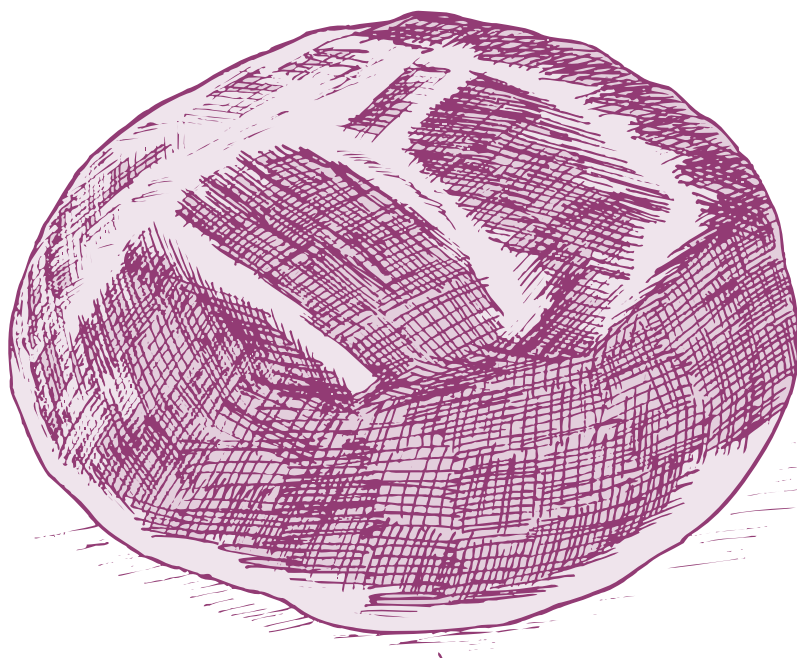


## SHORT COURSE For Papua New Guinea Non-Formal Sector



# BREAD AND BUNS MAKING

## Basic White Bread

TH016i



Enabling a better future

DEPARTMENT FOR  
COMMUNITY DEVELOPMENT



DEPARTMENT OF EDUCATION



ASIAN DEVELOPMENT BANK

PNG EMPLOYMENT  
ORIENTED SKILLS  
DEVELOPMENT PROJECT



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### RATIONALE

This short course was developed for the trainer in response to the demand from various communities in Bread Making. This short course was developed to enhance participants especially women and the youth through having better skills and knowledge in making home made breads for own consumption or for income generating purpose.

The development of this short course was sponsored by the ADB-PNG EMPLOYMENT ORIENTED SKILLS DEVELOPMENT PROJECT (EOSDP) and produced by curriculum officers at the SKILLS TRAINING RESOURCES UNIT (STRU)

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## COURSE OUTLINE: Basic white bread

Program: **TOURISM AND HOSPITALITY**

Course: **BREAD AND BUNS MAKING**

Module code: **TH016i**

Module name: **Basic White Bread**

**Module 1:**  
Basic white bread

**Module 2:**  
Pumpkin bread

**Module 3:**  
Quick lemon bread

**Module 4:**  
Cream buns

**Module 5:**  
Braided bread roll

# COMPETENCY PROFILE: Basic white bread

| Duty                         | Task                                   |                                       |                       |                             |
|------------------------------|----------------------------------------|---------------------------------------|-----------------------|-----------------------------|
| <b>A. White bread</b>        | A1. Identify ingredients and equipment | A2. Prepare ingredients and equipment | A3. Prepare the dough | A4. Bake white loaf/bread   |
| <b>B. Pumpkin bread</b>      | B1. Identify ingredients and equipment | B2. Prepare ingredients and equipment | B3. Mix ingredients   | A4. Bake pumpkin bread      |
| <b>C. Quick lemon bread</b>  | C1. Identify ingredients and equipment | C2. Prepare ingredients and equipment | C3. Prepare the dough | C4. Bake quick lemon bread  |
| <b>D. Cream buns</b>         | D1. Identify ingredients and equipment | D2. Prepare ingredients and equipment | D3. Prepare the dough | D4. Bake cream buns         |
| <b>E. Braided bread roll</b> | E1. Identify ingredients and equipment | E2. Prepare ingredients and equipment | E3. Prepare the dough | E4. Bake braided bread roll |

## CURRICULUM GUIDE

|                            |                                                                                                                                                                                                                                                                                              |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program:                   | <b>TOURISM AND HOSPITALITY</b>                                                                                                                                                                                                                                                               |
| Course:                    | <b>BREAD AND BUNS MAKING</b>                                                                                                                                                                                                                                                                 |
| Module code:               | <b>TH016i</b>                                                                                                                                                                                                                                                                                |
| Module name:               | <b>White Bread Making</b>                                                                                                                                                                                                                                                                    |
| Module Purpose:            | The purpose of the module is to impart knowledge and skills to participant in bread making so they can be able to make at home for own consumption or for sale.                                                                                                                              |
| Nominal duration:          | Approximately 9 hours.                                                                                                                                                                                                                                                                       |
| Prerequisites:             | There are no pre-requisite to this module.                                                                                                                                                                                                                                                   |
| Content:                   | <b>A1.</b> Identify ingredients and equipment<br><b>A2.</b> Prepare ingredients and ingredients<br><b>A3.</b> Prepare the dough<br><b>A4.</b> Bake bread                                                                                                                                     |
| Suggested delivery method: | This module should be delivered using these methods:<br><ol style="list-style-type: none"><li>1. Explanation (what we will do) 5%</li><li>2. Demonstration (how we will do it) 15%</li><li>3. Implementation (now you do it) 70%</li><li>4. Evaluation (how good did we do it) 10%</li></ol> |
| Instructor:                | A recognized trainer from a vocational centre or certified trainer who has bread making skills.                                                                                                                                                                                              |
| Assessment method:         | The assessment will be given in a holistic manner through: <ul style="list-style-type: none"><li>• Self paced</li><li>• Practical demonstration</li><li>• Observation</li><li>• Checklist</li></ul>                                                                                          |
| Assessment condition:      | In a kitchen situation where all materials and equipment are provided or training hall for women's normal activities are done.                                                                                                                                                               |
| Evaluation                 | The participants will demonstrate mastery of each skill. The final product will be evaluated by: <ul style="list-style-type: none"><li>• Tasting the finish product</li></ul>                                                                                                                |
| Reference:                 | Classic Essentials Bread and Buns                                                                                                                                                                                                                                                            |



## Overview of Learning Outcomes

On successful completion of the module the participants will be able to:

- A1. Identify ingredients and equipment
- A2. Prepare ingredients and equipment
- A3. Prepare the dough
- A4. Bake the white loaf/bread

## APPENDIX 1: Training and Assessment guide (Learning outcome).

**Task A1: Identify ingredients and equipment.**  
Suggested minimum instructional time: **1 hour**

### Learning outcome A1.1:

- Identify ingredients and equipment to make the white bread.

### Teaching strategy:

Learning activities for the trainee must include the instructor to;

- 1.1. Identify ingredients and equipment to use.
- 1.2. Explain and demonstrate use of equipment.
- 1.3. Identify the method in baking the bread.

### Assessment condition:

In a classroom situation where all participants are provided with;

- Ingredients
- Measuring devices - jug, cups, spoons
- Baking pans
- Sifter
- Clean tea towels
- Aprons
- Oven drum
- Large pot of Water
- Mixing bowls

### Assessment criteria:

The trainee has;

- 1.1.1. Selected and named ingredients and equipment to use.
- 1.1.2. Stated use of each equipment.
- 1.1.3. Outlined the method of baking the white bread.

### Assessment method:

- Self paced
- Practical demonstration
- Observation

## APPENDIX 2: Training and Assessment guide (Learning outcome).

**Task A2: Prepare ingredients and equipment.**  
Suggested minimum instructional time: **3 hours**

### Learning outcome A2.1

- Prepare ingredients and equipment according to the correct measurements and procedures.

### Teaching strategy:

Learning activities for the trainee must include the instructor to;

- 2.1. Identify correct amount of ingredients.
- 2.2. Identify the correct methods of preparing the baking equipment.

### Assessment condition:

The trainee must have excess to;

- Ingredients to make the bread
- Measuring cups, spoons, jug
- Baking pans
- Sifter
- Clean tea towels, aprons
- Large pot of water
- Large mixing bowls

### Assessment criteria:

The trainee has;

- 2.1.1. Measured correct amount of ingredients;
  - a. 2 teaspoons of active dry yeast
  - b. (half) cup of warm water
  - c. 3 cups bread flour or all-purpose flour
  - d. 1 teaspoons of salt
- 2.1.2. Prepared the pan following the correct method.

### Assessment method:

- Self paced
- Practical demonstration
- Observation
- Checklist

## APPENDIX 3: Training and Assessment guide (Learning outcome).

**Task A3: Prepare the dough.**  
Suggested minimum instructional time: **3 hours**

### Learning outcome A3.1:

- Knead the dough following correct procedures.

### Teaching strategy:

Learning activities for the trainee must include the instructor to;

- 3.1 Explain and demonstrate procedures in mixing the ingredients.
- 3.2 Demonstrated method of kneading the dough.
- 3.3 Explain how to set up the dough in a bowl to rise.
- 3.4 Identify the dough rising time.

### Assessment condition:

In a classroom situation or a training hall where all participants are provide with;

- Mixing bowls
- wooden spoon
- measuring cups and spoons
- large bowl of clean water

### Assessment criteria:

The trainee has;

- 3.1.1 Mixed the ingredients following the procedures.
- 3.1.2 Kneaded the dough.
- 3.1.3 Set up the dough.
- 3.1.4 Calculated correct timing for dough to rise;
  - a. Allow the dough to ferment (rise up) for 60 minutes. This is known as the first rise.
  - b. Allow the dough to ferment for another 60 minutes. This is known as the second.

### Assessment method:

- Self paced
- Practical demonstration
- Observation
- Checklist

## APPENDIX 4: Training and Assessment guide (Learning outcome).

### Task A4: Bake the bread.

Suggested minimum instructional time: **2 hours**

### Learning outcome A4.I:

- Bake the bread.

### Teaching strategy:

Learning activities for the trainee must include the instructor to;

- 4.1 Identify the heat temperature of the oven drum.
- 4.2 Identify and explain where to place the pan in the oven.
- 4.3 Identify baking time.

- 4.4 Explain and demonstrate how to check the bread.

- 4.5 Explain and demonstrate removing the cake from the pan.

### Assessment condition:

In a classroom situation or a training hall where all participants are provide with;

- Prepared heated oven drum
- Thermometer
- Clean broom stick or toothpick
- Pot holders • Wire rack
- Clean tea towels
- Prepared cardboard to place the baked cake

### Assessment criteria:

The trainee has;

- 4.1.1 Baked in a preheated, 425°F oven.
- 4.1.2 Placed bread pan in the centre rack of oven.
- 4.1.3 Baked bread for 40 to 45 minutes or until baked.
- 4.1.4 Checked bread by tapping on the base.
- 4.1.5 Removed baked white bread from the pans.

### Assessment method:

- Self paced
- Practical demonstration
- Observation
- Checklist

## APPENDIX 5: INTRODUCTION:

### BASIC BREADS

Basic breads are those that are made with a simple recipe of a few ingredients, are yeast leavened, and are usually easy for the home cook to prepare, requiring only some basic skills and a few simple pieces of kitchen equipment. Plain yeast breads include pan breads and hearth breads: pan breads are baked in a pan or container placed on an oven rack while hearth breads are baked on flat pans, stones, tiles, or directly on the floor of the oven.

Basic breads can be prepared with refined flour, whole-grain flour, or coarsely ground meal. Some basic breads are made with a variety of flours milled from different grains to create breads with unusual flavours or textures. Wheat flour is often added to non-wheat bread dough so that the dough will rise effectively.

A standard white loaf leavened with the direct of straight yeast method is one of the easiest of the basic breads to prepare. For the inexperienced home cook, preparing basic white bread is a good way to gain confidence in bread making.





## A1: Equipment and Ingredients

### 1.1 Required equipment:

- Baking pans
- Sifter
- Drum oven
- Measuring devices, cups, spoons, jug
- Mixing bowls
- Mixing spoon
- Oven mittens
- Wire rack

### 1.2 Ingredients:

- 2 teaspoons of active dry yeast
- (half) cup of warm water
- 3 cups bread flour or all-purpose flour
- 1 teaspoons of salt

## A2: Prepare ingredients and Equipment

### 2.1 In two separate bowls:

- Mix 2 teaspoons of active dry yeast into a half cup of warm water.
- Allow it to sit for 5 or 6 minutes or until the yeast begins to bubble and foam.
- Combine 3 cups sifted bread flour or all-purpose flour and 1 teaspoons of salt.

### 2.2 Grease:

- A round baking tray

## INSTRUCTIONAL NOTES

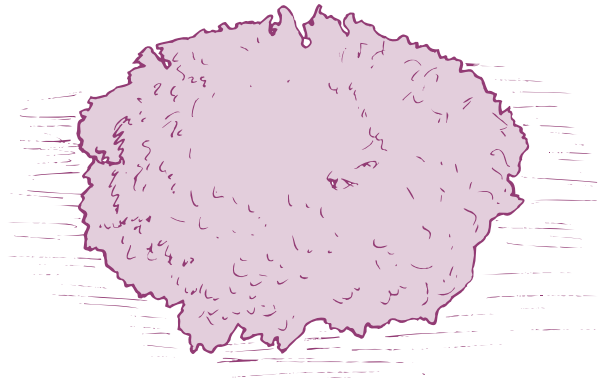
### Bread Making Demonstration - Basic White Loaf/bread

## A3: Prepare the dough

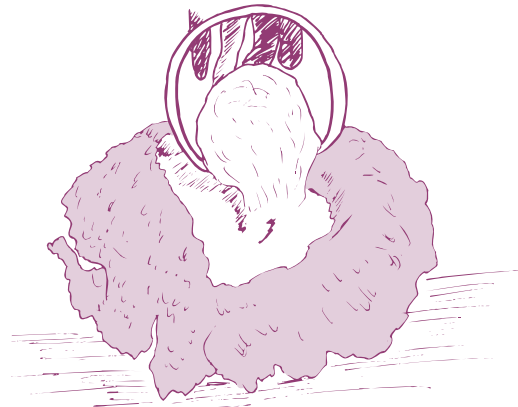
- 3.1 Begin by blending 2 teaspoons of active dry yeast into a half cup of warm water (95° to 115°F). Allow it to sit for 5 or 6 minutes or until the yeast begins to bubble and foam.



- 3.2. On a flat work surface, combine 3 cups bread flour or all-purpose flour and 1 teaspoons of salt. After mixing, create a well in the centre of the dry ingredients.



- 3.3 Pour the yeast liquid into the centre of the well.



- 3.4 Slowly stir the liquid, picking up some of the flour from the inside walls of the well.





- 3.5 Continue drawing in flour until a paste forms. Then add water in small increments and continue drawing in the flour. No more than one cup of water should be necessary.

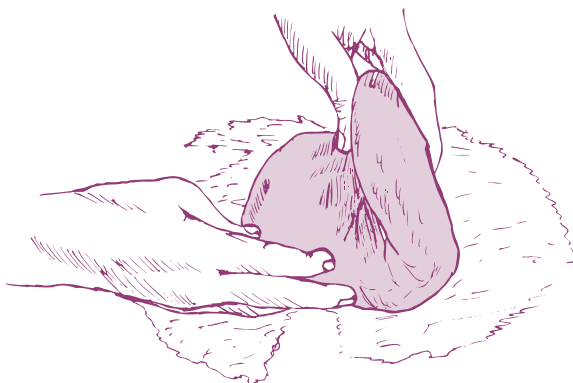


- 3.6 When about a third of the flour remains on the sides of the well, pull the remaining flour into the centre and quickly incorporate it into the dough. Add small quantities of water to the dough if it is too dry.

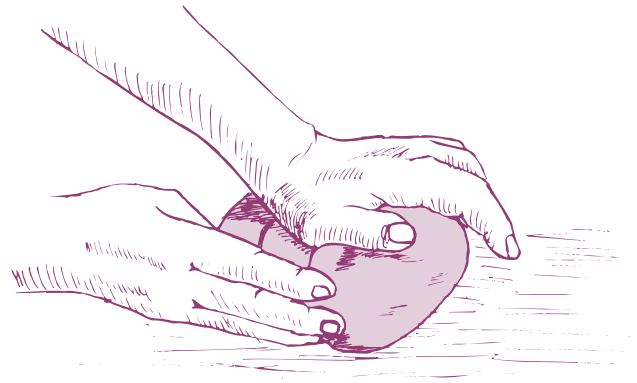


**3.7 Kneading dough: Hand kneading.**

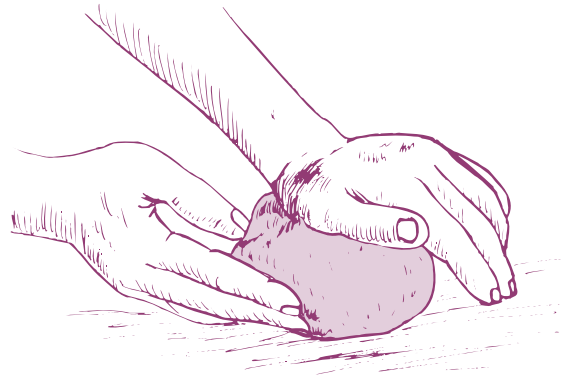
- 3.8 Begin the kneading process by folding the dough in half.



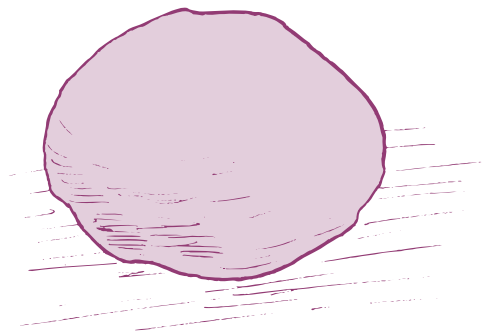
- 3.9 Using the heel of your hand, press firmly on the dough while pushing the dough away from you. Excessive force is not necessary because the dough will gradually become easier to work the longer it is kneaded, which warms and stretches the gluten.



- 3.10 Fold the dough back towards you and repeat the kneading process. Turn the dough a little each time as you continue to knead it. If the dough is sticky, sprinkle it with a small quantity of flour during the kneading process. A pastry scraper can be used to remove any pieces of dough that may stick to the work surface while kneading.

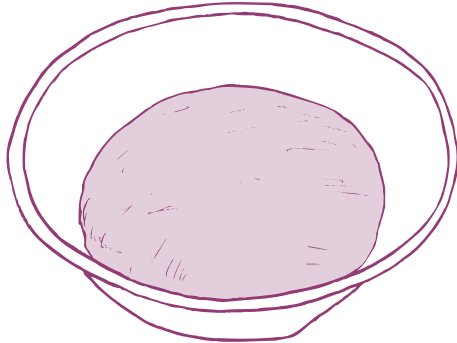


- 3.11 Continue kneading until the dough is smooth and elastic, which usually occurs in about 10 minutes.



**3.12 Rising and Punching**

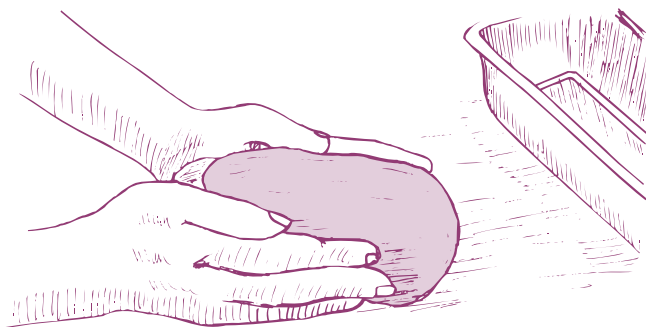
- 3.13 Place the dough into a lightly oiled bowl, cover it with a damp kitchen towel or a oiled plastic wrap, and allow it to rest for 2 hours or until the dough has doubled in size.



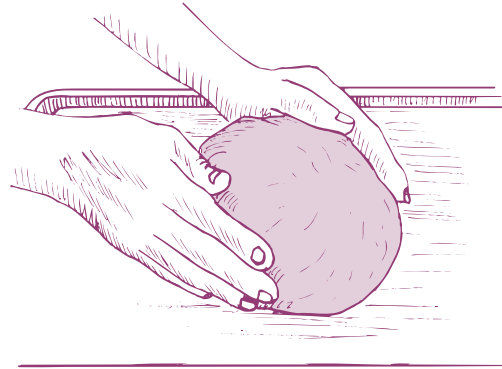
- 3.14 Punch down the dough and allow it to rest for 5 to 10 minutes.

**3.15 Creating Bread shape**

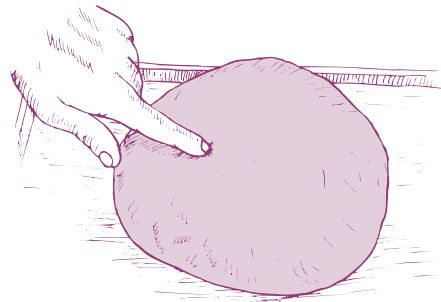
- 3.16 If baking the bread in a greased loaf pan, place the dough on a floured surface, and shape the dough in a size that will fit the greased pan.



- 3.17 If baking the bread on a baking sheet, place the dough directly on the greased sheet and shape it into a round or rectangular form.



- 3.18 Proof the dough until it is about double in size, which requires 30 to 45 minutes.

**A4: Bake white bread**

- 4.1 Bake in a preheated, 425°F oven for 40 to 45 minutes. Check the bread for doneness by tapping on the bottom: A hollow sound indicates that the bread is done, while a dull sound indicates an underdone loaf.
- 4.2 Remove the bread from the loaf pan or baking sheet and cool on a wire rack to prevent the bottom from becoming soggy.

**ATTACHMENTS:****BREAD INGREDIENTS GLOSSARY**

The basic ingredients in bread are simple and few: flour, liquid, yeast, sugar and salt. Each has a very specific purpose and your bread will not work out if any of them are eliminated. Fats are the one occasional exception to this rule, but more about that later. There are, of course, optional ingredients which can add character and flavours to home baked bread.

| Word           | Meaning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Flour</b>   | Wheat flour contains a substance known as gluten. When gluten is mixed with a liquid, then kneaded, it stretches to form an elastic network which traps the gas bubbles formed by the yeast in bread. Different types of flour contain varying amounts of gluten. Many special grains such as rye, corn meal or buckwheat often need to be combined with regular wheat flour because they don't contain enough gluten for proper bread structure. If you're following a bread recipe, you won't have to worry about all this technical stuff.                                                              |
| <b>Yeast</b>   | Yeast is the most typical leavening ingredient used for breads. It is a living plant, which grows in warm moist doughs, causing those doughs to rise. Yeast comes in two forms, active dry yeast, and compressed yeast. Home bakers will almost always be using dry yeast. Store dry yeast in your refrigerator for longer life.<br><br>Active-dry yeast will be activated when mixed in warm water (95-115°F). If the water is too cold or too hot the yeast will not activate. If you don't have a thermometer, you can do this step "by feel". The water will feel very warm, almost hot, to the touch. |
| <b>Rapid</b>   | rise yeast (also known as quick yeast) cuts the dough rising time in half, but the recipe does lose some flavour in the process. I don't recommend using rapid rise yeast unless a recipe specifically calls for it.                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Liquids</b> | The type of liquid used will affect the final bread loaf. Breads made with water generally have crisper, thicker crusts, such as baguettes or French Bread. Those made with milk have softer crusts.                                                                                                                                                                                                                                                                                                                                                                                                       |

| Word           | Meaning                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sugars</b>  | Sugars stimulate yeast growth. Granulated sugar, brown sugar, honey or even molasses can be used depending on your recipe.                                                                                                                                                                                                                                                               |
| <b>Fats</b>    | Fats such as butter, oil or shortening help give bread flavour as well as help with texture. This is the one ingredient that can be left out of some bread recipes without compromising the final product. Some French breads and baguettes have no fat. However, if you are making a bread without fats, plan on eating it right away as it will quickly turn hard as a rock if stored. |
| <b>Salt</b>    | Salt is necessary not only for flavour but also to help the yeast grow more slowly. This results in bread with better texture.                                                                                                                                                                                                                                                           |
| <b>Eggs</b>    | Not all breads contain eggs, but those that do are generally very tender and have a rich golden colour.                                                                                                                                                                                                                                                                                  |
| <b>Add Ins</b> | Nuts, fruits, even candies can be added into your bread doughs. Just be aware that these add-ins will slow the rising time.                                                                                                                                                                                                                                                              |



## BREAD PROBLEM SOLVING

### 1. What if it doesn't rise?

Your liquid was most likely either too hot or too cold and you've killed the yeast. Don't despair, this bread can still be saved! Dissolve 1 tablespoon yeast and 1 teaspoon of sugar in 1/2 cup very warm water (110°F). Mix in 1/2 cup all purpose flour. Let this mixture stand in a warm place for about 10 minutes. It will turn foamy and spongy. Beat this mixture into your un-risen dough then knead in enough flour to correct the consistency. Cover this dough and place it back in a warm place to rise. Proceed as normal.

### 2. What if my bread rises too much?

Simply punch it down, re-shape it and let rise until doubled.

### 3. How often can I punch the dough down?

Twice is optimal, but you can do it more often in order to correct dough that has over risen (see above). You do want to try to punch the dough down as soon as it has risen in order to have bread with a fine texture. Bread that has over-risen will be coarse.

### 4. What if I don't have time to finish the bread?

No problem. Let the dough rise once, then punch it down, place it in a plastic grocery bag and refrigerate it (you can even freeze it). When you're ready to continue, remove the dough from the cold, let rise and continue.

## OVEN BAKING

Oven baking is the most common and popular method for cooking bread. Before the indoor electric or gas oven became a common household appliance, most bread was baked in large wood fired masonry ovens, communal ovens, or over an open fire.

## PREHEATING THE OVEN

It is important to set and preheat the oven to the proper temperature as called for in the bread recipe. Most breads require a specific baking temperature that must remain constant to achieve the proper results. Many basic breads, containing only flour, water, and yeast, are baked at high temperatures, usually 400°F and above, while breads containing enrichments, such as eggs, milk, or butter, are baked at lower temperatures. Some bread recipes call for the dough to be placed in a very hot oven for a short time and then the temperature is lowered for the remainder of the baking time. This technique simulates the cooking temperatures of old fashioned wood-fired masonry ovens in which the bread dough received an initial blast of very hot air followed by a gradual cooling after removal of the embers.

## SAFETY FIRST!

1. Wash your hands with soap and water before starting your kitchen preparations. Continually wash hands as needed like touching the trash can or picking up items from the floor.
2. Re-read the recipe several times.
3. Make sure you have all of the necessary ingredients. Put them out on the counter.
4. Get out all of the equipment like pans and measuring cups.
5. Follow the recipe exactly.
6. Use oven mittens or pot holders when taking baked bread in and out of the oven.
7. Clean as you go along.
8. Caution around hot stoves and ovens
9. Make sure all hair, towels and potholders are away from heat.
10. Keep all sharp knives and utensils away from small children. Supervise older children.
11. Clean up all spills immediately.

## Acknowledgement

This short course module, developed in Papua New Guinea, is based on the competency-based training model.

The Skill Training Resource Unit (STRU) of Employment Oriented Skills Development Project (EOSDP) in conjunction with Department (TVET) division and the implementing agency Department for Community Development Services wish to express their thanks to the people who have contributed in producing the module.

We hope it will provide basic knowledge and skills for the informal and the formal sectors especially the women, men and the youth to be employed or self-employed through having better skills for tomorrow.



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EMPLOYMENT SKILLS DEVELOPMENT  
PROJECT (EOSDP) and produced by  
curriculum officers at the SKILLS  
TRAINING RESOURCES UNIT (STRU)

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