

072105T4BAK

BAKING TECHNOLOGY LEVEL5

FOP/OS/BT/CR/01/5

Produce Yeast Products

July /August 2025



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

PRACTICAL ASSESSMENT

Time: 4 HOURS

INSTRUCTIONS TO CANDIDATE:

1. You are required to perform the following tasks
 - i. Produce 2 loaves of white bread (400g each)
 - ii. Produce 15 portions of cinnamon buns (60g each)

2. You have been provided with the following resources for the practical tasks:

Ensure you have the following resource for the activities

- *Well-equipped and safe bakery workshop*
- *Timer/clock*
- *Recording sheet and pen*

Recipe cards for

- *White tin Bread (Appendix I)*
- *Cinnamon buns (appendix II)*

APPENDIX I: (WHITE TIN BREAD) 2 LOAVES (400g each)

Ingredients	Quantities
Wheat Flour (bread flour)	600g
Warm Water	360ml
Fat	6g
Salt	8g
Sugar	6g
Yeast	5g

PROCEDURE

- i. Preheat the oven to at 220°- 230°C and prepare the proofer.
- ii. Sieve the dry ingredients and make a bay.
- iii. Cut fat into small pieces and place them on the flour
- iv. Dissolve the yeast in the warm water and place it in the bay
- v. Draw the flour into the bay a little at a time mixing with the liquid to prepare a soft dough
- vi. Knead the dough checking for gluten development for fifteen minutes.
- vii. 1st Bulk ferment the dough. (50-60 minutes)

- viii. Knock back the dough.
- ix. 2nd bulk fermentation (10 minutes)
- x. Divide and weigh the dough into two equal pieces and round.
- xi. Intermediate proof (5 minutes on the bench/bowl)
- xii. Final molding each piece into a cigar shape and put them into two greased bread tin.
- xiii. Final proof the dough. (50-60 minutes)
- xiv. Bake 25-30 minutes oven until golden brown.
- xv. Cool and present the loaves.

APPENDIX II: (CINNAMON BUNS) 15 PORTIONS (60g each)

Ingredients	Quantity
Wheat Flour	500g
Yeast	5g
Salt	7.5g
Sugar	20g
Fat	20g
Milk powder	10g
Water	300 ml
Cinnamon sugar (140g sugar/10g cinnamon)	150g

PROCEDURE

- i. Preheat the oven to at 230°- 240°C and prepare the proofer.
- ii. Sieve the dry ingredients and make a bay.
- iii. Cut fat into small pieces and place them on the flour
- iv. Dissolve the yeast in the warm water and place it in the bay
- v. Draw the flour into the bay a little at a time mixing with the liquid to prepare a soft dough
- vi. Knead the dough for fifteen minutes, checking for gluten development
- vii. 1st Bulk ferment the dough. (50-60 minutes)
- viii. Knock back the dough.
- ix. 2nd bulk fermentation (10 minutes)
- x. Prepare a baking tray by greasing
- xi. Divide and weigh the dough into fifteen equal pieces and round/shape.
- xii. Roll the buns into the cinnamon/sugar mixture
- xiii. Arrange neatly on the tray
- xiv. Final proof (40-50 minutes)
- xv. Bake for 10 -15 minutes until golden brown
- xvi. Cool the buns and present

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