

MODULE II

BAKING

FOP/OS/BT/CR/05/4/MA

PREPARE PASTRIES

SEPTEMBER-NOVEMBER 2025



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

PRACTICAL ASSESSMENT

INSTRUCTIONS TO THE CANDIDATE:

1. This unit of competence shall be assessed in three phases.
2. Each assessment session has the duration included in brackets
3. The third phase of the assessment shall include a practical session and an oral assessment session.
4. The assessor will take photos and videos as you perform the tasks at critical points during the assessment.
5. Ensure all required resources for the assessment have been provided before beginning the assessment.

PRACTICAL ASSESSMENT 1 (2 HOURS)**Elements Covered**

1. Prepare Short pastry.

TASK

Prepare Fruit pie

Ingredients	Quantity (4 Portions)
Wheat flour	200g
Salt	5g
Margarine	50g
Water	100ml
Vegetable fat	50g
Sugar	100g
Strawberries	80g
Cherries	50g
Apple	1pc
Milk	50ml
Caster sugar	10g

Procedure

1. Sieve the flour and salt.
2. Rub in the fat to achieve a sandy texture.
3. Make a well in the center.
4. Add sufficient water to make a fairly firm paste.
5. Handle as little and as lightly as possible.
6. Prepare the fruits, wash and place half in a ½-litre pie dish or individual dishes.
7. Add the sugar and water and the remainder of the fruit.
8. Roll out ½ cm thick to the shape of the pie dish, allow to relax. Damp the rim of the pie dish and edge the rim with a strip of the pastry.
9. Damp the edge of the pastry. Carefully lay the pastry on the dish without stretching it and firmly seal the rim of the pie.
10. Cut off any surplus pastry.

11. Brush with milk and sprinkle with caster sugar.
12. Place the pie on a baking sheet and bake in a hot oven at 220°C for about 10 minutes.
13. Reduce the heat or transfer to a cooler part of the oven and continue cooking for a further 30 minutes.
14. Present

PRACTICAL ASSESSMENT 2 (5 HOURS)

Elements Covered

1. Prepare Sugar pastry
2. Prepare Puff pastry

TASK 1

Prepare Banana Flan

Ingredients	Quantity (4 Portions)
Sugar	80g
Eggs	3pcs
Margarine	125g
Wheat flour	200g
Bananas	2 pcs
Apricot jam	100g
Milk	200ml
Vanilla essence	5ml

Procedure

1. Cream the egg and sugar.
2. Add the margarine and mix for a few seconds.
3. Incorporate the sieved flour and salt. Mix lightly until smooth.
4. Allow to rest in a cool place.
5. Line a flan ring with sugar paste.
6. Cook blind and allow to cool.
7. Make pastry custard pour while hot into the flan case.
8. Allow to set. Peel and slice the bananas neatly.

9. Arrange overlapping layers on the custard. Apply apricot glaze.
10. Present

Pastry custard

Ingredients	Quantity
Eggs	2pcs
sugar	30g
Vanilla essence	5ml
Milk	200ml

Procedure

1. Whisk the eggs, sugar and essence.
2. Pour on the warmed milk, whisking continuously.
3. Pass through a fine strainer into a pie dish or individual dishes.

Apricot glaze

Ingredients	Quantity
Apricot jam	100g
Water	30ml

Procedure

1. Boil apricot jam with a little water and pass through a strainer.
2. Used as required.

TASK 2

Prepare Apple Turnover

Ingredients	Quantity (4 Portions)
Apple puree	100g
Egg	1pc
Butter	200g
Wheat flour	200g
Caster sugar	20g
Ice cold water	125g

Lemon juice	5ml
Salt	10g

Procedure

1. Sieve the flour and salt
2. Rub in one-quarter of the butter and make a well in the center.
3. Add the water and lemon juice and knead well into a smooth dough in the shape of a ball.
4. Relax the dough in a cool place for 30 minutes.
5. Cut a cross halfway through the dough and pull out the corners to form a star shape.
6. Roll out the points of the star square, leaving the center thick and knead the remaining butter to the same texture as the dough.
7. Place the butter on the center square, which is four times thicker than the flaps. Fold over the flaps.
8. Roll out to 15cm, cover with a cloth or plastic and allow to rest for 5–10 minutes in a cool place.
9. Roll out to 20cm, fold both the ends to the center, fold in half again to form a square and allow to rest in a cool place for 20 minutes.
10. Half Give one more double turn; allow to rest for 20 minutes and give two more double turns, allowing to rest between each and allow to rest for 10 minutes
11. Roll out the pastry 2mm thick and cut into 8cm diameter rounds.
12. Roll out slightly to oval.
13. Moisten the edges, place a little apple purée in center of each and fold over and seal firmly.
14. Brush with egg white and dip in caster sugar and place sugar side up on a dampened baking sheet.
15. Bake in hot oven, 220°C for 15–20 minutes.
16. Remove from the oven.
17. Present.

PRACTICAL ASSESSMENT 3 (2 HOURS) AND ORAL ASSESSMENT (1 HOUR)**Elements Covered**

1. Prepare choux pastry

TASK

Prepare Chocolate Eclairs

Ingredients	Quantity (4 Portions)
Whipped cream	250ml
Fondant	100g
Chocolate conventure	25g
Water	250ml
Margarine	10g
Sugar	5g
Eggs	4
Wheat flour	125g
Salt	5g

Procedure

1. Bring the water, sugar, salt and fat to the boil in a saucepan and remove from heat.
2. Add the sieved flour and mix in with a wooden spoon
3. Return to a moderate heat and stir continuously until the mixture leaves the sides of the pan.
Remove from the heat and allow to cool.
4. Gradually add the beaten eggs, beating well and check consistency as you go.
5. Place the choux paste into a piping bag with a 1cm plain tube.
6. Pipe into 8cm lengths onto a lightly greased, dampened baking sheet.
7. Bake at 200–220°C (less in a convection oven) for about 30 minutes.
8. Allow to cool. Slit down one side, with a sharp knife.
9. Fill with sweetened, vanilla-flavoured whipped cream, using a piping bag and small tube.
10. Warm the fondant, add the finely cut chocolate, allow to melt slowly, adjust the consistency with a little sugar and water syrup if necessary.
11. Glaze the éclairs by dipping them in the fondant; remove the surplus with the finger.
12. Allow to set.

13. Present.

The assessor will proceed to ask you oral questions for 1 hour.

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