

Unit 309: Produce and present advanced desserts and dough products using standardised recipes

Worksheet 5: Prepare, cook and finish dough items (Tutor)

Accept any suitable response

1. Describe the following preparation methods used in the production of dough items

Kneading

- Is the term used when mixing the ingredients together. This technique is used to develop the formation of gluten which provides the bread with its strength and structure, trapping the gasses created from the fermentation to allow the dough to rise.

Proving

- Once the dough has been kneaded it must be left to rise to at least double in size. It is the second rising of the dough. The proving process allows the dough to rest and for the fermentation process to occur again. It is essential not to over or under prove the dough as this will affect the final product. Proving should occur in an area that is free of drafts and is of a constant temperature. If the temperature of the proving area is below 24°C (75°F), the dough can be placed on top of a preheated oven. There is nothing wrong about proving the dough in a cool area - it will just take more time. Always cover the dough with a clean kitchen towel or oiled plastic wrap during the proofing period.

Developing

- For many bread recipes the final rising is often the second rising, while other breads may require two or more cycles of rising, punching, and kneading before being shaped and allowed to rise for the final time. This final rising period, known as proofing, is faster (usually about half the time of the initial rising period) due to the abundance of yeast cells that are present in the dough from the previous fermentation period.

Knocking back

- The dough is then knocked back, this produces a smoother dough and allows for easier handling and shaping to form the finished product.

2. List **three** different types of pre-cooking glazes that can be applied in the production of dough items
 - Milk and salt water
 - Butter or other oils
 - Egg washing/egg laze

3. Describe the following cooking methods for dough items dishes and an item that can be cooked using the method cookery.

Frying

- There are variety of different types of dough items that can be deep fried. A common and favourite is doughnuts or a fruit fritter. When we are deep frying dough items, we need to fully submerge the item into hot cooking oil. The temperature of this oil is set at somewhere between 177 - 191°C (350 - 375°F). If the temperature is wrong, then the dough item surface might form too slowly, causing the dough items to absorb large amounts of oil. On the other hand, if the heat settings are too high then the surface of the dough will colour on the outside but be raw inside.

Boiling

- Bagels are probably the most common dough item that uses boiling as part of the cooking method. The boiling is not to cook the bagels, but rather to create the distinctive skin on the outside of bagels and pretzels. When making bagels you only boil them for about 30 seconds. A bagel dough contains coarse flour and thus starches. When placing the dough in boiling water the starch granules will gel. The starch will absorb water and swell, starch granules will break down. This gelling of starch will stiffen the outside of the bagel. Boil kills off the yeast so the dough will not rise anymore. Together with the firmer shape, boiling the bagel dough will set the final shape of the bagel, it will not rise any further in the oven. Since they don't rise anymore, the structure remains denser and chewier.

Griddling

- Griddling blinis are common. They are a large flat cooking surface and generally have a ridge around the outside edge to catch grease or juices from the food as it cooks. The cooking surface is often a non-stick material.

4. Describe the following finishing methods for dough items and an item that can be finished using the method cookery:

Icing

- Can be used to enhance the appearance of a dough item. Typical icings types include:

Royal icing: This lasts a long time because it dries very hard. It flows easily so it works well for writing, piping, and outlining when decorating dough items.

Frosting: There are many different frosting types, and each has a variety of frosting recipes. Each different type of frosting has the same basic ingredients and is prepared in the same manner, but they vary slightly in the amount of some of the ingredients and flavouring used.

Dusting

- Using powdered sugar for dough items is fairly common. There are many other ingredients you can use for dusting light and dark dessert such as cocoa powder, but other ingredients, such as cinnamon, sugar, and finely chopped nuts, can also be used. Be sure to use a dusting ingredient that has a flavour that will go with the flavour of the dough items. Dusting can be done just as an overall coating or a stencil can be used to create a pattern on the dough item. A doily or store-bought stencil can be used, or you can cut your own pattern out of a light-weight cardboard.

Filling

- There are many dough items that require filling such as sweet doughnuts which can be filled with jam and custard, you want to be sure the filling compliments the dough items and the filling is stable enough to stay within the dough items so that it doesn't leak out.