

BAKING

SKILL MANUAL

Class 8



CENTRAL BOARD OF SECONDRY EDUCATION
Committed to Equity and Excellence in Education

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Foreword

“Never chase an opportunity. Let it come to you by creating value and building rare skillsets.” It’s important to know that human skill development in any nation is the key to its economic growth. Skill development at an early age helps students choose from a wide range of career options by the onset of teenage. It fine tunes students’ minds to become more independent, culturally aware and self-assured, and contributes to the growth of the child as well as the society and nation as a whole. The National Education Policy 2020 has clearly stated that there should be “no hard separation” between curricular, co-curricular and extra-curricular or academic and vocational(skill)/physical education/art, etc.

To keep pace with the objective of “no hard separation”, CBSE has decided to offer students the flexibility of making a vocational choice of a short duration module on Baking (12 hours), at a stage in their early dynamic career (Class VI,VII,VIII).In this way they will be able to spend relevant time in pursuing their interest. This would give them the necessary orientation early on, so that they are able to make a choice at a later stage to pursue skill courses at secondary and senior secondary level or to choose a higher vocational degree.

Baking is a skill which enables learners to use the correct equipment and tools. It ensures that one gets the right taste for the baked products and instils a good aesthetic sense to present the products creatively. This skill will ensure the learners to plan a start-up and become a successful entrepreneur.

With this mindset, this manual has been worked upon after a lot of research and practice. Such skill sets at an early age develop confidence in the students and train them before they graduate out of school. It’s overwhelming to see that the stakeholders from schools are carrying out their responsibility of educating young minds with commitment. Such written documents are a testimony to this dedication and devotion towards nurturing young minds with the right skill sets.

Blue Bells Model School, Gurugram is consistently expanding its horizon of imparting value based education. Equivalently, Princess Diya Kumari foundation is instrumental in bringing about an awareness for such projects and enabling the smooth functioning of such valuable resources.

I extend my heartiest congratulations to the Deputy Director-Mrs. Soumya Gulati and Princess Diya Kumari foundation for being a source of inspiration in creation of this Manual and working tirelessly with a holistic vision for the future. The success of this project lies in the implementation of the same, and I am optimistic that no stone will be left unturned in its execution.

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CHAPTER 1 IMPORTANT SKILLS FOR A BAKER

LEARNING OBJECTIVES: Students will be able to:

- understand skills as an important aspect of baking

LEARNING OUTCOMES:

Location	Learning outcomes	Knowledge evaluation	Performance evaluation	Teaching and training method
Classroom	Understand the important skills required by a baker	Interpret the importance of the skills required by a baker	Bake a muffin to show the skills a baker needs	Activity: Hands on learning the students will be making a muffin in the lab using skills required by a baker
Classroom/ Home Science Lab	Predicting different types of cakes	Understand how one type of cake is different than the other	Bake a pound cake and a foam cake and compare them on the basis of texture and taste	Activity: Hands on learning Students will be making their own pound and foam cake and will compare them on the basis of creativity and taste

1.1 IMPORTANT SKILLS FOR A BAKER

One's passion for baking can help you become a successful baker. However, there are some important skills that one requires, one wants to be a successful baker. The following skills mentioned below are crucial for a baker.

- I) **Creativity** – Creativity is one of the most important skills to have when purchasing a product that is not only delicious but also visually appealing. Being creative is crucial when you want to become a baker. This skill plays a significant role in attracting the attention of the customers.



- II) **Ability to follow recipes**- It is very important to follow instructions when you are just learning to bake cakes. Each and every step of instruction should be followed properly. Recipes are planned to provide a balanced taste, texture, appearance etc.



- III) **Ability to meet timelines**-It is very essential for a baker to meet deadlines to cater to the demands of their respective customers. One must make the final and finished baked product within the stipulated time. This will have a positive impact on the customer.

iv)Organizational skills – Each stage of baking requires seamless planning and flow of the task which ensures proper organizational skills starting from preparing the ingredients to decoration of the cake or muffin. This will ensure that there is no gap and one is able to meet the timelines well.



v) Keen eye to every detail- Baking and bakers require a lot of attentiveness. The baker has to be alert during the entire process of baking. One has to be precise with the ingredients needed and their measurements.



CHAPTER 2: TYPES OF CAKES AND BAKED GOODS

LEARNING OBJECTIVES: The students will be able to understand that the final product can be altered by using different ingredients.

LEARNING OUTCOMES:

2.1 TYPES OF CAKES

There are two main types of cakes: butter cakes, also known as shortened cakes and foam cakes. The difference between these 2 broad categories of cake is in their fat content. Foam cakes consist of little or no fat and usually a larger proportion of egg is used. Some more categories of cake are mentioned below:

1. YELLOW BUTTER CAKE –

These cakes involve creaming the butter and sugar together and then adding the dry and wet ingredients. Another version of this cake is where all the ingredients are put together in a mixing bowl and mixed nicely ensuring no lump formation.



2. **POUND CAKE-** The pound cake is called a pound cake because it is made up of one pound of each of the main ingredients like flour, butter, and sugar. The characteristic of this cake is that it does not rise much during the baking process and the texture is also very dense. One can add vanilla essence to enhance its flavour.



3. **RED VELVET CAKE**- This cake is made with either butter or oil. Red velvet cake contains a few tablespoons of cocoa powder for flavour and a bright red colouring agent.



4. **CARROT CAKE**- Carrot cake uses oil rather than butter. Leavening agents such as baking powder and baking soda are also used in the cake to ensure it is leavened properly. The use of extra grated carrot moistens the cake further. Carrot cake is also flavoured with warm spices



and frosted with rich cream cheese frosting.

5. **OPERA CAKE**- In this type of cake, soaked almonds and coffee are sandwiched between an espresso flavoured buttercream. A layer of chocolate, and topped off with a second rich chocolate, this cake is light and rich. It is one of the favourites of many.



6.DRIED FRUIT CAKE- This cake is loaded with different types of dried fruits.



2.2 BAKED GOOD

Foods made from dough or batter are termed as baked goods. Baking is a method of cooking food products that use prolonged dry heat, normally in an oven, but can be done in hot ashes and hot stones. The most common baked item is bread but many other types of foods are baked as well.

The following items are baked:

- a. **Biscuit** – A term widely used for a variety of baked food products that commonly use wheat- flour in their preparation.



- b. **Bread**- A staple food prepared from different kinds of flour ranging from refined flour to wheat flour to healthier options such as oat wheat, multigrain etc.



- c. **Brownie**- A dessert which is flat based and was developed in the United States at the end of 19th century.



- d. **Cake**- A form of sweet dessert that is typically baked in its oldest forms. Cakes were modification of breads but now cover a wide range of preparations that can be simple or elaborate.



- e. **Pastry**- Pastry is a mixture of flour, fat and water that is mixed and baked. It is one of the favourite dessert for many.



2.3 ACTIVITY 1 – IDENTIFY AND SORT

Material Required: Handout 1

Handout 1 includes pictures of various baked and roasted food items from the food industry. The Facilitator can use Handout 1 in two ways by taking photocopies.

Method 1- The facilitator can cut the picture along rectangular boundaries and prepare flash cards.

- Students will then be shown the flash cards one by one.
- Students will identify different baked goods from the flash cards.
- The facilitator can make 2 columns on the display board and paste the pictures in each column as per the students' response.
- At the end of the activity, the facilitator will review the responses and make the necessary corrections with explanations.

Method 2

- Copies of the Handout can be given to each student
- Students will cut the pictures.
- Students will be given **Task Sheet 1**.
- Based on their understanding the students will identify the pictures in the column with the right name.
- The students will then tick the profession as a baked and roasted.
- Task Sheet can also be used as a checklist for understanding of the concept of Baked products.

HANDOUT 1

Picture-1



Picture -3



Picture 5



Picture-7



Picture-9



Picture-2



Picture-4



Picture 6



Picture-8



Picture-10



TASK SHEET 1

Identify the paste the pictures in the column given below as baked and roasted food items

S.No.	Roasted	Baked
1		
2		
3		
4		
5		

6		
7		
8		
9		
10		

INTENT QUESTIONS

Q1 A staple food prepared from a dough or flour and water usually by baking is:

- i) Bread
- ii) Cake
- iii) Cookies
- iv) Pie

Q2 _____ goods are foods made from dough and cooked by a method that uses dry heat.

Q3 Briefly explain the important skills required by a baker.

Q4 The cakes that often involve creaming the butter and sugar together and then adding the dry and the wet ingredients is called as:

- i) Opera cake
- ii) Yellow butter cake
- iii) Pound cake
- iv) Foam cake

Q5 The method of cooking that can be done over a flame or in an oven is called:

- i) Baking
- ii) Frying
- iii) Grilling
- iv) Roasting

Q6 _____ is a flat baked dessert developed in United States.

ANSWER KEY

1.Bread

2.Baked

3

- i) Creativity ii) organization
- iii) Keen eye to details
- iv) Ability to meet timelines
- v) Ability to follow recipes

4.yellow

5.Roasting

6.Brownie

CHAPTER 3: ROASTING, DIFFERENCE BETWEEN ROASTING AND BAKING, FACTS ABOUT BAKING

LEARNING OBJECTIVES: Students will be able to:

- differentiate between roasting and baking
- understand that different food items can be made through the process of baking

LEARNING OUTCOMES:

Location	Learning outcomes	Knowledge evaluation	Performance evaluation	Teaching and training method
Classroom/ HomeScience Lab	Understand that different food items can be baked	List the food items that can be cooked by baking	Record the food items that can be cooked using dry heat and write about each food item in brief.	Activity: Students will be given a handout wherein they will have to choose the food items that can be cooked using dry heat and write the correct response in the space provided.

ROASTING -Roasting is a method where the food is cooked over an open fire or something in hot sand and stones.

Few key differences between baking and roasting are:

- **Temperature-** The main difference between roasting and baking is that roasting happens at higher temperatures than baking. The temperature of the oven should be 400 degrees Fahrenheit or higher when one is roasting the food. Because of the higher heat, roasting results in shorter cook times and makes the outside of the food crispy.
- **Types of food-** Cooking meats or vegetables is considered roasting because the food already has a solid structure before you cook it. Baked foods are typically not solid before they are cooked. Instead, baked foods typically go from liquid or dough to solid food during the cooking process.
- **Method-** Baking almost always occurs in an oven. If you are roasting something at home, you have to typically use an oven but you can technically roast something over an open flame or in a closed barbecue.

FACTS ABOUT BAKING

Every ingredient has a specific chemical job

- Flour gives your confection a structure
- Baking powder or soda adds air bubbles
- Eggs act like the glue holding things together
- Oil and butter make it tender
- Milk gives moisture



CHAPTER 4: CAREER AS A BAKER

LEARNING OBJECTIVES: Students will be able to:

- explore the various opportunities in the field of baking

LEARNING OUTCOMES:

Location	Learning outcomes	Knowledge evaluation	Performance evaluation	Teaching and training method
Home science lab	Identify different Job opportunities for a baker	List the different job opportunities in the baking industry	Understand and describe the functions of each professional in the industry	Activity: Research based. Students will be asked to do research to find out the different job opportunities in the baking industry.

A baker is a person who creates baked goods such as breads, cookies, pastries, cakes and muffins. He/she is responsible for preparing and experimenting with dishes, baking foods, decorating cakes and measuring ingredients.

4.1 ROLE OF A BAKER

Some of the major tasks performed by a baker are:

- checking the quality and quantity of ingredients,
- cleaning and maintaining baking equipment, supervising and training other workers.
- He/ she is also responsible for preparing a budget for supplies and purchases and deciding on the quantities to be baked based on demand.

Candidates who are interested in cooking and baking can pursue this career. They can work as part-time at any bakery or restaurant.

4.2 ELIGIBILITY TO BECOME BAKER

Candidate should have minimum eligibility requirement mentioned below:

EDUCATION- The eligibility of a baker depends on the type of industry you are applying for. Companies hire bakers who have a bachelor's or master's degree in the related field. Students who have a diploma certificate can also apply for this profile.

COURSE-

- Bachelor of hotel management and catering technology
- B.sc in culinary arts
- B.A in culinary arts
- Bachelor of catering technology and culinary arts
- PGD in culinary arts

4.3 TYPES OF JOB ROLES BAKER

- Head baker
- Kitchen managers
- chefs
- Bread baker
- Cake baker and decorator
- Executive pastry chefs
- Pastry chef

4.4 EMPLOYMENT OPPORTUNITIES FOR BAKER

There are various employment opportunities one can find in this role. Some of the major sectors for employment are mentioned below:

- Large baked goods manufacturer
- Specialist bakers
- Retail bakers
- Hotels and restaurants
- Canteen
- Caterers
- Fast food outlets
- Airline caterers
- Institutional food service provider

INTENT QUESTIONS

Q1 Identify the task performed by a baker:

- i) Checking the quality and quantity of ingredients
- ii) Cleaning and maintaining baking equipment's, supervising, and training other workers.
- iii) He/ she is responsible for preparing a budget
- iv) All the above

Q2 Which type of cake uses dried fruits or canned fruits in its preparation:

- i) Yellow butter cake
- ii) Carrot cake
- iii) Dried fruit cake
- iv) Sponge cake

Q3 Give 2 examples of food items that can be roasted and baked.

Q4 Explain the types of job roles for a baker.

Q5 Elaborate the function of each ingredient in a cake:

- i) Flour
- ii) Oil and butter
- iii) Baking powder

ANSWER KEY

1. iv) all the above
2. iii) Dried fruit cake
3. Roasted – Meat and hard vegetables like potatoes, turnip etc
Baking- Breads, Cakes, Pastries

4. Types of Job Roles Baker

- Head baker
- Kitchen managers
- chefs
- Bread baker
- Cake baker and decorator
- Executive pastry chefs
- Pastry chef

5.

- i) Flour gives your confection a structure
- ii) Oil and butter make it tender
- iii) Oil and butter

CHAPTER 5: RECIPE

LEARNING OBJECTIVES: Students will be able to:

- make different baked items

LEARNING OUTCOMES:

Location	Learning outcomes	Knowledge evaluation	Performance evaluation	Teaching and training method
Home science lab	Understand the recipe to make different flavours of cake	Follow the steps given in the process of making Cakes Measure the amount of each ingredient used in making a specific flavour of cake	Make cakes as per the given recipe	Practical in lab

CUP CAKES

Ingredients

- 250 gm unsalted butter, softened
- 250 gms castor sugar
- 250 gm self-rising flour
- 4 medium eggs
- 4 tablespoon milk

You will also need:

- Ice cream scoop (optional)
- 2x12 inches muffin tins, lined with paper cases

METHOD

1 Preheat the oven to 190°C.

2 Start by creaming the butter and sugar together in a bowl using a wooden spoon or electric whisker. Beat until soft and fluffy. Then add the flour, eggs, milk and whisk until the mixture forms a smooth paste.

3 Use a traditional style ice-cream scoop, to divide the mixture among all the paper cases making sure to get an even amount of mixture in each.

4 Place the muffin tins/trays in the oven and bake for 15 minutes, then swap over the position of the trays. Bake for further 3-7 minutes, until the trays of cupcakes are light golden colour.

5 Remove the tins from the oven. Leave the cupcakes to cool in the tins for a few minutes. Then transfer them to a place to cool. Once completely cool, the cupcakes can be decorated.



Tips- cups are so versatile and can be decorated in a variety of different ways, for example, they can be topped with a sweet buttercream icing or creamy cheese frosting. Spread the icing with a palette knife on your cooled cupcakes or pipe swirls onto your cupcakes instead.

POUND CAKE

Pound cake is a type of cake traditionally with a pound of each of four ingredients flour, butter, eggs and sugar. Pound cakes are generally prepared in a loaf pan.

Ingredients

- 1 pound butter, softened
- 3 cups sugar
- 6 large eggs
- 1 cup all-purpose flour
- $\frac{3}{4}$ cup milk
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract

Method:

1 Beat butter at medium speed with an electric beater or a beater until creamy. gradually add sugar, beating at medium speed until light and fluffy.

2 Add flour to the creamed mixture alternately with milk, beginning and ending with flour. Beat at low speed until blended after each addition. Stir in extracts.

3 Pour the ready mixture into greased and floured 10-inch tube pan.

4 Bake at 300 °C for 1 hour and 10 minutes or until a long wooden pick inserted in the center comes out clean. Cool in the pan for 10 minutes.



PROJECT

Design a plan to sell assorted cakes.

GLOSSARY








- i) **Caterers-** A person/ company providing food at a social event/gathering.
- ii) **Canteen-** A restaurant provided by an organization such as a college, factory, or company for its students or staff.
- iii) **Restaurant-** A business establishment where meals or refreshments may be purchased.
- iv) **Hotel-** An establishment that provides lodging and usually, meals, entertainment and various personal services for the public.
- v) **Moisture-** Water or other liquid diffused in a small quantity as vapour.

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