

## PASTRIES PREPARATION

**UNIT CODE: 1013 551 04A**

**TVET CDACC UNIT CODE: HOSCU/FBP/CR/01/4/MA**

**UNIT DURATION: 120 Hours**

### Relationship to Occupational Standards

This unit addresses the unit of competency: **prepare pastries**

### UNIT DESCRIPTION

This unit of learning covers the learning outcomes, content, assessment methods, methods of delivery and resources required to prepare pastries. It involves preparation of short pastry, sugar pastry, puff pastry, choux pastry.

### Summary of Learning Outcomes

S/No	Learning Outcomes	Duration (Hours)
1.	Prepare short pastry	30
2.	Prepare sugar pastry	30
3.	Prepare puff pastry	40
4.	Prepare choux pastry	20
<b>Total</b>		<b>120</b>

### Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Prepare short pastry	<p>1.1 Definition of terms</p> <ul style="list-style-type: none"><li>• Pastry</li><li>• Short pastry</li></ul> <p>1.2 PPEs and their uses</p> <ul style="list-style-type: none"><li>• Kitchen boots</li><li>• Kitchen cloth</li><li>• Apron</li><li>• Chef 's jacket</li><li>• Chef 's hat</li><li>• Chef 's trousers/Skirts</li><li>• Neck tie</li></ul>	<ul style="list-style-type: none"><li>• Practical</li><li>• Interview</li><li>• Third Party Reports</li><li>• Written Tests</li><li>• Project</li></ul>

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <li>• Oven gloves</li> </ul> <p>1.3 Rules and best practices when making pastries</p> <ul style="list-style-type: none"> <li>• Measuring accurately</li> <li>• Keeping ingredients cold</li> <li>• Using the right flour</li> <li>• Handling dough gently</li> <li>• Chilling dough</li> <li>• Ventilation for pastries</li> <li>• Using quality ingredients</li> </ul> <p>1.4 Hygiene practices</p> <p>1.4.1 Personal hygiene</p> <p>1.4.2 Environmental hygiene</p> <ul style="list-style-type: none"> <li>• Cleaning procedures for work surfaces and equipment</li> <li>• Cleaning materials for work surfaces and equipment</li> </ul> <p>1.4.3 Food hygiene</p> <ul style="list-style-type: none"> <li>• HACCP <ul style="list-style-type: none"> <li>• Definition</li> <li>• Identification of critical control points</li> </ul> </li> </ul> <p>1.5 Classification of equipment for making pastries</p> <ul style="list-style-type: none"> <li>• Large</li> <li>• Mechanical</li> <li>• Small</li> </ul> <p>1.6 Ingredients for pastry making</p> <p>1.7 Techniques for preparing pastry</p> <ul style="list-style-type: none"> <li>• Adding fat to flour</li> <li>• Blending /mixing</li> </ul> <p>1.8 Techniques used in handling pastry</p> <ul style="list-style-type: none"> <li>• Folding</li> <li>• Kneading</li> <li>• Relaxing</li> <li>• Shaping</li> <li>• Docking</li> <li>• modified straight dough ing</li> <li>• Cutting</li> <li>• Glazing</li> </ul>	

Learning Outcome	Content	Suggested Assessment Methods
	<p>1.9 Cooking methods for pastry products</p> <ul style="list-style-type: none"> <li>• Baking</li> <li>• Steaming</li> <li>• Frying</li> </ul> <p>1.10 Identification of ingredients for short pastry</p> <ul style="list-style-type: none"> <li>• Flour</li> <li>• Shortening /margarine /butter</li> <li>• Eggs</li> <li>• Essence/ flavorings</li> </ul> <p>1.11 Short pastry making process</p> <ul style="list-style-type: none"> <li>• Mixing the dry ingredients</li> <li>• Cutting in the fat</li> <li>• Kneading</li> <li>• Chilling the dough</li> <li>• modified straight doughing and shaping</li> </ul> <p>1.12 Short pastry products</p> <ul style="list-style-type: none"> <li>• Fruit pie</li> <li>• Treacle tart</li> <li>• Cheese and ham savoury flan</li> <li>• Cornish pasties</li> <li>• Turnovers</li> </ul> <p>1.13 Qualities of well-made short pastry</p> <ul style="list-style-type: none"> <li>• Texture</li> <li>• Colour</li> <li>• Flavor</li> </ul> <p>1.14 Faults in short pastry</p> <p>1.15 Methods of finishing pastry products</p> <ul style="list-style-type: none"> <li>• Dusting</li> <li>• Piping</li> <li>• Filling</li> </ul> <p>1.16 Packaging and storage</p> <ul style="list-style-type: none"> <li>• Packaging materials</li> <li>• Labelling</li> <li>• Storage guide</li> </ul>	

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
2. Prepare sugar pastry	<p>2.1 Hygiene practices</p> <p>2.1.1 Personal hygiene</p> <p>2.1.2 Environmental hygiene</p> <p>2.1.2.1 Cleaning procedures for work surfaces and equipment</p> <p>2.1.2.2 Cleaning materials for work surfaces and equipment</p> <p>2.1.2.3 Waste disposal</p> <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul> <p>2.1.3 Food hygiene</p> <p>2.1.3.1 HACCP</p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Identification of critical control points</li> </ul> <p>2.2 Sugar pastry making process</p> <ul style="list-style-type: none"> <li>• Mixing of dry ingredients</li> <li>• Cutting in the fat</li> <li>• Kneading</li> <li>• Chilling the dough</li> <li>• Modified straight dough ing and shaping</li> </ul> <p>2.3 Flan cases</p> <ul style="list-style-type: none"> <li>• Preparation of flan cases</li> <li>• Blind baking</li> </ul> <p>2.4 Sugar pastry products</p> <ul style="list-style-type: none"> <li>• Biscuits</li> <li>• Cookies</li> <li>• Pear and almond tart</li> <li>• Banana flan</li> <li>• Apple flan</li> <li>• Lemon tart</li> <li>• Lemon meringue pie</li> <li>• Bakewell tart</li> </ul> <p>2.5 Packaging and storage</p> <ul style="list-style-type: none"> <li>• Packaging materials</li> <li>• Labelling</li> <li>• Storage guide</li> </ul>	<ul style="list-style-type: none"> <li>• Practical</li> <li>• Interview</li> <li>• Third Party Reports</li> <li>• Written Tests</li> <li>• Project</li> </ul>

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
3. Prepare puff pastry	3.1 Hygiene practices <ul style="list-style-type: none"> <li>3.1.1 Personal hygiene</li> <li>3.1.2 Environmental hygiene               <ul style="list-style-type: none"> <li>3.1.2.1 Cleaning procedures for work surfaces and equipment</li> <li>3.1.2.2 Cleaning materials for work surfaces and equipment</li> <li>3.1.2.3 Waste disposal                   <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul> </li> </ul> </li> <li>3.1.3 Food hygiene               <ul style="list-style-type: none"> <li>3.1.3.1 HACCP                   <ul style="list-style-type: none"> <li>• Definition</li> <li>• Identification of critical control points</li> </ul> </li> </ul> </li> </ul> 3.2 Identification of ingredients for puff pastry <ul style="list-style-type: none"> <li>• Flour</li> <li>• Shortening/ Margarine/ Butter (salted and unsalted)</li> <li>• Lemon juice</li> <li>• Ice cold water</li> </ul> 3.3 Methods of preparing puff pastry <ul style="list-style-type: none"> <li>• French method</li> </ul> 3.4 Puff pastry products <ul style="list-style-type: none"> <li>• Jam turnovers</li> <li>• Puff pastry slices</li> <li>• Sausage modified straight dough s</li> <li>• Meat pies</li> </ul> 3.5 Qualities of well-made puff pastry products <ul style="list-style-type: none"> <li>• Texture</li> <li>• Colour</li> <li>• Flavor</li> </ul> 3.6 Faults in puff pastry products           3.7 Packaging and storage           3.8 Packaging materials <ul style="list-style-type: none"> <li>• Labelling</li> <li>• Storage guide</li> </ul>	<ul style="list-style-type: none"> <li>• Practical</li> <li>• Interview</li> <li>• Third Party Reports</li> <li>• Written Tests</li> <li>• Project</li> </ul>

Learning Outcome	Content	Suggested Assessment Methods
4. Prepare choux pastry	4.1 Definition of terms <ul style="list-style-type: none"> <li>• Choux pastry</li> </ul> 4.2 Hygiene practices           4.2.1 Personal hygiene           4.2.2 Environmental hygiene           4.2.2.1 Cleaning procedures for work surfaces and equipment           4.2.2.2 Cleaning materials for work surfaces and equipment           4.2.2.3 Waste disposal <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul> 4.2.3 Food hygiene           4.2.3.1 HACCP <ul style="list-style-type: none"> <li>• Definition</li> <li>• Identification of critical control points</li> </ul> 4.3 Ingredients           4.3.1 Ingredients for making choux pastry <ul style="list-style-type: none"> <li>• Water</li> <li>• Butter / margarine</li> <li>• Sugar</li> <li>• Salt</li> <li>• Flour</li> <li>• Eggs</li> </ul> 4.3.2 Assembling and weighing of ingredients           4.4 Choux pastry making process <ul style="list-style-type: none"> <li>• Boiling water</li> <li>• Stirring</li> <li>• Cooling</li> </ul> 4.5 Production of choux pastry products <ul style="list-style-type: none"> <li>• Baking</li> <li>• Deep frying</li> </ul> 4.6 Packaging and storage <ul style="list-style-type: none"> <li>• Packaging materials</li> <li>• Labelling</li> <li>• Storage guide</li> </ul>	<ul style="list-style-type: none"> <li>• Practical</li> <li>• Interview</li> <li>• Third Party Reports</li> <li>• Written Tests</li> <li>• Project</li> </ul>

**Suggested Methods of Instruction**

- Practical
- Projects
- Demonstration
- Group discussion
- Direct instruction

### RECOMMENDED RESOURCES FOR 25 TRAINEES

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
A	<b>Learning Materials</b>			
	Textbooks	1) Practical cookery for level 4 Advanced technical diploma in professional cookery.  2) Theory of catering 7TH Edition by Kinton Ceserani and Fosket	1	1:25
	Projector	Functional projector for displaying content during presentations	1	1:25
	Lap top	Functional laptop with online instructional content	1	1:25
	Flip charts	Plain white	1	1:25
	White board markers	Assorted	1	1:25
	White board	Quality whiteboard of approximately 6 ft by 3 ft for writing during theory instruction	1	1:25
B	<b>LEARNING FACILITIES &amp; INFRASTRUCTURE</b>			
	Lecture/Theory Room	Spacious room with minimum capacity for 25 trainees	1	1:25
	Workshop	A Fully Equipped Operational Kitchen including Industrial - Current Tools and Equipment	1	1:25
C	<b>LARGE KITCHEN EQUIPMENTS</b>			
	Working table	Stainless steel size 2 by 6 feet	7	1:4

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Sink	Double sink stainless steel	4	1:6
	Burner	Gas range	7	1:4
	Refrigerators	200 to 400 litres capacity with in - built refreeze	1	1:25
	Displays table	Stainless steel	1	1:25
	Ovens	Electric/ charcoal/ gas	1	1:25
	Blender	With grinding attachments	1	1:25
	Freezer	Deep freezer double door	1	1:25
	Weighing scale	Digital and manual assorted sizes	5	1:5
<b>D</b>	<b>SMALL KITCHEN EQUIPMENTS</b>			
	Sauce pans	Assorted sizes with lids	13	1:2
	Peelers		5	1:5
	Squeezers	lemon squeezers	5	1:5
	Pastry brushes		5	1:5
	Graters	Multi – use	5	1:5
	Cooking spoons	Assorted sizes	14	1:2
	Whisks	Balloon	14	1:2
	Bowls	Utility stainless steel bowls assorted sizes	100	4:1
	Plates	Stainless steel utility	100	4:1
	Tea spoons	Stainless steel	25	1:1
	Table spoons	Stainless steel	25	1:1
	Measuring jugs	Assorted sizes	14	1:1
	Measuring spoons		5	1:5

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Glass bowls	Assorted sizes	25	1:1
	Chopping boards	Assorted according to colour codes	10	1:3
	Chef's knives	Stainless steel assorted types	25	1:1
	Spatulas	Rubber assorted sizes	5	1:5
	Baking trays	Non- stick assorted sizes	10	1:3
	Tongs		5	1:5
	Modified straight doughing pins		5	1:5
	Serrated knife	Stainless steel	5	1:5
	Pallet knife	Stainless steel	5	1:5
	Piping bag nozzles	Assorted	5	1:5
	Pastry cutters		5	1:5
	Piping bag		5	1:5
	Sieves	Metallic assorted sizes	5	1:5
<b>E. NON-FOOD CONSUMABLES</b>				
	Cling film	50cm X480M	1	1:25
	Grease proof / baking paper	20m X30cm	1	1:25
	Disposable gloves	100pcs per packet	1	1:25
	Dustbin liner	50pcs per packet	1	1:25
	Aluminium foil paper	Heavy duty 500m	1	1:25
<b>F. CLEANING MATERIALS</b>				
	Detergent	Multi – purpose set free	3liters	1:8

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Bar soap	Scent free 1kg bar	1	1:25
	Scoring pads	Assorted sizes	10	1:2.5
	Steel wool	Assorted sizes	10	1:2.5
	Window cleaners	1 litre bottles	5	1:5
	Yellow dusters	Non fluffy	25	1:1
E	<b>CLEANING EQUIPMENT</b>			
	Cob web brushes	With handles	2	1:12.5
	Soft brushes	With handle	2	1:12.5
	Dustpans and brush	Paired	2	1:12.5
	Mops	Both dry and wet	5	1:5
	Mop buckets	Assorted materials / sizes	5	1:5
	Hard brushes	With and without handles	5	1:5
	Squeezers	With handles	2	1:13
	Dustbins	Large with lids	4	1:6
F	<b>SAFETY EQUIPMENTS</b>			
	Fire extinguishers	Assorted types (CO2, foam, water)	3	1:8
	Fire blankets	Standard size	2	1:12.5
	First aid kit	Complete set	1	1:25

Variety of Ingredients

PPEs

## SPECIALITY DISHES PREPARATION

UNIT CODE: 1013 551 05A

TVET CDACC UNIT CODE: HOSCU/FBP/CR/02/4/MA

UNIT DURATION: 200 Hours

UNIT DESCRIPTION:

### Relationship to Occupational Standards

This unit addresses the Unit of Learning: **Prepare speciality dishes**

### UNIT DESCRIPTION

This unit of learning covers the learning outcomes, content, assessment methods, methods of delivery and resources required to prepare specialty dishes. It involves preparation of local dishes, vegetarian dishes, international dishes and sea foods.

### Summary of learning outcomes

S/No	Learning Outcomes	Duration (Hours)
1.	Prepare local dishes	50
2.	Prepare vegetarian dishes	50
3.	Prepare international dishes	50
4.	Prepare sea foods	50
<b>Total</b>		<b>200</b>

### Learning outcomes, Content and Suggested Assessment Methods

Learning outcome	Content	Suggested Assessment Methods
1. Prepare local dishes	1.1 Kitchen organization 1.1.1 Kitchen layout <ul style="list-style-type: none"><li>• Work triangle</li><li>• Choice of kitchen layout</li></ul> 1.1.2 Kitchen sections <ul style="list-style-type: none"><li>• Staff structure</li></ul>	<ul style="list-style-type: none"><li>• Practical</li><li>• Project</li><li>• Portfolio of evidence</li><li>• Third Party Reports</li></ul>