bowl.  
In another bowl, mix flour, salt, baking soda and mix by hand.  
Add the butter to the mixture above.  
Put chives, grated cheese and continue to mix that.  
Add cream milk and egg and shape it like pizza shape.  
Brush the egg wash and put the cheese on the top.  
Bake in 20 mins.
- Mix 1 kg flour and 600g water.  
Knead by hand .  
Place in fridge to ferment in 4 days.

### **Additional Information:**

- Traditional Short Bread: Use scraper to cut butter.  
See the little butter inside .

Ww Sandwich Bread: When flour absorb more water, knead the dough too much gluten.  
Water temperature controlled 38°F.

Cheddar Chive Scones: Don't add too much cheese, the dough will not rise and stay flat.

Pate Fermentee Scaled: Don't you yeast and make it fermentation naturally.  
Mix this and make fungi to become sourness and smell like alcohol.

### **Outcome & Chef Critique:**

Traditional Short Bread: Nice color ( golden brown) and shape.

Ww Sandwich Bread: Nice color.  
The shape was beautiful.

Cheddar Chive Scones: Well done.

Pate Fermentee Scaled : Chef did demo for class.

### **Timeline of production**

Traditional Short Bread: Baked at 2:50 and took out at 3:15.

Ww Sandwich Bread: Baked at 3: 50 and took out 4:20.

Cheddar Chive Scones: Baked at 3:15 and took out at 3:35.

### **Temperature chart**

Production	Temperature
------------	-------------

Traditional Short Bread	375°F
Ww Sandwich Bread	375°F
Cheddar Chive Scones	400°F

### **What could I have done differently:**

We should remember to punch down the dough of Whole-Wheat Sandwich before shape it.

### **Summary**

In that day, we were studied cutting cookies, biscuit method ( cream or cut, see a little butter inside dough ), Whole-Wheat, and Old Dough. The first time we used the whole-wheat flour, it was really hard to knead and how to cut cookie pieces. We reached almost chef's requirement but we had still some mistake about forgot punching down the dough before shaped it, but after that we did it but the bread wasn't big like we expected. The class was so interesting, my partner and I did well for everything. We shared and helped to each other in working process.

## **WEEK 5**

# MENU

**Baguette** (Yield: 4 baguettes @ 400g each)

**Ingredients:**

1 kg	Bread Flour
625 ml	Water
20 g	Salt
25 g	Yeast

**Method:**

*“Straight dough method”*

**Pie Dough** (Yield: 1 x 9” pie crust – top & bottom)

**Ingredients:**

350 g	Pastry Flour
5 g	Salt
12 g	Sugar
225 g	Cold, Unsalted Butter, cut into small cubes
75 – 100 ml	Ice Water

**Method:**

- Sift flour, salt and sugar into bowl.
- Cut or rub butter into flour to desired size.
- Gradually add water to flour mixture. Mix gently, just until water is absorbed and dough comes together. Do not overwork dough.
- Wrap dough in plastic wrap and chill for at least an hour.
- Scale dough at 300 g for bottom crust and 250 g for top crust.
- Roll pastry 1/8” thick.

# Pecan Pie

## Ingredients:

225 g	Pie Dough
150 g	Pecan Halves
170 g	Brown Sugar
170 g	Golden Corn Syrup
150 g	Eggs
35 g	Butter
2 g	Vanilla Extract

## Method:

- Line form with pie dough. Chill in fridge.
- Line with foil and par bake at 300°F.
- Deposit pecans evenly in pastry shell.
- Heat brown sugar, corn syrup vanilla and butter into a pot until melted & combined.
- Whisk eggs and temper with sugar mixture.
- Strain & cool.
- Pour filling over pecans.
- Bake at 300°F until set.

# Lemon Meringue Pie

## Ingredients:

300 g	Sugar
45 g	Cornstarch
1 pinch	Salt
360 ml	Cold Water
100 g	Egg Yolks
120 ml	Fresh Lemon Juice
12 g	Lemon Zest
15 g	Unsalted Butter
1	Pre baked Pie Shell
120 g	Egg whites
120 g	Sugar

## Method:

- Combine 300 g of sugar with the cornstarch, salt and water in a heavy saucepan. Cook over medium-high heat, stirring constantly, until the mixture becomes thick and almost clear. Remove from heat.
- Temper the yolks with a small amount of the hot thickened mixture, whisking well. Whisk the tempered mixture back into the filling.
- Return to heat and cook, stirring constantly, until thick and smooth.
- Stir in lemon juice and zest. Remove from heat and add butter. Stir until the butter is melted. Cool briefly.
- Fill the pie shell with the lemon filling. Cool to room temperature.
- For the meringue, whip the egg white until soft peaks form. Slowly add the remaining sugar while whisking. Whisk until the meringue becomes stiff and glossy, not dry, grainy or spongy.
- Mound the meringue over the filling, creating decorative patterns with a spatula. Spread meringue completely over the surface of the filling, meeting the crust.
- Bake at 400°F until the meringue browns, approximately 5-8 minutes. Cool. Serve the same day.

## **Bird's Nest Cookies** (Yield: 24 cookies at 16 g each)

### **Ingredients:**

180 g	Bread Flour
140 g	Butter
80 g	Sugar
1 g	Baking Soda
50 g	Raspberry Jam

### **Method:**

- Mix all ingredients except the raspberry jam with the paddle attachment until smooth. Do not overmix.
- Divide dough into 2 x 200g balls.
- Roll each piece into a cylinder about 12 inches long. Roll each cylinder in coconut.
- Cut each cylinder into 12 portions.
- Place 6 x 4 on a parchment lined pan.
- Press a small indent in the centre of each cookie and fill with raspberry jam
- Bake at 375°F for approximately 15-20 minutes.



## Reflection 5

### Week 5

**Course Number:** *CUL 121 section 10001*

**Course Title:** *Introduction to Baking*

**Date:** August 1<sup>th</sup>, 2018

**Name:** *Thi Thu Trang Nguyen ( Priscilla )*

#### Today's Objective:

Baguette

Pie Dough

Pecan pie

Bird's Nest Cookies

#### Product's picture:



#### Standard of Cooking:

Baguette :

Put the water to old dough.

Put sour dough, water to flour and mix by hand.

Add the yeast and salt into mixture and knead in 8-10 minutes.

Put in another place to ferment in 30 minutes.  
Portion each in 415g, make it long and put in proofer in 20 minutes.  
Bake in 10 minutes.

Pie dough:  
Sift flour, salt and sugar into bowl.  
Cut butter into mixture above by scraper.  
Add the water and mix this mixture until dough comes together.  
Wrap in plastic and put into fridge at least 1 hour.  
Scale dough at 300g for bottom crust and 250g for top crust.  
Roll pastry 1/8 thick.

Pie can:  
Line form and bake until golden brown.  
Put the pecan in pastry shell.  
Melt brown sugar, corn syrup vanilla and butter.  
Whisk egg and put the mixture of sugar into egg.  
Pour filling over pecans.  
Bake in half hour.

Bird's Nest Cookies:  
Mix all dry ingredients and butter, except jam.  
Don't over mix.  
Divide and roll each piece into cylinder in coconut after brush the egg wash.  
Cut each into 12 portions.  
Place on a parchment lined pan.  
Press a small indent in the center and fill with raspberry jam.  
Bake it in 15-20 mins

### **Additional Information:**

Baguette:  
Use the water temperature controlled to heat up dough.  
Knead until nice smooth, don't sticky until making gluten window.

Pie dough:  
Should use the butter in room temperature.

Pecan pie: Use knife or fork to make small hole.  
Don't over whisk egg and mixture of sugar.  
Just cooling the mixture a little bit before pour in the pecan.

Bird's Nest Cookies: Don't need to put too much jam in the center cookies.

### **Outcome & Chef Critique:**

Baguette: Nice color.  
But it had a different shape.

Pecan pie: Nice color and shape.  
Well done.

Bird's Nest Cookies: Well bake.  
But should make it round shape.

### **Timeline of production**

Baguette: Baked at 3:50 and took out at 4:10.

Pecan pie: Baked at 4:15 and took out 4:35.

Bird's Nest Cookies: Baked at 3:15 and took out at 3:35.

### **Temperature chart**

Production	Temperature
Baguette	350°F

Pecan pie	350°F and 300°F
Bird's Nest Cookies	375°F

### **What could I have done differently:**

We should make cookies with round shape to attract people.

### **Summary**

**In that day, we discuss about straight dough method, mealy dough and cut cookies again, and the production is French Baguette, Pecan Pie, Birds Nest Cookies. We reached almost chef's requirement but we had still some mistake about shaping baguette and making round cookies. The class was so interesting, my partner and I did well for everything. We shared and helped to each other in working process.**

## **WEEK 6**

# MENU

## Raisin Bread (Yield: 2 Loaves)

### Ingredients:

450 g	Bread Flour
8 g	Salt
36 g	Butter
20 g	Sugar
28 g	Milk Powder
20 g	Egg
260 g	Water (warm)
28 g	Fresh Yeast
226 g	Raisins

### Method:

- Combine first 6 ingredients in the mixing bowl.
- Dissolve yeast in the water and add to ingredients in the bowl.
- Combine until sides of bowl are clean.
- Knead dough into a round ball. Autolyze.
- Knead dough for 2 minutes or until supple, smooth and elastic feeling.
- Ferment until doubled.
- Degas and knead in raisins until fully incorporated.
- Portion dough into two and round off. Bench 20 minutes.
- Shape dough into loaves and place into prepared bread tins.
- Proof.
- Bake at 400 F for 25 – 30 minutes.
- Wash the top of the crust with melted butter while still hot.
- Cool.

VARIATION: For Cheese Bread – Replace raisins with 120 g grated cheese.

## Chocolate Cream Pie (Yield: 1 pie)

### Ingredients:

140 g	Brown Sugar
640 ml	Milk
10 g	Cocoa Powder
48 g	Egg Yolks
30 g	Cornstarch
140 g	Bittersweet Chocolate
40 g	Butter
10 ml	Vanilla Extract
1	Pre-baked Flaky Pie Shell
300 ml	Whipping Cream
7 ml	Vanilla Extract
10 g	Icing Sugar
80 g	Chocolate Shavings

### Method:

- In a sauce pan, dissolve half of the brown sugar in the milk. Add the cocoa powder and bring to a boil.
- Mix the egg yolks and remaining sugar until smooth. Add cornstarch, whisking well.
- Temper the egg mixture with some of the hot milk mixture. When the eggs are hot, pour them back into the remaining milk mixture and boil, whisking constantly.
- Allow the cream to boil for 2 minutes until thick, while whisking constantly.
- Remove from heat and add the chocolate, vanilla and butter. Stir until incorporated.
- Pour into pie shell and cool completely. Refrigerate.
- Whip cream until soft peaks. Add vanilla and icing sugar. Whip until stiff peaks.
- Top pie with whipped cream, making sure that the entire surface is covered.
- Decorate with chocolate shavings.

# Soft Yeast Dinner Rolls

## Ingredients

yeast, dry active	20.25 g	4.55%
water (temperature controlled)	243 g	55%
flour, bread	445.5 g	100%
salt	10.13 g	2.3%
sugar, granulated	40.5 g	9.1%
milk, nonfat dry	20.25 g	4.55%
shortening, vegetable	20.25 g	4.55%
butter, unsalted (softened)	20.25 g	4.55%
eggs	32.4 g (3/4 ea)	7.3%
Egg Wash	as needed	

## Directions

### MISE EN PLACE

- ▶ Adjust water temperature.
  - ▶ Soften butter.
  - ▶ Prepare the egg wash.
  - ▶ Line sheet pans with parchment while the dough ferments.
1. Dissolve the yeast in the water in a bowl. Combine the flour, salt, sugar, milk powder, shortening, butter and eggs in the bowl of a mixer fitted with a dough hook.
  2. Add the water-and-yeast mixture to the mixer bowl; stir to combine.
  3. Knead on medium speed 10 minutes or until the dough reaches 77°F (25°C).
  4. Transfer the dough to a lightly greased bowl, cover and place in a warm spot. Ferment until doubled, approximately 1 hour.
  5. Punch down the dough. Let it rest a few minutes to allow the gluten to relax.
  6. Divide the dough into 1 1/4-ounce (38-gram) portions and round. Shape as desired and arrange on paper-lined sheet pans. Proof until doubled in size.
  7. Carefully brush the proofed rolls with egg wash. Bake at 400°F (200°C) until medium brown, approximately 12 to 15 minutes.



## Oatmeal Cookies

### Ingredients

flour, all purpose (can use pastry flour)	167.45 g	100%
baking soda	2.23 g	1.3%
cinnamon, ground	3.19 g	1.9%
oats, quick-cooking	143.52 g	86%
butter, unsalted (softened)	143.52 g	86%
sugar, granulated	143.52 g	86%
sugar, light brown	143.52 g	86%
eggs	51.03 g	30%
orange juice concentrate	24.95 mL	
vanilla extract	8.32 mL	
salt	3.19 g	1.9%
Butterscotch chip	191.36 g	114%

### Directions

- 1 Sift together the flour, baking soda and cinnamon. Stir in the oats and set aside.
- 2 Cream the butter until light and fluffy. Add the sugars and continue creaming until the mixture is lightened. Add the eggs one at a time, scraping down the bowl frequently and mixing well after each addition. Add the orange juice concentrate, vanilla extract and salt.
- 3 Fold in the flour mixture and the raisins. Portion the dough onto paper-lined sheet pans.
- 4 Bake at 375°F (190°C) until golden, approximately 10 to 12 minutes.

## Reflection 6

### Week 6

Course Number: *CUL 121 section 10001*

Course Title: *Introduction to Baking*

Date: August 12<sup>th</sup>, 2018

Name: *Thi Thu Trang Nguyen ( Priscilla )*

#### Today's Objective:

Raisin Bread

Pie Dough

Chocolate Cream Pie

Yeast Soft Dinner Roll

Oatmeal Cookies

#### Product's picture:

Sorry Chef, I forgot to take picture my production.

#### Standard of Cooking:

- Raisin Bread :
- Put the bread flour, salt, butter, sugar, milk powder, yeast and the eggs bit by bit into mixer.
  - Use the hook for this kind of bread in medium speed and mix in 8 minutes.
  - Put the raisin into the dough and continue to knead 2 minutes.
  - Set aside, cover with plastic and ferment until doubled.
  - Portion dough into two, punch down and shape into loaves.
  - Put into proofer 15 minutes, take it out, brush the egg wash and bake it for 25-30 minutes.
- Pie dough:
- Sift flour, salt and sugar into bowl.
  - Cut butter into mixture above by scraper.
  - Add the water and mix this mixture until dough comes together.
  - Wrap in plastic and put into fridge at least 1 hour.

Scale dough at 300g for bottom crust and 250g for top crust.  
Roll pastry 1/8 thick.

Chocolate Cream Pie:

Put a half of brown sugar, milk into a sauce pan, and add the cocoa powder and bring to boil.

In a bowl, add the rest of brown sugar and egg yolks, mix this together and add cornstarch, whisking well.

Temper the egg mixture with some hot of milk mixture.

Remove from heat and add chocolate, butter and vanilla.

Stir and pour into pie shell and put into fridge to cool.

Soft Yeast Dinner Rolls:

Combine the warm water with yeast to dissolve the yeast.

Mix together: the flour, salt, sugar, milk powder, shortening, butter and eggs.

Knead on medium 10 minutes and cover the dough after kneading and let it rise.

Punch down the dough and rest in few minutes.

Divide, shape as desired and arrange on paper-lined sheet pans.

Brush the proofed rolls with egg wash and bake.

Oatmeal Cookies:

Sift the flour, baking soda and cinnamon and put the oat into mixture.

Put the butter, sugar and eggs one at a time into mixer .

Add all the ingredients into butter mixture.

Use scoop er and shape the cookies.

Bake until golden.

**Additional Information:**

Raisin Bread:

Use the right water to make the dough develop in the fermentation process.

Pie dough:

Should use the butter in room temperature.

Chocolate Cream Pie: Use knife or fork to make small hole.  
Stir or whisk to avoid plump of cocoa powder.

Soft Yeast Dinner Rolls: Dissolve the yeast in warm water at 28°C.  
Knead the dough in 10 minutes to create enough gluten.  
Divide each pieces about 50g and the shape is same size.  
Take soft rolls out when they are just barely golden brown, do not overcook.

Oatmeal cookies: Creaming butter, and add eggs one at a time.

### **Outcome & Chef Critique:**

Raisin Bread: Our bread didn't develop when fermenting, so we couldn't bake it.

Chocolate Cream Pie: Nice color and shape.  
The chocolate was firm .

Oatmeal cookies: Well bake.  
But the shape was big.

Soft Yeast Dinner Roll: Nice color and shape.  
Bake well.

### **Timeline of production**

Soft Yeast Dinner Roll: Baked at 10:15 and took out at 10:30.

Pie dough: Baked at 8:55 and took out 9:40.

Oatmeal cookies: Baked at 9:45 and took out at 10:00.

Chocolate cream pie: Cooled 9:45 and took out at 10:30

**Temperature chart**

Production	Temperature
Raisin Bread	375°F
Pie dough	375°F
Oatmeal cookies	375°F
Soft Yeast Dinner Roll	400°F

**What could I have done differently:**

We should care more about using fresh or dry yeast, if we use less yeast. Moreover, we also mention about temperature of water, if we use hot water, it can kill yeast.

**Summary**

In that day, we made again pie dough, and soft yeast dinner roll and did some new production: raisin bread, chocolate cream pie and oatmeal cookies. We reached almost chef's requirement but we had still some mistake about scaling the dry yeast or using hot water when dissolved yeast into water. The raisin dough couldn't develop to doubled. The class was so interesting, my partner and I did well for everything. We shared and helped to each other in working process.

**WEEK 7**

# MENU

## Pound cake

### Ingredients

flour, cake	396.9 g	100%
baking powder	7 g	1.8%
butter, unsalted (room temperature)	283.5 g	71%
sugar, granulated	434.7 g	110%
corn syrup, light (or use additional granulated sugar)	18.9 g	4.8%
salt	7 g	1.8%
eggs (room temperature)	302.4 g	76%
vanilla extract	4.92 mL	
almond extract (optional)	4.92 mL	
Lemon Zest	0.76 g	
Orange Zest	0.76 g	
buttermilk (room temperature)	157.7 mL	

### Directions

#### MISE EN PLACE

- ▶ Allow the butter, eggs and buttermilk to come to room temperature.
- ▶ Zest the lemon and orange.
- ▶ Grease pans.
- ▶ Preheat oven to 400°F (200°C).

1. Sift the flour and baking powder together. Set aside.
2. Cream the butter until light and lump-free. Add the sugar, corn syrup and salt. Cream on medium speed until light and fluffy. Add the eggs a few at a time, allowing them to be completely incorporated before adding more eggs. Scrape down the bowl after each addition.
3. Add the vanilla and almond extract (if using) and the lemon and orange zest.
4. Fold in the dry ingredients alternately with the buttermilk in three additions each.
5. Divide the batter evenly into three 9-inch × 5-inch (22-centimeter × 12-centimeter) greased loaf pans. Bake at 400°F (200°C) for 15 minutes, then reduce the oven temperature to 350°F (180°C). Bake until the centers of the cakes bounce back when lightly pressed, approximately 45 to 55 minutes. If the cakes begin to darken, cover them loosely with aluminum foil.
6. Cool the cakes in their pans on a wire rack for 10 minutes. Unmold and cool completely.

# Multigrain Sourdough Bread

## Ingredients

### Ingredients

cracked wheat	127.58 g	23%
water (warm)	236.56 mL	40%
butter (melted)	56.7 g	10%
molasses	42.53 g	7.5%
honey	42.53 g	7.5%
salt	5.67 g (5.03 mL)	1%
milk, nonfat dry	56.7 g	10%
flax seeds	56.7 g	10%
sunflower seeds (roasted)	56.7 g	10%
Simple Sourdough Starter [On Baking 3e]	623.7 g	
yeast, dry active	4.25 g (5.03 mL)	0.75%
flour, whole wheat	283.5 g	50%
flour, bread	283.5 g	50%
Egg Wash	as needed	

### Directions

1. Combine the cracked wheat and hot water in the bowl of an electric mixer. Add the butter, molasses, honey, salt and milk powder. Set aside to cool.
2. When the mixture has cooled to lukewarm, stir in the flax seeds, sunflower seeds, starter and yeast. Stir in the whole-wheat flour, then gradually add the bread flour. When the dough begins to stiffen, attach the bowl to a 6 quart (6.5 liter) or larger mixer fitted with a dough hook and continue adding the bread flour. Knead until the dough is smooth and elastic, approximately 5 minutes.
3. Place the dough in a lightly oiled bowl, cover and ferment until doubled.
4. Punch down the risen dough, cover and ferment again.
5. After the second rise, punch down the dough and divide into two equal portions. Place the dough into two well-greased loaf pans, cover and proof the dough until doubled again.
6. Brush the surface of each loaf with egg wash and make two or three cuts across the top of each loaf. Bake at 375°F (190°C) until done, approximately 30 minutes.



## Cranberry White Chocolate Orange Scones (Yield: 8 scones)

### Ingredients:

200 g	All Purpose Flour
25 g	Sugar
1 g	Salt
10 g	Baking Powder
80 g	Cold unsalted Butter
5 g	Orange Zest
50 g	Dried Cranberries
30 g	Eggs
45 g	Milk
45 g	Cream
150 g	White Cho chips

### Method: Biscuit

- Sift together dry ingredients.
- Add cold, cubed butter and blend to pea-sized pieces.
- Add dried cranberries and orange zest.
- Combine eggs, milk and cream and add to dry ingredients.
- Mix until dough just comes together.
- Add Cho chips
- Roll or part into a ½" thick circle and cut 8 wedges.
- Bake at 400°F for 15-20 minutes or until golden and puffed.

## Morning Glory Muffins

### Ingredients:

200 g	All Purpose Flour
40gr	whole wheat flour
170 g	Granulated Sugar
100gr	Brown Sugar
10 g	Baking Soda
Pinch	Salt
2 g	Cinnamon, ground
210 g	Carrots, grated
90 g	Raisins
60 g	Pecan pieces
60 g	Coconut, shredded
90 g	Apple, grated
150 g	Eggs
160 g	Canola Oil
10 ml	Vanilla Extract

### Method: muffin

- Sift the dry ingredients together and set aside.
- Combine the carrots, raisins, pecans, coconut and apple. Mix in with the dry ingredients until each piece is coated with flour evenly.
- Whisk together the eggs, oil and vanilla. Add to the dry ingredients.
- Mix batter until just combined.
- Portion into greased muffin tins and bake at 350°F until done.

## Reflection 7

### Week 7

**Course Number:** *CUL 121 section 10001*

**Course Title:** *Introduction to Baking*

**Date:** August 16<sup>th</sup>, 2018

**Name:** *Thi Thu Trang Nguyen (Priscilla)*

#### Today's Objective:

Multigrain Sourdough Bread

Cranberry White Chocolate Orange Scones

Morning Glory Muffins

Pound Cake

#### Product's picture:



#### Standard of Cooking:

Multigrain Sourdough Bread: Put cracked wheat into hot water and set aside.  
Pour the warm water to the yeast to dissolve.

Put the sourdough, water, and yeast in the mixer.

Combine flour whole wheat, flour bread, salt and milk powder in a bowl.

Put the dry ingredients to the wet ingredients, add cracked wheat, honey and molasses.

Put the melted butter one at a time about 5 mins.

Take the dough out, knead and mix with pumpkin seeds and flax seeds.

Divide the dough to 3 part, make it roll and put on the bench to ferment for 30 mins.

Shape it and put into proofer until doubled.

Bake it.

Sift flour, salt, sugar and baking powder into bowl.

Cut cold butter into mixture.

Add the dried cranberries, orange zest, then add egg, milk and cream to butter. .

Cranberry White Chocolate  
Orange Scones:

Add the ingredients into mixture above, mix until dough comes together.

Add Cho chips.

Roll pastry a 1/2 thick circle and cut 8 wedges.

Bake until golden for 15-20 mins.

Sift the flour, whole wheat flour, baking soda and cinnamon ground.  
Set aside.

Morning Glory Muffins:

Combine the grated carrot, apple, raisins, pecan pieces and coconut, shredded and put into dry ingredient.

Whisk the egg, oil and vanilla well and put into the mixture above.

Mix this well, use scooper to portion into greased muffin tins.

Bake until done about 18 mins.

Pound Cake:

Sift the flour and baking powder together and set aside.

Creaming the butter until lump - free.

Add the sugar, syrup corn, salt and eggs a few at a time.

Add the vanilla and the lemon and orange zest.  
Fold in the dry ingredients with butter milk.  
Divide the batter in the greased loaf pans.  
Bake about 45 to 55 mins.

### **Additional Information:**

Remember to put the cracked wheat in hot water.  
Multigrain Sourdough Bread: Before use it, having to pour the water out of cracked wheat.  
Use more dry yeast.

Cranberry White Chocolate Biscuit method (using the cold butter).  
Orange Scones:

Morning Glory Muffins: Don't use too much cinnamon ground to avoid the muffins become brown.

Pound Cake: Creaming method

### **Outcome & Chef Critique:**

Multigrain Sourdough Bread: The shape was great but Multigrain was a little over proof.

Cranberry White Chocolate  
Orange Scones: Nice color and shape.  
Well done.

Morning Glory Muffins: Well bake.  
But the muffins weren't fluffy because whisking the egg not enough.

Pound Cake: Nice color and shape.  
Bake well.

## Timeline of production

Multigrain Sourdough Bread: Baked at 3:30 and took out at 4:00.

Cranberry White Chocolate Orange Scones: Baked at 2:15 and took out 2:30.

Morning Glory Muffins: Baked at 2:52 and took out at 3:12.

Pound Cake: Baked at 3:45 and took out at 4:50.

## Temperature chart

Production	Temperature
Multigrain Sourdough Bread	375°F
Cranberry White Chocolate Orange Scones	400°F
Morning Glory Muffins	350°F
Pound Cake	350°F

## What could I have done differently:

We should care about proof the dough to avoid the dough become too big. And we need to whisk the egg enough time, therefore the muffins become fluffier.

### **Summary**

In that day, we made again the muffins and scones with another flavor. We reviewed about some method as creaming method, biscuit method, and muffin method. We continued to use whole wheat and sourdough to make this products. We reached almost chef's requirement but we had still some mistake about whisking egg and over proof. The muffins couldn't become more fluffy and the multigrain was a little over proof. The class was so interesting, my partner and I did well for everything. We shared and helped to each other in working process.

## **WEEK 8**



# MENU

## Soft Yeast Dinner Rolls

### Ingredients

yeast, dry active	20.25 g	4.55%
water (temperature controlled)	243 g	55%
flour, bread	445.5 g	100%
salt	10.13 g	2.3%
sugar, granulated	40.5 g	9.1%
milk, nonfat dry	20.25 g	4.55%
shortening, vegetable	20.25 g	4.55%
butter, unsalted (softened)	20.25 g	4.55%
eggs	32.4 g (3/4 ea)	7.3%
Egg Wash	as needed	

### Directions

MISE EN PLACE

- ▶ Adjust water temperature.
- ▶ Soften butter.
- ▶ Prepare the egg wash.
- ▶ Line sheet pans with parchment while the dough ferments.

1. Dissolve the yeast in the water in a bowl. Combine the flour, salt, sugar, milk powder, shortening, butter and eggs in the bowl of a mixer fitted with a dough hook.
2. Add the water-and-yeast mixture to the mixer bowl; stir to combine.
3. Knead on medium speed 10 minutes or until the dough reaches 77°F (25°C).
4. Transfer the dough to a lightly greased bowl, cover and place in a warm spot. Ferment until doubled, approximately 1 hour.
5. Punch down the dough. Let it rest a few minutes to allow the gluten to relax.
6. Divide the dough into 1 1/4-ounce (38-gram) portions and round. Shape as desired and arrange on paper-lined sheet pans. Proof until doubled in size.
7. Carefully brush the proofed rolls with egg wash. Bake at 400°F (200°C) until medium brown, approximately 12 to 15 minutes.

## Sour Cream Coffeecake

### Ingredients

#### Filling

flour, all purpose	11.34 g	5.4%
cinnamon, ground	5.67 g	2.7%
sugar, light brown	170.1 g	81%
pecan halves (chopped)	113.4 g	54%
butter, unsalted (melted)	28.35 g	14%

#### Cake

butter, unsalted	113.4 g	54%
sugar, granulated	226.8 g	108%
eggs	93.56 g	45%
cream, sour	226.8 g	108%
flour, cake (sifted)	198.45 g	95%
salt	1.42 g	0.7%
baking powder	3.97 g	1.9%
baking soda	3.97 g	1.9%
vanilla extract	4.44 mL	

#### Directions

1. To make the filling, blend all the filling ingredients together in a small bowl. Set aside.
2. To make the cake batter, cream the butter and sugar. Add the eggs one at a time, beating well after each addition. Add the sour cream. Stir until smooth.
3. Sift the sifted flour, salt, baking powder and baking soda together twice. Stir into the batter. Stir in the vanilla.
4. Spoon half of the batter into a greased tube pan. Top with half of the filling. Cover the filling with the remaining batter and top with the remaining filling. Bake at 350°F (180°C) for approximately 35 minutes.

## **Cinnamon Buns (Yield: 6 buns)**

### **Ingredients:**

25 g	Brown Sugar
4 g	Salt
37 g	Shortening
18 g	Milk Powder
15 g	Egg
175 g	Water
16 g	Fresh Yeast
282 g	Bread Flour
33 g	Pastry Flour
	Egg Wash
60 g	Raisins or Chopped Pecans
	Cinnamon Sugar

### **Method: (*Enriched straight dough*)**

- Place first four ingredients in a bowl and mix with a dough hook until combined.
- Add egg and mix.
- Dissolve yeast in water and add to mix.
- Add flours and mix for 2 minutes or until combined.
- Knead on bench until gluten is fully developed.
- Bench for 20 – 30 minutes @ 29°C dough temperature.
- After benching, roll dough to about a 12" x 10" rectangle. About 1/8" thick.
- Egg wash, sprinkle with cinnamon sugar and raisins or chopped pecans, leaving one long edge free.
- Egg wash bottom and roll into a cylinder.
- Cut into 2" units.
- Place into a greased 8" cake ring prepared with caramel glaze.
- Proof and bake at 375°F

## **Caramel Glaze**

### **Ingredients:**

100 g	Brown Sugar
10 g	Glucose
15 g	Water
25 g	Butter
2 g	Cinnamon

### **Method:**

- Combine ingredients to make a smooth paste.
- Smear onto bottom of pan.

## **Butter Cookies (Yield: 2 Dozen Cookies)**

### **Ingredients:**

250 g	Butter, softened
150 g	Icing Sugar
50 g	Egg
15 ml	Vanilla Extract
5 Drops	Orange Extract
5 ml	Almond Extract
6 g	Salt
330 g	Pastry Flour
As Needed	Pistachios
As Needed	Dried Cherries
As Needed	Slivered Almonds

### **Method:**

- Cream butter and sugar. Gradually add the egg, flavourings, and salt.
- Blend in the flour until just combined.
- Using a piping bag and medium star tip, pipe 2" rosettes on parchment-lined sheet pans.
- Place a pistachio, dried cherry and almond on each cookie.
- Bake at 350°F until golden. ~ 10-12 minutes.

## Reflection 8

### Week 8

Course Number: *CUL 121 section 10001*

Course Title: *Introduction to Baking*

Date: August 21<sup>th</sup>, 2018

Name: *Thi Thu Trang Nguyen (Priscilla)*

#### Today's Objective:

Soft Yeast Dinner Rolls

Butter Cookies

Caramel Glaze

Cinnamon Buns

Sour Cream Coffee Cake

#### Product's picture:



#### Standard of Cooking:

Soft Yeast Dinner Rolls:

Combine the warm water with yeast to dissolve the yeast.

Mix together: the flour, salt, sugar, milk powder, shortening, butter and eggs.

Knead on medium 10 minutes and cover the dough after kneading and

let it rise.

Punch down the dough and rest in few minutes.

Divide, shape as desired and arrange on paper-lined sheet pans.

Brush the proofed rolls with egg wash and bake

Butter Cookies:

Creaming butter and sugar by mixer.

Add the egg at one a time and salt the last.

Put vanilla extract and flour, blend until combined

Using the piping bag and medium star tip to make shape.

Place a dried cherry, almond and pistachio on each cookies.

Bake it in 12 minutes.

Caramel Glaze:

Combine the brown sugar, glucose, water, butter and cinnamon together until smooth.

Add and spread at the bottom of the pan.

Cinnamon Buns:

Pour the warm water into dry yeast to dissolve.

Mix the flour, brown sugar, salt, shortening, milk powder, egg, water and yeast together.

Knead until the dough non sticky and make the window.

Put the dough on the bench, cover by plastic and ferment until doubled.

Roll the dough, brush the egg wash, sprinkle the cinnamon sugar, add the chopped pecans.

Cut and place into a greased cake ring prepared with caramel glaze.

Sour Cream Coffee Cake:

Filling: combined flour, cinnamon, sugar, pecan halves and butter.

Blend them and set aside.

Cake: Cream the butter and sugar by mixer. Add the eggs one at a time.

Beating well and add the sour cream, blend it.

Sift the flour, baking powder, baking soda. Add them to mixture above.

Add vanilla and stir it.

Put into a greased tube pan, one batter layer, one filling layer.  
Bake it.

### **Additional Information:**

Soft Yeast Dinner Rolls: Dissolve the yeast in warm water at 28°C.  
Knead the dough in 10 minutes to create enough gluten.  
Divide each piece about 50g and the shape is the same size.  
Take soft rolls out when they are just barely golden brown, do not overcook.

Butter Cookies: Mold cookies method.

Cinnamon Buns: Don't cut the batter into large pieces.

Sour Cream Coffee Cake: Using spatula fold when putting sour cream.  
Don't put too much the filling on the top.

### **Outcome & Chef Critique:**

Soft Yeast Dinner Rolls: Nice shape and color.  
Bake well.

Butter Cookies: Nice shape.  
Shape: too big.

Cinnamon Buns: Bake well and nice color.

Sour Cream Coffee Cake: The cake was collapsed because of too much baking soda.

**Timeline of production**

Soft Yeast Dinner Rolls: Baked at 3:05 and took out at 3:20.

Butter Cookies: Baked at 2:45 and took out 2:57.

Cinnamon Buns: Baked at 3:45 and took out at 4:15.

Sour Cream Coffee Cake: Baked at 3:45 and took out at 4:50.

**Temperature chart**

Production	Temperature
Soft Yeast Dinner Rolls	400°F
Butter Cookies	350°F
Cinnamon Buns	350°F
Sour Cream Coffee Cake	350°F

**What could I have done differently:**



We should care about scaling the baking soda and baking powder, because we put too much so the cake was collapse and not cooked inside.

### **Summary**

In that day, we made soft yeast dinner roll again and made another cake as sour cream coffee cake, cinnamon buns and butter cookies. We reviewed about some method as creaming method, straight dough, mold dough and enriched dough. We reached almost chef's requirement but we had still some mistake about scaling the baking powder and baking soda when we did the sour cream coffee cake, so the cake was collapsed and under cooked. The outside of the cake was burnt to a dark brown color. The class was so interesting, my partner and I did well for everything. We shared and helped to each other in working process.

