

Course Title:

***“Introduction to Baking”***

Instructor:

***“Chef Timothy Budd”***

Student: ***Feddy Halabi Troisi***

## Introduction:

This pastry course at the beginning, when I decided to do it, worried me a lot. I started studying it without any practice or experience. The first days were difficult, but with the help of the Chef and with an intense study, I have to say that, week after week, my knowledge increases more and more, and I appreciate more and more this previously unknown world.

My evolution in this course is clearly detailed in my weekly reflections, where from week to week, I improve my knowledge and my techniques, also improving my English exposure, which is still not perfect, but I'm sure with my stubbornness will soon become.

Starting from the first week I will list all the recipes performed, with photos of my products and with all the criticisms of Chef Tim, which are the most important thing, because to improve we must listen to criticism, perform all the changes requested by the Chef, and above all puts into practice all the advice given.

## Week 1: Reflection

- *menu of the products:*  
*Blueberry Muffins, Peanut Butter Sandies, Soft Yeast Dinner Rolls.*
- *Pictures of my products:*



*We use the method that the chef shows us. We followed step a step however we miss a little*

*Outcome: The result was good for the other people commented*

List temperature chart : soft yeast dinner Rolls, the chef put 200 C in the oven and 12 minute but we needed a little more times around 15 minute

Peanut butter sandies: Our temperature was around 230 c and 12 to 15 minutes

Blueberry Muffins : here, we set the perfect temperature (375 F) although I lost a bit of time and the group got a little scared

My opinion : is that my products came well for the first time I made them, and for the opinion, other groups that favored and liked.

The Chef Critique : those are good.

## Recipes:

Blueberry Muffins (pag. 143), Peanut Butter Sandies (pag. 327), Soft Yeast Dinner Rolls (pag. 190).

QUICK BREADS 143			
BLUEBERRY MUFFINS			
Yield: 26 Muffins, approximately 3 oz. (90 g) each		Method: Muffin	
Pasty or all-purpose flour	1 lb. 4 oz.	600 g	100%
Granulated sugar	1 lb. 2 oz.	540 g	90%
Salt	0.5 oz. (1 tsp.)	15 g	2.5%
Baking powder	0.54 oz. (4 tsp.)	16 g	2.7%
Eggs	5 oz. (3 eggs)	150 g	25%
Buttermilk (1% fat)	10 fl. oz.	300 ml	50%
Vegetable oil	8 oz.	240 g	40%
Vanilla extract	0.15 fl. oz. (1 tsp.)	5 ml	0.075%
Blueberries	1 lb.	480 g	80%
Lemon zest, grated	0.4 oz. (2 Tbsp.)	12 g	2%
Strausel Topping (page 145; optional)	as needed	as needed	
Total batter weight:		4 lb. 14 oz.	2358 g 392%

PEANUT BUTTER SANDIES			
Yield: 4½ Dozen Cookies, 1½ oz. (40 g) each			
Method: Rolled cookies			
Pasty or all-purpose flour	1 lb. 8 oz.	720 g	100%
Baking soda	0.14 oz. (1 tsp.)	4 g	0.6%
Baking powder	0.14 oz. (1 tsp.)	4 g	0.6%
Unsalted butter, softened	1 lb.	475 g	66%
Granulated sugar	1 lb.	475 g	66%
Eggs	3.3 oz. (2 eggs)	100 g	14%
Peanut butter	10 oz.	300 g	42%
Salt	0.4 oz. (2 tsp.)	12 g	1.7%
Granulated sugar	as needed	as needed	
Peanut halves (optional)	2 oz.	60 g	8%
Total dough weight:		4 lb. 8 oz.	2150 g 299%

SOFT YEAST DINNER ROLLS			
Yield: 64 Rolls, approximately 1½ oz. (38 g) each			
Method: Straight dough			
Fermentation: 1 hour			
Proofing: 30 to 45 minutes			
Active dry yeast	2 oz.	60 g	4.5%
Water (temperature controlled)	1 lb. 8 oz.	720 ml	54.5%
Bread flour	2 lb. 12 oz.	1320 g	100%
Salt	1 oz.	30 g	2.3%
Granulated sugar	4 oz.	120 g	9%
Nonfat dry milk powder	2 oz.	60 g	4.5%
Shortening	2 oz.	60 g	4.5%
Unsalted butter, softened	2 oz.	60 g	4.5%
Eggs	3.2 oz. (2 eggs)	100 g	7.5%
Egg wash	as needed	as needed	
Total dough weight:		5 lb. 4 oz.	2530 g 191%

In this first week the hardest thing was to understand everything the Chef said, but studying at home the recipes I managed to understand all the important steps to do.

## Week 2: Reflection

- Menu list of products: Focaccia, Chocolate Chunk Cookies, Pie dough, Apple pie.
- Photos of our products:



*Method Mixing, baking*

*First, we put all the ingredients in their place. (Mise en place)*

*We started to prepare the focaccia, taking into account that a fermentation of approximately 1 hour is needed (multiply its size as the chef said)*

*The temperature was 400°F time 17 minutes.*

*Second, the chef showed the technique of cake dough.*

*I am very happy with the dough and the work. As I show in the photo. I don't know what happened with our dough, we separated our dough from the rest in the fridge, but we didn't find it anymore. This small inconvenience made us lose time and we were unable to put our dough in the oven. But we still practice the technique with another dough.*

*The chef recommended the temperature at 400° F, cooking time of about 45 minutes.*

*Chocolate chunk cookies: we followed all the methods indicated by the Chef with the recipe temperature of around 350° F, but I think we miscalculated the cooking time which was about 10 or 12 minutes.*

*My opinion: I need more confidence in the kitchen and better understand the class procedures in order to do a perfect job. I think the main problem is that I don't have much confidence in my English, but the chef is very patient with me.*

*Chef critique:*

The chef emphasized that we need to practice the technique, and pay more attention to time and temperature, which are the most important things in the Bakery/Pastry. The Chef recommends studying the recipes very carefully, and reviewing everything before arriving in class.

Personal criticism: Good job, the focaccia was perfect, but the chocolate biscuits were burned and we lost the dough, and that's our responsibility.

## Recipes:

Focaccia (pag. 225), Chocolate Chunk Cookies (pag. 313), Pie dough (pag. 366), Apple pie (Sheet delivered by the Chef)

BASIC PIE DOUGH			
Yield: 2 lb. 10 oz. (1267 g) Dough; 3-4 Shells			
Unsalted butter, chilled	1 lb.	475 g	76%
Pastry or all-purpose flour	1 lb. 5 oz.	630 g	100%
Buttermilk or water	4 fl. oz.	120 ml	19%
Salt	0.4 oz. (2 tsp.)	12 g	1.9%
Granulated sugar	0.5 oz.	15 g	2.3%
Vanilla extract (optional)	0.5 fl. oz. (1 Tbsp.)	15 ml	2.3%
Total dough weight:	2 lb. 10 oz.	1267 g	201%

FOCACCIA (ROMAN FLATBREAD)			
Yield: 1 Half-Sheet Pan, 12 in. x 18 in. (30 cm x 45 cm)			
Method: Straight dough			
Fermentation: 1 to 2 hours			
Proofing: 15 minutes			
Granulated sugar	0.4 oz. (1 Tbsp.)	11 g	2%
Active dry yeast	0.4 oz. (1 Tbsp.)	11 g	2%
Water (temperature controlled)	12 fl. oz.	350 ml	66%
All-purpose flour	1 lb. 2 oz.	540 g	100%
Kosher salt	0.3 oz. (2 tsp.)	10 g	1.7%
Onion, chopped fine	3 oz.	90 g	17%
Olive oil	2 fl. oz. (2 Tbsp.)	60 ml	11%
Fresh rosemary, crushed	0.2 oz. (2 Tbsp.)	5 g	1%
Total dough weight:	2 lb. 4 oz.	1077 g	200%

CHOCOLATE CHUNK COOKIES			
Yield: 50 Cookies, approximately 2 oz. (60 g) each			
Method: Drop cookies			
Unsalted butter, softened	1 lb.	480 g	80%
Granulated sugar	8 oz.	240 g	40%
Dark brown sugar	12 oz.	360 g	60%
Eggs	5 oz. (3 eggs)	150 g	25%
Vanilla extract	0.3 fl. oz. (2 tsp.)	9 ml	1.5%
Salt	0.4 oz. (2 tsp.)	12 g	2%
Pastry flour	1 lb. 4 oz.	600 g	100%
Baking soda	0.14 oz. (1 tsp.)	4 g	0.7%
Pecans or walnut pieces, chopped	8 oz.	240 g	40%
Chocolate chunks or chips	2 lb.	960 g	160%
Total dough weight:	6 lb. 5 oz.	3055 g	509%

Apple Pie	
Ingredients:	
1 820 g	Apples, peeled, cored & sliced (2.5 cm cubes)
1 160 g	Leavening, sifted & juiced.
60 g	Sugar
Pinch	Cornstarch
Pinch	Salt
Pinch	Cinnamon
20 g	Nutmeg
250 g	Butter
250 g	Cranberries, dried
Method:	
1.	
2.	
3.	
4.	Baked with

In this week I received compliments from the Chef for my "focaccia", this gave me the necessary charge to continue to commit myself and study my possibilities to the maximum.

## Week 3: Reflection

- Menu: Italian Rosemary Rolls, Fudge Brownies, Carrot Bread, Banana Bread.
- Photos of our products:





*Method we used in the class:*

*Italian Rosemary Rolls: Straight Dough*

*Fudge Brownies: Sheet Cookies*

*Banana Bread: Creaming*

*Carrot Bread: Straight Dough*

*Key points of the week class:*

*The chef did explain the importance of the proof box and because we need to humidify the products.*

*The Chef also explained the general operation of the equipment, the temperature of the cooking, and also explained how the oven steam works and the relative air change.*

*He explained the practical and simple method to prepare dark chocolate icing by adding coffee.*

*Well, apart from all the reproaches, on the whole we worked quite well.*

*Sometimes my biggest difficulty is not being able to understand everything instantly, so sometimes I lose the necessary and important information to improve my knowledge in the kitchen, where I feel very comfortable, and above all I am very happy when I work in kitchen.*

*CRITICAL OF CHEF:*

*Banana Bread: The Chef commented that it was very good, almost perfect.*

*Carrot Bread: The Chef commented that we are getting the full mark on this product, but we made a mistake on the consistency of the sugar on the surface, this, explained the Chef, is because we used too cold eggs and the sugar did not dissolve completely in it.*

*Apple Pie: The dough contained too many eggs, which left a taste of omelette in the dough.*

*Italian Rosemary Rolls: The Chef complimented the color and taste, but I was wrong about the size. Stressing that form is essential to be accepted in restaurants or pastry shops.*

*Fudge Brownies: It is not bad, but we made the mistake of driving it out of the oven and consequently broke a little.*

*Despite these errors, we had one more point to be able to complete all the recipes.*

*The Chef recommended paying attention to the temperature of the product and the method that is being used.*

*My opinion: in general, I think the chef is appreciating my work, I have to improve the techniques for the execution of the recipes, follow the recipes to the letter and have a better knowledge of the names of the equipment. I appreciate your help.*

## Recipes:

*Italian Rosemary Rolls (Sheet delivered by the Chef), Fudge Brownies (pag. 321), Carrot Bread (Sheet delivered by the Chef), Banana Bread (pag. 156).*

FUDGE BROWNIES				
Yield: 4 Dozen Brownies, approximately 2 in. (5 cm) each, 1 Half-Sheet Pan				
Method: Sheet cookies				
Unsalted butter, room temperature	18 oz.	535 g	112%	
Unsweetened chocolate	1 lb.	480 g	100%	
Eggs	1 lb. (10 eggs)	480 g	100%	
Granulated sugar	2 lb. 8 oz.	1200 g	250%	
Salt	0.2 oz. (1 tsp.)	6 g	1.2%	
Vanilla extract	1 fl. oz.	30 ml	6.2%	
Coffee extract (optional)	0.5 fl. oz.	15 ml	3%	
Pastry or all-purpose flour	1 lb.	480 g	100%	
Pecan pieces	8 oz.	240 g	50%	
Total batter weight:	7 lb. 3 oz.	3466 g	722%	
Powdered sugar or cocoa powder (optional)	as needed	as needed		

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				
Yield: 3 Small Loaves, 8½ oz. (255 g) each				
Method: Creaming				
Unsalted butter, room temperature	2 oz.	60 g	30%	
Granulated sugar	2 oz.	60 g	30%	
Brown sugar	2.5 oz.	70 g	36%	
Egg	1.6 oz. (1 egg)	45 g	23%	
Ripe banana	6.5 oz.	180 g	89%	
Cake flour	3.5 oz.	100 g	50%	
Pastry flour	3.5 oz.	100 g	50%	
Baking powder	0.07 oz. (½ tsp.)	2.5 g	1.2%	
Baking soda	0.07 oz. (½ tsp.)	2.5 g	1.2%	
Salt	0.05 oz. (½ tsp.)	1 g	1%	
Cinnamon, ground	0.04 oz. (½ tsp.)	1 g	0.5%	
Buttermilk	2 fl. oz.	55 ml	28%	
Walnuts, chopped	1.75 oz.	50 g	24%	
Powdered sugar (optional)	as needed	as needed		
Chocolate curls (optional)	as needed	as needed		
Banana slices brushed lightly with lemon juice (optional)	as needed	as needed		
Total batter weight:	1 lb. 9 oz.	727 g	363%	

Week 3 Recipes	
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)

**Very important in confectionery are:**

- ✓ the size of the product
- ✓ the method to follow

these are passages of fundamental importance. Looking at the mistakes made in this third week, these two steps were the key to almost all my mistakes.

## Week 4: Reflection

- *Menu and Method: Whole – wheat sandwich Bread scaled (Method: straight dough), Cheddar – Chive Scones (Method: Biscuit), Blueberry Muffins (Method: creaming and quick bread method), Traditional Shortbread (Method: dough weight)*

- *Photos of our products:*



*Key points of the lesson:*

*In this class one of the main points of discussion was the strength of each type of flour and effect in each recipe and why it is important to use the flour indicated for each recipe, each one has its own characteristic for each product. In addition, I tried several tests with Traditional Shortbread to compare, taste and see the testura of the product made with each type of flour.*

*Once the dough was made, the Chef showed the correct way to prepare it to cut it correctly, measure and grind easily.*

*The second point of discussion was the White sandwich bread where the chef is focused on the correct dough of the dough and what are the different errors that could be made in the production process of this bread.*

*The Chef showed the different mold that can be used to make this bread.*

*The chef also demonstrated the correct way to roll the dough and then put it in the mold, first he did a demonstration and then he helped us personally, which I really appreciate and I'm already practicing at home.*

*The chef said that it was very important that the dough entered the mold correctly, so that the bread could have a smooth and uniform shape. He also said what was the right cooking point and what was the right color and showed how to get it out of the mold safely.*

*The chef critique and recommendations:*

*Traditional Shortbread:*

*The Chef has proposed to use all the different types of flour to perform this recipe so that you can see the different results using a different flour than the one indicated. An interesting experiment that made us understand with tasting because it is necessary to use the flour indicated for this recipe.*



### Cheddar – Chive Scones:

The chef said that both the color and the taste were ok, but the problem is that it was not cut correctly, both in size and shape.

### Wheat sandwich Bread scaled:

The chef really liked the bread, good execution, he explained that the color is enough to understand that the cooking was right, then he cut it to show us that the inside was perfectly cooked.

### Blueberry Muffins:

Well, here's the disaster. The chef said the Muffins were the worst and I didn't deserve any votes, because it was the second time I did them and that last time they were good. He told me that the commesis errors could be 2, or that the butter didn't mix well with the sugar, or that they spent a lot of time in the mixer.

### My opinion:

In general, the products remained regular, only the blueberry muffins were bad, I think it was my scale that had problems with the battery and the weight of the ingredients was not right, especially the flour, because in the end it didn't work I have it. enough for the 12 pieces of blueberry muffins.

Cheddar - Chive Scones: as flavor is good but the pasticheria is very important the size and precentation entoce is just the Chef's criticism about the size.

wheat sandwich Bread scaled: despite a small problem to understand the procedure of how to roll the dough, the bread was very good.

thank you chef , if you have any suggestion.

## Recipes:

White Sandwich Bread (pag. 200), Cheddar – Chive Scones (Sheet delivered by the Chef), Blueberry Muffins (recipe already made in the first week), Traditional Shortbread (pag. 329)

TRADITIONAL SHORTBREAD				
Yield: 7 Dozen Cookies, approximately 1/2 oz. (15 g) each				
Method: Icebox cookies				
Unsalted butter, softened	1 lb.	480 g	84%	
Powdered sugar	8 oz.	240 g	42%	
Vanilla extract	0.5 fl. oz.	15 ml	3%	
Salt	0.2 oz. (1 tsp.)	5 g	1%	
Pasty or all-purpose flour	1 lb. 3 oz.	570 g	100%	
Egg wash	as needed	as needed		
Total dough weight:	2 lb. 11 oz.	1310 g	230%	

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: Discuit (see 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 1/2" thick circle and cut 6 wedges.	
- Egg wash and garnish with grated cheddar.	
- Bake at 400°F for about 15 - 20 minutes.	

WHITE SANDWICH BREAD				
Yield: 2 Large Loaves				
Method: Straight dough				
Fermentation: 1 to 1 1/2 hours				
Proofing: 30 minutes to 1 hour				
Water (temperature controlled)	12 fl. oz.	360 ml	30%	
Nonfat dry milk powder	1.25 oz.	35 g	3%	
Granulated sugar	1 oz.	30 g	4%	
Salt	0.5 oz.	15 g	2%	
Active dry yeast	0.5 oz.	15 g	2%	
Bread flour	1 lb. 8 oz.	720 g	18%	
Unsalted butter, softened	1 oz.	30 g	4%	
Eggs	2.2 oz. (2 eggs)	100 g	10%	
Egg wash	as needed	as needed		
Total dough weight:	2 lb. 11 oz.	1305 g	10%	

In this week the key element was "using the right ingredients in the recipes". In fact, with the experiment done changing the type of flour, which gave the recipe a

completely different taste, I realized how necessary it is to use the flour indicated in the recipe.

### Week 5: Reflection

- *Menu and Method: French Bread “Baguette”, Pie Dough, Pecan Pie, Lemon Meringue Pie, Butter Cookies*
- *Photos of our products:*



#### *Key points of the class*

*I guess the most important thing was that I had half a test where everything was evaluated by the Chef.*

*There was a general review of the recipes and key points, such as French baguettes, cake dough and other ingredients that the chef also gave a very constructive focus to improve recipe writing with more information that may be useful during the work.*

*The chef also showed a variety of techniques such as: filling biscuits with jam and how to properly make meringue.*

*In the end the Chef focused on each group to give more details and where to improve, the Chef said that first I speak correct English faster.*

*French Bread “Baguette”: the chef said that there was a problem with the size of the dough and that it was not good (I did it again at home along with the blueberry muffins). I know it's not useful for the evaluation but I think you might like to see that I'm learning how to take photos of homemade products here:*



*Pie Dough: the Chef said that the dough was well made.*

*Pecan Pie: in this the chef said that it was not bad that he could see it was better, better to better place the dough in the mold so that it is the same on all sides*

*Lemon Meringue Pie: The Chef said that the Meringue did not look good because he went over the right point and said he had to be a little more in the oven*

*Butter cookies: The chef said we had to make all of the same size but the color was fine*

*My opinion: even if I made mistakes today, and I could not present all the recipes in the best way, I can say that I am learning, mainly with the chef's correction, I would like to improve a little faster.*

## Recipes:

*French Bread "Baguette" (pag. 212), Pie Dough (recipe already made in the second week), Pecan Pie (pag. 392), Lemon Meringue Pie (pag. 385), Butter Cookies (Sheet delivered by the Chef)*

**ARTISAN BAGUETTES**

Yield: 7 Loaves, approximately 12.5 oz. (375 g) each  
Method: Sponge  
Fermentation: Sponge, 15 to 20 hours. Final dough, approximately 2 hours  
Proofing: 45 minutes to 1 hour

Poolish (page 199)	2 lb.	960 g	89%
Artisan bread flour or all-purpose flour	2 lb. 4 oz.	1080 g	100%
Instant yeast	0.3 oz.	10 g	1%
Salt	1.3 oz.	40 g	3.7%
Water (temperature controlled)	1 lb. 4 oz.	600 g	55.5%
Rice or bread flour	as needed	as needed	
Total dough weight:	5 lb. 9 oz.	2690 g	250%

**LEMON MERINGUE PIE**

Yield: 2 Pies, 9 in. (22 cm) each; approximately 4 lb. (1870 g) Filling  
Method: Cream filling

Filling:	1 lb. 4 oz.	600 g
Granulated sugar	3 oz.	90 g
Carbamide	1 pinch	
Salt	24 fl. oz.	720 ml
Water, cold	6 oz. (10 yolk)	180 g
Egg yolks	8 fl. oz.	240 ml
Lemon juice, fresh	0.4 oz. (2 Tbsp.)	12 g
Lemon zest, grated	1 oz.	30 g
Unsalted butter	2 shells	240 g
Flaky dough pie shells, 9 in. (22 cm), baked	9 oz. (8 whites)	240 g
Egg whites, pasteurized	8 oz.	240 g
Granulated sugar		

1. To make the filling, combine the sugar with the carbamide, salt and water in a heavy saucepan. Cook over medium-high heat, stirring constantly, until the mixture becomes thick and almost clear, approximately 3 to 5 minutes.

2. Remove from the heat and pour approximately 1 cup of the filling into a small bowl. Whisk in the egg yolks to temper them. Whisk the egg yolk mixture back into the filling. Return to the heat and cook, stirring constantly, until thick and smooth.

Just the better and the salt!

**PECAN PIE**

Yield: 4 Pies, 9 in. (22 cm) each  
Method: Custard filling

Filling:	16 oz. (10 eggs)	480 g
Eggs	10 oz.	300 g
Brown sugar	8 oz.	240 g
Unsalted butter, barely melted	0.5 fl. oz. (1 Tbsp.)	15 ml
Vanilla extract	0.2 oz. (1 tsp.)	6 g
Salt	1 pt.	480 ml
Maple syrup or dark corn syrup	1 pt.	480 ml
Glucose or light corn syrup	1 lb.	480 g
Pecan pieces	12 oz.	360 g
Pecan halves	4 shells	4 shells
Mealy dough pie shells, 9 in. (22 cm), unbaked	as needed	as needed
Powdered sugar	as needed	as needed
Ice cream	as needed for garnish	

**BUTTER COOKIES**

YIELD : 2 DOZEN cookies approximately ( 37 g) each  
Method : piped cookies

Ingredient:

Butter - softened	270 g
Powdered sugar	180 g
EGG	1
Vanilla extract	15 ml
Orange oil	5 drops gotas
Almond oil	5 ml
Salt	6 g
Pastry flour	330 g

**There is an Italian saying, which says: "to wrong to learn". I hope it's true because this week, even though I presented all the recipes, I made several mistakes, I believe that the time available and the precision required in confectionery are the main factors that sometimes make me wrong.**

**This week we saw what you should never do in the bakery, that is, mix the dough too much (overmix).**

I make a note for this week, I don't know why it does not appear in the "Omnivox" program but I prepared these reflections on May 12th 2019.

### Week 6: Reflection

- *Menu and Method: Raisin bread (straight dough), Chocolate cream pie (cream filling), Soft yeast dinner rolls (Straight dough), Oatmeal cookies (drop cookie)*
- *Photos of our products:*



#### *Key points of the class*

*The key points of the class today were many. The chef, as always, gave a good review and various general considerations to be able to execute the recipes correctly.*

*Once again I was able to practice different methods such as enriched dough, straight dough.*

*The Chef explained that the foot is cooked it is not necessary to put it in the fridge, and he also explained how to prepare the cream correctly, showing how important it is to maintain an adequate temperature for making the cream.*

*I also practice making pieces with bread and once again I made cookies with a new ingredient.*

#### *The Chef's review:*

*In general, the chef liked the loaves, biscuits and cake, but in the end I got the cream wrong, because I didn't use the right chocolate, the one I got was old (rusty). The Chef took the chocolate again to show the taste and the difference between the old and the new.*

#### *My opinion :*

*Every week that passes I have more and more confidence in the kitchen, and always practicing the techniques I'm improving my ability to know when a*



certain recipe is ready. I can mix the sugar with the butter to avoid mixing too much or mix it well, as has already happened in a previous lesson. In the cooking lesson there are so many details that I have to memorize well, to make a good product. Even my difficulty with the language requires more concentration, to understand all the suggestions of the Chef, but I'm sure that with the new classmate, who speaks English, he will be calmer for me, and I will be able to understand all the explanations and indications of the Chef.

## Recipes:

Raisin Bread (pag. 250), Chocolate Cream Pie (pag. 386), Soft Yeast Dinner Rolls (recipe already made in the first week), Oatmeal Cookies (pag. 323)

CHOCOLATE CREAM PIE			
Yield: 3 Pies, 9 in. (22 cm) each			
Method: Cream filling			
<b>Filling:</b>			
Brown sugar	14 oz.	420 g	
Milk	2 qt.	1920 ml	
Cocoa powder	1 oz.	30 g	
Egg yolks	4.8 oz. (8 yolks)	144 g	
Cornstarch	3 oz.	90 g	
Bittersweet chocolate (64% cacao), chopped fine	14 oz.	420 g	
Unsalted butter	4 oz.	120 g	
Vanilla extract	1 fl. oz.	30 ml	
Mealy or sweet tart dough pie shells, 9 in. (22 cm), baked	3 shells	3 shells	
Crème Chantilly (page 502)	as needed	as needed	
Chocolate shavings (page 700)	as needed	as needed	

OATMEAL COOKIES			
Yield: 32 Cookies, approximately 2 oz. (60 g) each			
Method: Drop cookies			
All-purpose or pastry flour	10.5 oz.	315 g	100%
Baking soda	0.14 oz. (1 tsp.)	4 g	13%
Cinnamon, ground	0.2 oz. (1 Tbsp.)	6 g	2%
Quick-cooking oats	9 oz.	270 g	86%
Unsalted butter, softened	9 oz.	270 g	86%
Granulated sugar	9 oz.	270 g	86%
Dark brown sugar	9 oz.	270 g	86%
Eggs	3.2 oz. (2 eggs)	95 g	30%
Orange juice concentrate	1.5 fl. oz.	45 ml	14%
Vanilla extract	0.5 fl. oz.	15 ml	4.7%
Salt	0.2 oz. (1 tsp.)	5 g	1.9%
Raisins	12 oz.	360 g	114%
<b>Total dough weight:</b>	<b>4 lb.</b>	<b>1925 g</b>	<b>612%</b>

CINNAMON SWIRL RAISIN BREAD			
Yield: 3 Loaves, 1 lb. 14 oz. (840 g) each			
Method: Enriched dough			
Fermentation: Approximately 45 minutes to 1 hour			
Proofing: Approximately 45 minutes			
Bread flour	1 lb. 11 oz.	810 g	100%
Potato flour	2 oz.	60 g	7.4%
Dry milk powder	1.25 oz.	37 g	4.6%
Water (temperature controlled)	13 fl. oz.	380 ml	48%
Eggs	4 oz. (2 ½ eggs)	120 g	15%
Vanilla extract	0.15 fl. oz. (1 tsp.)	4 ml	0.5%
Granulated sugar	4.5 oz.	135 g	16.7%
Salt	0.75 oz.	22 g	2.8%
Instant yeast	1 oz.	30 g	3.7%
Water, warm	2 fl. oz.	60 ml	7.4%
Unsalted butter, softened	6.5 oz.	195 g	24%
Raisins	1 lb. 6 oz.	660 g	81.3%
Cinnamon Sugar (recipe follows)	8 oz.	240 g	29.6%
Egg wash	as needed	as needed	
<b>Total dough weight:</b>	<b>5 lb. 12 oz.</b>	<b>2763 g</b>	<b>341%</b>

This is the week I call "turning", I feel that I am improving my ability to know when a certain recipe is ready, even if my difficulty with the language requires a lot of concentration, to understand all the suggestions of the Chef.

I make a note also for this week, I don't know why it does not appear in the "Omnivox" program but I prepared these reflections on May 19, 2019.

## Week 7: Reflection

- Menu of the products: Morning Glory Muffins, Cranberry White Chocolate, Multigrain Sourdough Bread, Poundcake.
- Photos of our products:





Method that we use in class: Biscuit, Sour dough, Creaming, Muffin  
 Key points of the week class: The main keys were surely the bread multigrain, pound cake, and cranberry white where I could once again make a bread and practice all the procedures of how to make a perfect bread from kneading until it is placed in the oven.

The CHEF also explained the importance of the mother yeast as I call it in Italy and the amount of water and flour and how to keep it perfectly, he also gives indications to make the other recipes.

CRITICAL OF CHEF:

MORNING GLORY MUFFINS: The Chef said it was perfect

Cranberry WHITE CHOCOLATE: The Chef said that we forgot the chocolate and that we had to put it in the pan a little thinner.

MULTIGRAIN SOURDOUGH BREAD: The Chef said that the bread was perfect, but that the best way to try it was to wait half an hour to rest it.

POUNDCAKE: Unfortunately he didn't look good, the chef said we probably mixed the dough too much.

My opinion: This day was very productive where I could learn many things to continue advancing in my learning, where I am gradually improving my knowledge and techniques. The more I repeat the recipes the more I trust and feel that I am improving a lot.

## Recipes:

Morning Glory Muffins (pag. 153), Cranberry White Chocolate (Sheet delivered by the Chef), Multigrain Sourdough Bread (pag. 214), Poundcake (pag. 436)

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				

  

POUNDCAKE				
Yield: 3 Loaves, 9 in. x 5 in. (22 cm x 12 cm) each				
Method: Creaming				
Cake flour	1 lb. 5 oz.	630 g	100%	
Baking powder	0.37 oz. (2 1/2 tsp.)	11 g	1.8%	
Unsalted butter, room temperature	15 oz.	450 g	71%	
Granulated sugar	1 lb. 7 oz.	690 g	109%	
Corn syrup or additional granulated sugar	1 oz.	30 g	5%	
Salt	0.37 oz. (1 1/2 tsp.)	11 g	1.8%	
Eggs, room temperature	1 lb. (10 eggs)	480 g	76%	
Vanilla extract	0.25 fl. oz. (1 1/2 tsp.)	7 ml	1.2%	
Almond extract (optional)	0.25 fl. oz. (1 1/2 tsp.)	7 ml	1.2%	
Lemon zest, grated	0.04 oz. (1/2 tsp.)	1 g	0.2%	
Orange zest, grated	0.04 oz. (1/2 tsp.)	1 g	0.2%	
Buttermilk, room temperature	8 fl. oz.	240 ml	38%	
Total batter weight:	5 lb. 5 oz.	2558 g	405%	

MULTIGRAIN SOURDOUGH BREAD				
Yield: 2 Loaves, 9 in. x 5 in. (22 cm x 13 cm)				
Method: Sourdough starter				
Fermentation: 2 to 3 hours				
Proofing: 30 to 45 minutes				
Cracked wheat	4.5 oz.	135 g	22%	
Water, hot	8 fl. oz.	240 ml	40%	
Whole butter, melted	2 oz.	60 g	10%	
Molasses	1.5 oz.	45 g	7.5%	
Honey	1.5 oz.	45 g	7.5%	
Salt	0.5 oz. (1 tsp.)	15 g	2.5%	
Nantat dry milk powder	2 oz.	60 g	10%	
Flax seeds	2 oz.	60 g	10%	
Sunflower seeds, roasted	2 oz.	60 g	10%	
Sourdough starter	1 lb. 6 oz.	460 g	76%	
Active dry yeast	0.15 oz. (1 tsp.)	4.5 g	0.7%	
Whole wheat flour	10 oz.	300 g	50%	
Bread flour	10 oz.	300 g	50%	
Flour or rice flour	as needed			
Total dough weight:	4 lb. 1 oz.	1975 g	328%	

  

MORNING GLORY MUFFINS				
Yield: 19 Large Muffins, 5 oz. (150 g) each				
Method: Muffin				
All-purpose flour	1 lb. 3 oz.	570 g	100%	
Granulated sugar	18 oz.	540 g	95%	
Baking soda	0.4 oz. (1 Tbsp.)	12 g	2.1%	
Salt	0.4 oz. (2 tsp.)	12 g	2.1%	
Cinnamon, ground	0.3 oz. (4 tsp.)	10 g	1.5%	
Carrots, grated	1.4 oz.	420 g	73%	
Raisins	6 oz.	180 g	31%	
Pecan pieces	4 oz.	120 g	21%	
Coconut, shredded	4 oz.	120 g	21%	
Apple, unpeeled, grated	6 oz.	180 g	31%	
Eggs	10 oz. (6 eggs)	300 g	52%	
Corn oil	1.6 oz.	480 g	84%	
Vanilla extract	0.6 fl. oz. (4 tsp.)	20 ml	3.1%	
Total batter weight:	6 lb. 2 oz.	2964 g	567%	

The practice I am doing at home is starting to give positive results. As I say in the reflections of the seventh: "the more I repeat the recipes the more I trust and I feel that I am improving a lot".

I believe that the repetition of the passages and the ingredients in the recipes is fundamental to obtain positive results in the bakery.

### Week 8: Reflection

- *Menu and Method: Soft yeast dinner rolls, Sweet Dough Coffeecakes, Jumbo Cinnamon Buns, Butter Cookies*
- *Photos of our products:*



*Method that we use in class: Straight dough, Enriched dough, Piped cookies*  
*Key points of the week class: we have reviewed and checked all the recipes, paying particular attention to the quantities and the method and with the Chef we have replaced two recipes.*

**CRITICAL OF CHEF:**

**SOFT YEAST DINNER ROLLS:** *The Chef criticized the dough because we put too much water, and consequently did not rise as it should have.*

**SWEET DOUGH COFFEECAKES:** *The chef really enjoyed this recipe.*

*JUMBO CINNAMON BUNS: Also this recipe was very well executed and, according to the Chef, we produced a good "jumbo cinnamon buns".*

*BUTTER COOKIES: The Chef said that we did not mix butter and sugar well, so the result was not very good.*

*My opinion: The class was very positive, to weigh that we could not work with our Chef, and although it was a different method we were able to work and have a good result. We have learned to wrap and cut the dough when we have prepared the recipe of the "JUMBO CINNAMON BUNS".*

## Recipes:

*Soft Yeast Dinner Rolls (recipe already made in the first week), Sweet Dough Coffeecakes (pag. 255), Jumbo Cinnamon Buns (pag. 258), Butter Cookies (recipe already made in the fifth week)*

JUMBO CINNAMON BUNS			
Yield: 24 Large Rolls, approximately 3 oz. (90 g) each			
Method: Straight dough			
Fermentation: 1 to 2 hours			
Proofing: Approximately 1 hour			
Dough:			
Buttermilk	12 fl. oz.	360 ml	32.5%
Instant yeast	2 oz.	60 g	4%
Salt	1.6 oz. (1 cup)	48 g	4%
Egg yolks	2 oz. (3 yolks)	60 g	5%
Vanilla extract	1 to 4 oz. (1 tsp.)	30 g	0.5%
Water or all purpose flour	1 lb.	450 g	20%
Bread flour	1 lb.	450 g	20%
Granulated sugar	2 oz.	60 g	5%
Eggs	11.75 oz.	330 g	23%
Unsalted butter, softened	18 oz.	540 g	50%
Total dough weight:	4 lb. 9 oz.	2208 g	220%
Filling:			
Unsalted butter, melted	4 oz.	120 g	
Cinnamon, ground	0.5 oz.	15 g	
Brown sugar	1.5 oz.	45 g	
Flour, all purpose	1.5 oz.	45 g	
Unsalted butter	1.5 oz.	45 g	
Granulated sugar	1.5 oz.	45 g	
Unsalted butter	1.5 oz.	45 g	
Granulated sugar	1.5 oz.	45 g	
Unsalted butter	1.5 oz.	45 g	
Granulated sugar	1.5 oz.	45 g	

SWEET DOUGH COFFEECAKES		
Yield: 3 Coffeecakes, approximately 2 lb. (960 g) each		
Method: Straight dough		
Proofing: Approximately 1 hour		
Cardamom Sweet Bun Dough (page 242), fermented	4 lb. 10 oz.	2220 g
Unsalted butter, melted	4 oz.	120 g
Streusel Topping (page 145)	1 lb.	480 g
Fondant Glaze (page 483)	as needed	as needed
Basic Sugar Glaze (page 456)	as needed	as needed
Nuts, chopped	as needed	as needed

**Working with another Chef gave me the confirmation that I'm on the right track, and that, with Chef Tim, I'm learning a lot and also quickly.**

## Summary:

I started this course, thinking that after the conclusion of my studies, I could invest by opening a restaurant, continuing the professional path that I started in Brazil. But I must say that after 8 weeks of "patisserie", I believe there are many more possibilities for work and / or investment than I had imagined.

In reality the bakery, like the pastry shop, can realize my dream of having a restaurant, but in which I can now provide everything I need (from appetizers to desserts, from pasta to bread, etc.). The idea formed after these first 3 months of the course is to have a "bistro" with a few tables, but at the same time prepare various recipes ready for sale, mainly bread and desserts that I believe are the products that people love most. With the base built in these 3 months, I am ready to face the new challenges that will come in this "bakery" course, with more confidence in my possibilities.