

072104T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 4

HOS/OS/FP/CR/07/4/A

Prepare Yeast Product

Nov/Dec 2024



TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION

PRACTICAL ASSESSMENT

Time: 4 HOURS

INSTRUCTIONS TO CANDIDATE:

1. In this practical assessment, you are required to prepare, produce and present the following;
 - i. **Doughnuts**
 - ii. **Bread rolls**

2. You are provided with the following resources for the practical tasks;
 - i. A variety of ingredients
 - ii. Fully equipped and safe kitchen
 - iii. Timer/watch
 - iv. Recipes

TASK 1: DOUGHNUTS

INGREDIENTS	QUANTITY (8 buns)
White flour	200g
Yeast	5g
Milk & water	60ml
Medium eggs	1pc
Butter or margarine	25g
Caster sugar	50g
Oil	750ml
Cinnamon	50g

Procedure

1. Sieve the flour into a bowl and warm.
2. Cream the yeast in bowl with a little of the liquid.
3. Make a well at the center of the flour.
4. Add the dispersed yeast, sprinkle with a little flour, cover with a cloth, leave in a warm place until the yeast ferments (bubbles).
5. Add the beaten egg, butter or margarine, sugar and remainder of the liquid. Knead well to form a soft slack dough, knead until smooth and free from stickiness.
6. Keep covered and allow to prove in a warm place.
7. Divide into 8 pieces. Mold into balls. Press a floured thumb into each
8. Cover and allow to prove on a well-floured tray.
9. Deep fry in moderately hot fat 175°C (347°F) for 12-15 minutes
10. Lift out of the fat, drain and roll in a tray containing caster sugar mixed with a little cinnamon.
11. Present.

TASK 2: BREADROLLS

INGREDIENTS	QUANTITY (8rolls)
Wheat flour	200g
Yeast	5g
Salt	2.5g
Butter/margarine	10g
Liquid (half water, half milk)	125ml
Egg (beaten for egg wash)	1pc
Sugar	2g

PROCEDURE

1. Sieve the flour into a warm bowl and warm the liquid to 37°C.
2. Cream the yeast in a basin with a quarter of the liquid.
3. Make a well in the flour and add the creamed yeast.
4. Sprinkle over a little of the flour, cover with a cloth and leave in a warm place until the yeast ferments.
5. Add the remainder of the warmed liquid, the fat, sugar and salt.
6. Knead firmly until smooth and free from wrinkles.
7. Return to the basin, cover with a cloth and leave in a warm place to prove.
8. Knock back the dough to remove the air and bring it back to its original size.
9. Mold the dough in a roll and cut into even pieces.
10. Mold the pieces into the shapes you want and place them on a lightly floured baking sheet and cover with a cloth.
11. Leave in a warm place to double in size. Brush gently with egg wash.
12. Bake in a hot oven at 220°C for approximately 10 minutes.
13. Remove from the oven and place the rolls on a cooling rack.
14. Present.

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