

SHORT COURSE For Papua New Guinea Non-Formal Sector



BREAD AND BUNS MAKING

Cream Buns

TH016iv



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.

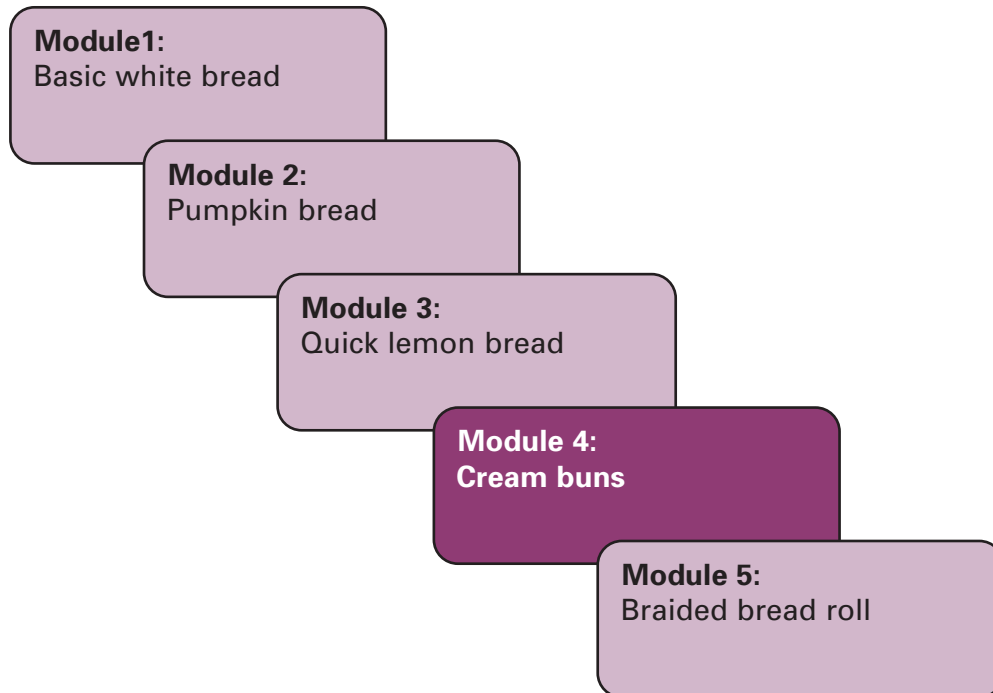
The development of this short course was sponsored by the ADB-PNG EMPLOYMENT ORIENTED SKILLS DEVELOPMENT PROJECT (EOSDP) and produced by curriculum officers at the SKILLS TRAINING RESOURCES UNIT (STRU)

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COURSE OUTLINE: Cream Buns

Program: **TOURISM AND HOSPITALITY**
Course: **BREAD AND BUNS MAKING**
Module code: **TH016iv**
Module name: **Cream Buns**



COMPETENCY PROFILE: Cream Buns

Duty	Task			
A. White bread	A1. Identify ingredients and equipment	A2. Prepare ingredients and equipment	A3. Prepare the dough	A4. Bake white loaf/bread
B. Pumpkin bread	B1. Identify ingredients and equipment	B2. Prepare ingredients and equipment	B3. Mix ingredients	A4. Bake pumpkin bread
C. Quick lemon bread	C1. Identify ingredients and equipment	C2. Prepare ingredients and equipment	C3. Prepare the dough	C4. Bake quick lemon bread
D. Cream buns	D1. Identify ingredients and equipment	D2. Prepare ingredients and equipment	D3. Make the dough	D4. Bake buns
	D5. Prepare the baked buns	D6. Prepare the cream		
E. Braided bread roll	E1. Identify ingredients and equipment	E2. Prepare ingredients and equipment	E3. Prepare the dough	E4. Bake braided bread roll

CURRICULUM GUIDE

Program:	TOURISM AND HOSPITALITY
Course:	BREAD AND BUNS MAKING
Module code:	TH016v
Module name:	Making Cream Buns
Module Purpose:	The purpose of the module is to impart knowledge and skills to participant in making cream buns so they can be able to make at home for own consumption or for sale.
Nominal duration:	Approximately 8 hours.
Prerequisites:	There are no pre-requisite to this module.
Content:	<p>D1. Identify ingredients and equipment</p> <p>D2. Prepare ingredients and ingredients</p> <p>D3. Make the dough</p> <p>D4. Bake buns</p> <p>D5. Prepare the buns</p> <p>D6. Cream the buns</p>
Suggested delivery method:	<p>This module should be delivered using these methods:</p> <ol style="list-style-type: none"> 1. Explanation (what we will do) 5% 2. Demonstration (how we will do it) 15% 3. Implementation (now you do it) 70% 4. Evaluation (how good did we do it) 10%
Instructor:	A recognized trainer from a vocational centre or certified trainer who has bread making skills.
Assessment method:	<p>The assessment will be given in a holistic manner through:</p> <ul style="list-style-type: none"> • Self paced • Practical demonstration • Observation • Checklist
Assessment condition:	In a kitchen situation where all materials and equipment are provided or training hall for women's normal activities are done.
Evaluation	<p>The participants will demonstrate mastery of each skill. The final product will be evaluated by:</p> <ul style="list-style-type: none"> • Tasting the finish product
Reference:	Classic Essentials Bread and Buns



Overview of Learning Outcomes

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

- D1. Identify ingredients and equipment
- D2. Prepare ingredients and equipment
- D3. Make the dough
- D4. Bake buns
- D5. Prepare the buns
- D6. Cream the buns

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

Task D1: Identify ingredients and equipment.
Suggested minimum instructional time: 1 hour

Learning outcome D1.1:

- Identify ingredients and equipment to make the buns.

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 cream buns.

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. Outlined use of each equipment.
- 1.1.3. Outlined the method of baking the buns.

Assessment method:

- Self paced
- Practical demonstration
- Observation

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

Task D2: Prepare ingredients and equipment.
Suggested minimum instructional time: 2 hours

Learning outcome D2.1

- 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 baking equipment.

Assessment condition:

The trainee must have excess to;

- Ingredients
- Measuring devices - cups, spoons, jug
- Baking pans
- Sifter
- Clean tea towels
- Large pot of water
- Large mixing bowls

Assessment criteria:

The trainee has;

- 2.1.1. Measured correct amount of ingredients;
 - a. 3 _ cups plain sifted flour
 - b. 2 tablespoons sugar
 - c. _ teaspoon salt
 - d. 1 1/3 cups warm milk
 - e. 4 tablespoons (6g butter), melted
 - f. 1 _ sachet dried yeast
 - g. 1 tablespoon icing sugar
 - h. _ cup strawberry jam
 - i. 2 tablespoon icing sugar, extra
- 2.1.2. Prepared the baking equipment.

Assessment method:

- Self paced
- Practical demonstration
- Observation
- Checklist

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

Task D3: **Make the dough.**

Suggested minimum instructional time: **2 hours**

Learning outcome D3.1:

- Mix ingredients following the procedures.

Teaching strategy:

Learning activities for the trainee must include the instructor to;

- 3.1 Explain and demonstrate procedures in preparing the dough.

Assessment condition:

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

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

Assessment criteria:

The trainee has;

- 3.1.1 Prepared the dough following the procedures.

Assessment method:

- Self paced
- Practical demonstration
- Observation
- Checklist

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

Task D4: **Bake buns.**

Suggested minimum instructional time: **2 hours**

Learning outcome D4.1:

- Bake the buns.

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 removing pan from the oven.

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

Assessment criteria:

The trainee has;

- 4.1.1 Baked in a preheated, 290°C oven.
- 4.1.2 Placed buns in the centre rack of oven.
- 4.1.3 Baked buns for 20 minutes.
- 4.1.4 Removed baked buns from the trays.

Assessment method:

- Self paced
- Practical demonstration
- Observation
- Checklist

APPENDIX 5: Training and Assessment guide (Learning outcome).

Task D5: **Prepare the buns.**

Suggested minimum instructional time: **2 hours**

Learning outcome D5.1:

- Prepare the baked buns

Teaching strategy:

Learning activities for the trainee must include the instructor to;

- 5.1 Explain and demonstrate cutting the buns using the serrated knife.

Assessment condition:

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

- Prepared heated oven drum
- Thermometer
- Pot holders
- Wire rack
- Clean tea towel
- Serrated knife

Assessment criteria:

The trainee has;

- 5.1.1 Cut the buns using the serrated knife.



Assessment method:

- Self paced
- Practical demonstration
- Observation
- Checklist

APPENDIX 6: Training and Assessment guide (Learning outcome).

Task D6: Cream the buns.

Suggested minimum instructional time: 1 hours

Learning outcome D6.I:

- Cream the buns

Teaching strategy:

Learning activities for the trainee must include the instructor to;

- 6.1 Explain and demonstrate procedure in making the cream.
- 6.2 Explain and demonstrate procedures in adding cream and jam to the buns.

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 towel

Assessment criteria:

The trainee has;

- 6.1.1 Made the cream following the procedures.
- 6.1.2 Added cream and jam to the buns.

Assessment method:

- Self paced
- Practical demonstration
- Observation
- Checklist

APPENDIX 7: INTRODUCTION

CREAM BUNS

Cream bun is a popular bun that is usually flavored with cream to provide a distinct flavour. There are a wide range of recipes for cream buns.

A typical recipe for cream bun with normal butter and sugar to produce the cream for the buns is demonstrated below.

D1: Equipment and Ingredients

1.1 Required equipment:

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

1.2 Ingredients:

- 3 _ cups plain sifted flour
- 2 tablespoons sugar
- _ teaspoon salt
- 1 1/3 cups warm milk
- 4 tablespoons (6g butter), melted
- 1 teaspoon baking powder
- 1 sachet dried yeast

Cream for the buns

- 1 _ cup cream or butter
- 1 tablespoon icing sugar
- _ cup strawberry jam
- 2 tablespoon icing sugar, extra

INSTRUCTIONAL NOTES

D2: Prepare ingredients and equipment

2.1 In small bowls:

- Measure 3 _ cups plain sifted flour
- Measure 2 tablespoons sugar
- Measure _ teaspoon salt
- Measure 1 1/3 cups warm milk
- Measure 4 tablespoons (6g butter), melted
- Measure 1 _ sachet dried yeast

Cream for the buns

- Measure 1 _ cup cream or butter
- Measure 1 tablespoon icing sugar
- Measure _ cup strawberry jam
- Measure 2 tablespoons icing sugar, extra

2.2 Prepare the trays:

- Brush two oven tray with melted butter or oil.
- Dust trays with lightly with flour; shake off any excess.

Buns Demonstration

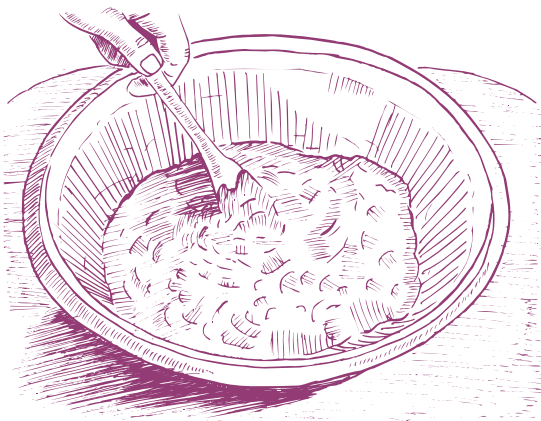
D3: Make the dough

3.1 In a large bowl place:

- Flour, sugar and salt

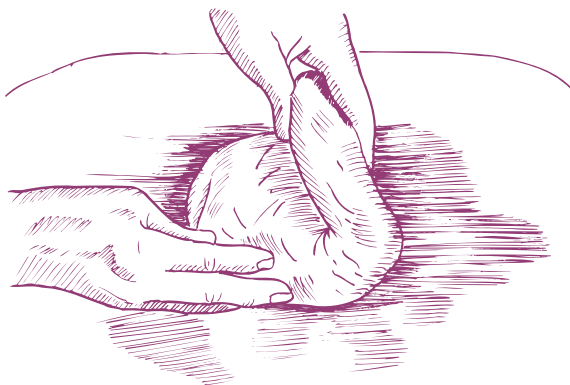
3.2 In a small bowl:

- Combine milk and butter, sprinkle with yeast; stir to dissolve.
- Pour the yeast mixture onto ingredients in the large bowl.
- Mix for 1 minute until a soft, smooth dough forms.
- Set aside, covered with plastic wrap, in a warm place for 1 hour or until well risen.



3.3 Knead the dough:

- Punch down dough and turn onto lightly floured surface.
- Knead for 2 minutes or until smooth.
- Divide into 12 pieces.
- Knead one portion at a time for 30 seconds on a lightly floured surface.

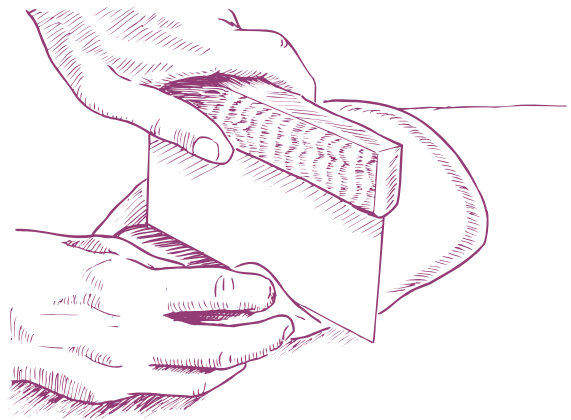


1. Begin the kneading process by folding the dough in half.

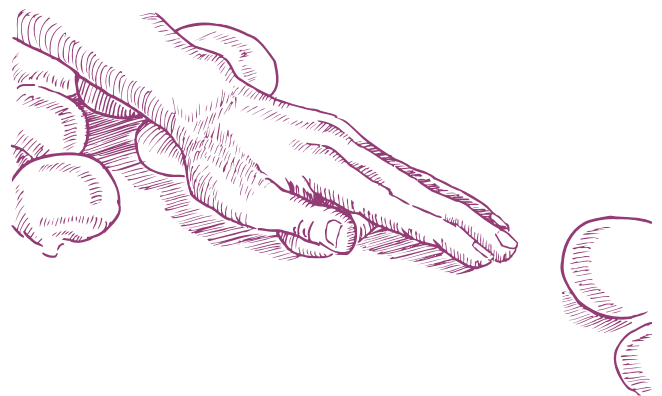
3.4 Shape the buns:

- Shape into a ball

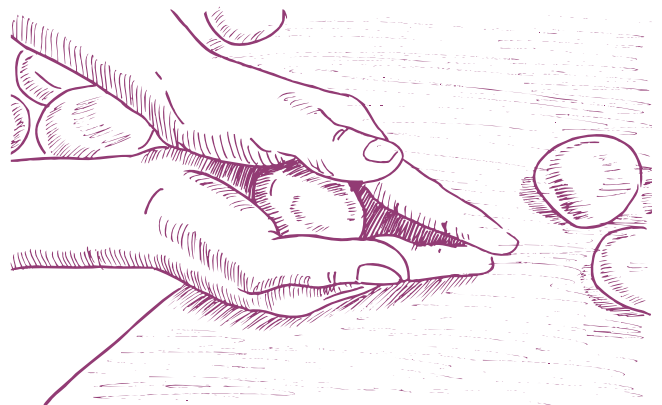
1. To create round rolls, first divide the bread dough into several equal sized balls that are no larger than 2 inches in diameter.



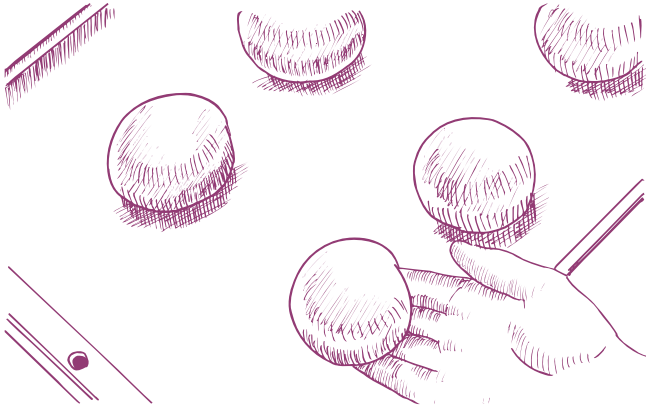
2. Using a circular motion with the palm of your hand, gently roll the dough on a floured surface to create a ball shape.



3. The ball shape can also be created by rolling the dough between the palms of both hands using the same circular motion. The dough balls will enlarge during the final rising period.



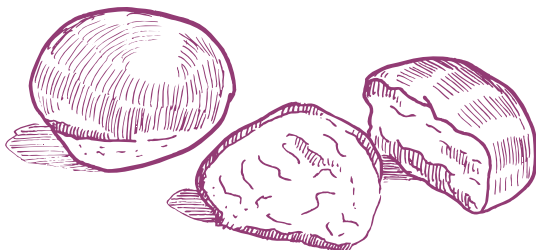
- Place balls of dough evenly spaced, onto prepared trays.
- Preheated oven 210°C (190°C gas).
- Set aside, covered with plastic wrap, in a warm place for 15 minutes or until well risen.



D4: Bake the buns

4.1 Bake the buns:

- Bake the buns for 20 minutes or until well browned and cooked through.
- Set aside for 5 minutes; transfer to a wire rack to cool.

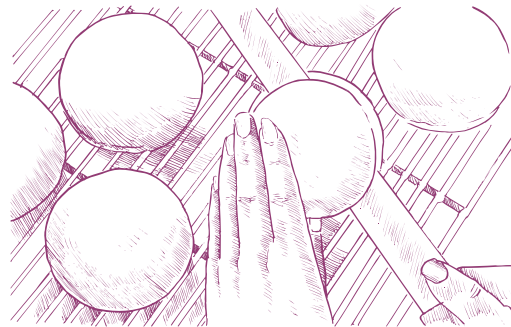


Rounded rolls after baking

D5: Prepare the buns

5.1 Prepare the buns:

- Using a serrated knife, cut diagonally into each bun, to a depth of 5cm, from the top of the bun towards the base.



D6: Cream the buns

6.1 Using the electric beater or hand beating:

- Beat cream and sugar in a small bowl until peak foam/creamy.
- Fill buns with piped beaten cream and jam.
- Dust with icing sugar

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 flavors to home baked bread.

Word	Meaning
Yeast	<p>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.</p> <p>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.</p> <p>Rapid-rise yeast (also known as quick yeast) cuts the dough rising time in half, but the recipe does lose some flavor in the process. I don't recommend using rapid rise yeast unless a recipe specifically calls for it.</p>
Flour	<p>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.</p>
Sugars	<p>Sugars stimulate yeast growth. Granulated sugar, brown sugar, honey or even molasses can be used depending on your recipe.</p>

Word	Meaning
Fats	<p>Fats such as butter, oil or shortening help give bread flavor 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. 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.</p>
Salt	<p>Salt is necessary not only for flavor but also to help the yeast grow more slowly. This results in bread with better texture.</p>
Eggs	<p>Not all breads contain eggs, but those that do are generally very tender and have a rich golden colour.</p>
Add Ins	<p>Nuts, fruits, even candies can be added into your bread doughs. Just be aware that these add-ins will slow the rising time.</p>

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 pot holders 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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