TLE - Bread and Pastry Production NC II
Quarter 2 – Module 2
Select, Measure, and Weigh Ingredients in Preparing Pastry Products
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Quarter 2 – Module 2
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**Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher’s assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.
Lesson 2
Select, Measure, and Weigh Ingredients in Preparing Pastry Products

What I Need to Know

This module was designed and written with you in mind. It is here to help you master the concepts of bread and pastry production. The scope of this module permits it to be used in many different learning situations. The language used recognizes your vocabulary level. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using. This module provides you the necessary information and activities to enrich your knowledge and skills in preparing and presenting pastries.

Lesson 2 – Select, measure and weigh ingredients in preparing pastry products
After going through this module, you are expected to:
1. identify required ingredients in pastry production
2. explain the importance of measuring and weighing ingredients
3. discuss ratio of ingredients in pastry making

Before going through this module, you must answer first the activity below.

Illustration by: CLPC
What I Know

Direction: Choose the letter of the best answer. Write the chosen letter of your answer on a separate sheet of paper.

1. The best flour for pastry production if pastry flour is not available is
   a. all-purpose flour  
   b. bread flour  
   c. cake flour  
   d. wheat flour

2. Which of the following is the most popular fats for pie crust?
   a. butter  
   b. margarine  
   c. oil  
   d. shortening

3. The liquid ingredient in pastry making that contributes tenderness and flakiness of the dough is
   a. lemon Juice  
   b. milk  
   c. orange juice  
   d. water

4. The correct ratio of single crust pie is
   a. 1: 1/3  
   b. 1:1/8  
   c. 2: 1/8  
   d. 2: 2/3

5. Which of the following can be used as liquid ingredients that make a rich dough brown quickly?
   a. lemon juice  
   b. margarine  
   c. orange juice  
   d. water

6. What type of fats makes the pastry very tender and crumbly?
   a. butter  
   b. margarine  
   c. oil  
   d. shortening

7. Which fat contributes excellent flavor in pastry making but expensive and melts easily?
   a. butter  
   b. margarine  
   c. oil  
   d. shortening

8. Which of the following act as the raising agents in puff and flaky pastries.
   a. baking powder  
   b. egg  
   c. steam  
   d. yeast

9. The ingredient that must be dissolved into the liquid before adding to even distribution of flavor is
   a. corn syrup  
   b. honey  
   c. salt  
   d. sugar

10. The correct ratio of pie dough flour to fat to liquid is
    a. 1-1-1/2  
    b. 3-3-1  
    c. 4-2-1  
    d. 4-2-2

11. The correct ratio of Pate a’ choux flour to fat to liquid and to egg is
    a. 1- ½- ½ - ½  
    b.1-1-1-1  
    c. 1-1-2-2  
    d. 2-1-1-1
12. What is the equivalent of 1 cup sifted All-purpose flour to grams?
   a. 114 grams  
   b. 150 grams  
   c. 165 grams  
   d. 200 grams

13. 1 cup of shortening is the same with ____________ ounces
   a. 6.7 ounces  
   b. 6 ounces  
   c. 8 ounces  
   d. 10 ounces

14. The amount of one ingredient relative to an amount of another ingredient is
   a. equivalent  
   b. part  
   c. portion  
   d. ratio

15. Shortening has the best consistency when it is
   a. cold  
   b. frozen  
   c. melt  
   d. warm

---

**What’s In**

In the past lesson you have just learned the different terms used in baking and the tools and equipment needed in preparing pastries. Let us see if you can still remember them by answering the questions below. Write your answer in a separate sheet of paper.

1. What tool is needed if I want to measure 2 cups of flour? How will I measure the flour accurately?

_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

2. What will I use to apply frosting to my pastries to look it more appetizing? How will I use this tool?

_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
What’s New

In this lesson you should be able to select, measure and weigh required ingredients in pastry making. And explain the ratio of ingredients required in pastry making. An information regarding this topic will be given to you on the next pages. Before moving on, you should answer first the activity below.

Analogy Test

Directions: Select the lettered pair that expresses a relationship like that expressed in the original pair. Write your answer on a separate sheet of paper.

1. Bread: bread flour  
   a. all-purpose flour  
   b. cake flour  
   Pastry: ____________  
   c. self-risen  
   d. self-risen wheat flour

2. Bread: dough  
   a. batter  
   b. cookies  
   Pastry: ____________  
   c. crust  
   d. dough

3. Crust: ____________  
   a. crumby  
   b. flaky

   Dough: soft  
   c. thick  
   d. thin

4. Bread: biological leavening  
   a. baking powder  
   b. biological leavening  
   Pastry: ____________  
   c. chemical leavening  
   d. yeast

5. Pasty: ____________  
   a. high fat proportion  
   b. low fat proportion  
   Bread: low fat proportion  
   c. medium fat proportion  
   d. no-fat proportion

6. Shortening: fat  
   a. dry  
   b. dairy  
   Milk: ____________  
   c. liquid  
   d. non-dairy

7. Sugar: sweetened  
   a. adds flavor  
   b. dry  
   Eggs: ____________  
   c. emulsifies  
   d. liquid

8. Brown sugar: spoon and packed  
   a. dip and packed  
   b. dip and sweep  
   Shortening: ____________  
   c. lightly spoon  
   d. spoon and packed

9. Measuring spoon: 1 tablespoon baking powder
What Is It

Baking Ingredients in Pastry Making

Like bakery products, pastry products have also their required ingredients. The required ingredients for pastry are the same with those required in bakery products except for some ingredients that are specific for pastry production.

Pastry as a finished product is characterized as having light, airy, fly, and buttery taste. All pastry is made up of a combination of different ingredients such as flour, water, salt, butter, or other fats. Pastry products with the desired characteristics can be produced by observing correct mixing procedures and baking techniques.

I. Selecting Required Ingredients for Pastry Production

1. Flour = makes up the bulk of the ingredients in pastry
   a. All-purpose Flour = contains 10-12% protein and can be used in bread, cake and pastry making. If pastry flour is not available, all-purpose flour can be used instead. Most pastry dough does not need highly developed gluten.
   b. Pastry Flour = has enough gluten to produce the desired structure and flakiness. It is good for making cookies, pie dough, biscuits, and muffins. **Note**: If stronger flour is used, the percentage of shortening be increased to produce more tenderness. The use of too much flour results in a tough, dry, and flavorless recipe. On the other hand, too little flour results in a flat, tough, and flavorless baked product. The ratio of flour to shortening ranges from 1:1/3 to 1:2/3.

2. Fat = this contributes to the tenderness and flakiness of pastry.
   a. Shortening = the most popular fat for pie crust because it has the right plastic consistency to produce a flaky crust. It is firm and moldable enough to make an easily worked dough.
b. Butter = contributes excellent flavor to pie pastry, but it is not frequently used in volume production for two reasons: it is expensive, and its melts very easily, making the dough difficult to work.

c. Margarine = this should not be used because it blends too quickly with the flour, making a flaky pastry difficult to achieve.

d. Oil = makes the pastry very tender, but crumbly rather than flaky.

e. Lard = rendered fat of hogs and mainly used in cooking.

*Note*: If butter is used in place of shortening, the percentage of fat in the formula should be increased by about one-fourth. (If 1 pound shortening is called for, use 1 pound 4 ounces butter, if 500 grams shortening are called for, use 65 grams butter). The differences in texture of many pastries have to do with the type of fats and how fats are introduced during the process. The liquid should be reduced slightly, as butter contains moisture.

3. Leavening Agents
   a. Steam = act as the raising agents in puff and flaky pastries.
   b. Egg and steam = act as raising agents for choux pastry
   c. Yeast = use in making Croissants and Danish pastry

4. Liquid = use to bind and hold together the blended flour-shortening mixture.
   a. Water = is used to bind and hold together the blended flour-shortening mixture. It should be ice-cold to get the best result.
   b. Milk = sometimes used instead of water; it produces pastry that browns beautifully but tends to be less tender than made with water.
   c. Chilled orange or lemon juice = can be used instead of water to add flavor to the crust.

*Note*: Add cold liquid ingredients on a gradual basis. Since different types of flour have different absorbing properties. The addition of liquid contributes to flakiness as the temperature of liquids allows fat particles to become well-formed and preserved. Likewise, the flour particles become less saturated with the additional water, thus minimizing swelling.

5. Salt = it has a tenderizing and conditioning effect on the gluten.
   = its main contribution is to add flavor and it must be dissolved into the liquid before adding to even distribution.
   *Note*: Skip using salt if margarine is used.

6. Sugar = it is added to sweeten the pastry dough

7. Egg = the yolk emulsifies the dough giving the crust characteristics of tenderness, richness, and brown color.

8. Flavorings such as herbs, spices, essences, and cheeses may be used and be added to the basic pastry dough.

I. Measuring and Weighing Required Ingredients for Pastry Production

Measuring and weighing accurately the required ingredients in pastry making is of great importance for it may affect the desired characteristics of the baked goods.

The succeeding tables show the basic pastry ingredients weights and measures by Rose Levy Beranbaum.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Method of Measure</th>
<th>Ounces per Cup</th>
<th>Grams per Cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fats</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>Scoop and packed</td>
<td>8</td>
<td>227</td>
</tr>
<tr>
<td>Clarified butter</td>
<td>Scoop and packed</td>
<td>6.8</td>
<td>195</td>
</tr>
<tr>
<td>Vegetable shortening</td>
<td>Scoop and packed</td>
<td>6.7</td>
<td>191</td>
</tr>
<tr>
<td>Commercial lard</td>
<td>Scoop and packed</td>
<td>7.5</td>
<td>216</td>
</tr>
<tr>
<td>Cream cheese</td>
<td></td>
<td>9</td>
<td>256</td>
</tr>
<tr>
<td>Sugars</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granulated, superfine sugar, and coarse crystal</td>
<td>Dip and sweep</td>
<td>7</td>
<td>200</td>
</tr>
<tr>
<td>Powdered sugar</td>
<td>Lightly spooned</td>
<td>4</td>
<td>115</td>
</tr>
<tr>
<td>Light brown sugar</td>
<td>packed</td>
<td>7.6</td>
<td>217</td>
</tr>
<tr>
<td>Dark brown sugar</td>
<td>packed</td>
<td>8.4</td>
<td>239</td>
</tr>
<tr>
<td>Flour and other dry ingredients</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pastry Flour</td>
<td>Dip and sweep</td>
<td>4.5</td>
<td>130</td>
</tr>
<tr>
<td>All-purpose Flour Bleached</td>
<td>Sifted</td>
<td>4</td>
<td>114</td>
</tr>
<tr>
<td></td>
<td>Lightly spooned,</td>
<td>4.2</td>
<td>121</td>
</tr>
<tr>
<td></td>
<td>Dip and sweep</td>
<td>5.2</td>
<td>142</td>
</tr>
<tr>
<td>All-purpose Flour Unbleached</td>
<td>Lightly spooned</td>
<td>4.5</td>
<td>130</td>
</tr>
<tr>
<td></td>
<td>Dip and sweep</td>
<td>5.2</td>
<td>148</td>
</tr>
<tr>
<td>corn starch</td>
<td>Lightly spooned or sifted</td>
<td>2.6</td>
<td>120</td>
</tr>
<tr>
<td></td>
<td>Dip and sweep</td>
<td>4.8</td>
<td>138</td>
</tr>
<tr>
<td>Dutch-processed cocoa</td>
<td>Sifted</td>
<td>2.6</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>Lightly spooned</td>
<td>3.2</td>
<td>92</td>
</tr>
<tr>
<td></td>
<td>Dip and sweep</td>
<td>3.3</td>
<td>95</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1teaspoon</td>
<td></td>
<td>4.9</td>
</tr>
<tr>
<td>Baking Soda</td>
<td>1teaspoon</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Measurement</td>
<td>Calories</td>
<td>Fat (g)</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>--------------------</td>
<td>----------</td>
<td>---------</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
<td>6.7</td>
<td></td>
</tr>
<tr>
<td>Cinnamon powder</td>
<td>1 teaspoon</td>
<td>6.5</td>
<td></td>
</tr>
<tr>
<td><strong>Nuts</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td></td>
<td>6.7</td>
<td>191</td>
</tr>
<tr>
<td>Silvered</td>
<td></td>
<td>4.2</td>
<td>120</td>
</tr>
<tr>
<td>Sliced or coarsely chopped</td>
<td></td>
<td>3</td>
<td>85</td>
</tr>
<tr>
<td>Finely ground</td>
<td></td>
<td>3.7</td>
<td>107</td>
</tr>
<tr>
<td>Powder fine</td>
<td></td>
<td>3</td>
<td>89</td>
</tr>
<tr>
<td>Walnuts, pecans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Halves</td>
<td></td>
<td>3.5</td>
<td>100</td>
</tr>
<tr>
<td>Coarsely chopped</td>
<td></td>
<td>4</td>
<td>114</td>
</tr>
<tr>
<td>Hazelnuts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td></td>
<td>5</td>
<td>142</td>
</tr>
<tr>
<td>Coarsely chopped</td>
<td></td>
<td>4</td>
<td>114</td>
</tr>
<tr>
<td>Finely ground</td>
<td></td>
<td>3.7</td>
<td>107</td>
</tr>
<tr>
<td>Smooth peanut butter</td>
<td>scooped</td>
<td>16.6</td>
<td>266</td>
</tr>
<tr>
<td>Desiccated coconut</td>
<td>packed</td>
<td>3</td>
<td>85</td>
</tr>
<tr>
<td>Grate coconut</td>
<td>grated</td>
<td>2.7</td>
<td>79</td>
</tr>
<tr>
<td><strong>Dairy and water</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweetened condense milk</td>
<td>Liquid measure</td>
<td>11</td>
<td>316</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>Liquid measure</td>
<td>8.12</td>
<td>232</td>
</tr>
<tr>
<td>Milk, buttermilk, sour cream</td>
<td>Liquid measure</td>
<td>8.5</td>
<td>242</td>
</tr>
<tr>
<td><strong>Syrups</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Molasses</td>
<td>Greased liquid measure</td>
<td>11.2</td>
<td>322</td>
</tr>
<tr>
<td>Corn syrup</td>
<td>Greased liquid measure</td>
<td>11.5</td>
<td>328</td>
</tr>
<tr>
<td>Honey</td>
<td>Greased liquid measure</td>
<td>12</td>
<td>345</td>
</tr>
<tr>
<td><strong>Other Ingredients</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemon juice</td>
<td>Liquid measure</td>
<td>8.7</td>
<td>250</td>
</tr>
<tr>
<td>Orange juice</td>
<td>Liquid measure</td>
<td>8.5</td>
<td>242</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>1 teaspoon</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Citrus zest</td>
<td>1 teaspoon</td>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>
II. Ratio of Ingredients

Following a recipe is a great way to get started in the kitchen. However, once you have gotten the hang of it, you can learn the few choice ratios that govern dozens of different baked products and free yourself from the restriction of recipes. Baking can be daunting, but what you may not know is that a lot of foods are governed by some very basic math. Once you understand it, you'll always be able to make a batch of freshly baked products.

Part = is a designated amount of one ingredient relative to an amount of another ingredient, unit of measure being the same.

Example: four parts flour and one-part chocolate chips, it means you need 4 tablespoons of flour and 1 tablespoon of chocolate chips or 4 cups flour and 1 cup chocolate chips. The Basic Ratios: Bread, Pie Dough and Pancakes (by: A Tuscan Foodie in America)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Method of Measure</th>
<th>Ounces per Cup</th>
<th>Grams per Cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Ounces</td>
<td>Grams per unit</td>
<td>Grams per cup</td>
</tr>
<tr>
<td>1 large, in shell</td>
<td>2</td>
<td>56.7</td>
<td></td>
</tr>
<tr>
<td>1 large, without shell (3T+1/2 t)</td>
<td>1.7</td>
<td>50</td>
<td>253</td>
</tr>
<tr>
<td>1 large egg white(2T)</td>
<td>1</td>
<td>30</td>
<td>240</td>
</tr>
<tr>
<td>1 large egg yolk (3 ½ t)</td>
<td>0.6</td>
<td>18.6</td>
<td>255</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ratio of Ingredients</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>Rule of thumb: salt- 2% of flour’s weight, yeast- 1tsp. for 1 pound of flour.</td>
</tr>
<tr>
<td>Pie dough</td>
<td>Fat and liquid must be as cold as possible.</td>
</tr>
<tr>
<td>Single crust pie</td>
<td>Fat must be cold as possible.</td>
</tr>
<tr>
<td>Biscuit</td>
<td>1tsp. baking powder per 225g. of flour, use butter as your fat.</td>
</tr>
<tr>
<td>Cookie</td>
<td>Flavor will vary depending on additions. Use butter as your fat.</td>
</tr>
<tr>
<td>Pate a’</td>
<td>Savory and sweet (creampuff dough) preparations (depends on</td>
</tr>
<tr>
<td></td>
<td>Flour</td>
</tr>
<tr>
<td>-----------</td>
<td>-------</td>
</tr>
<tr>
<td>choux</td>
<td>part</td>
</tr>
<tr>
<td>Muffin</td>
<td>2 parts</td>
</tr>
<tr>
<td>Fritters</td>
<td>2 parts</td>
</tr>
<tr>
<td>Pancake</td>
<td>2 parts</td>
</tr>
<tr>
<td>Crepe</td>
<td>⅓ part</td>
</tr>
<tr>
<td>Popover</td>
<td>1 part</td>
</tr>
</tbody>
</table>

**Wow! Thank you for reading and understanding it. I hope you learned from the reading you did a while ago. I supposed you are now excited to explore on another activity. Are you ready?**

*Illustration by: CLPC*

What’s More

Matching Type

**Directions:** Match column A with the correct answer on column B. Write only the letter of your answer in your answer sheet.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The best flour for pastry making</td>
<td>a. flaky</td>
</tr>
<tr>
<td>2. acts as raising agent of puff</td>
<td>b. 130 grams</td>
</tr>
<tr>
<td>and flaky pastries</td>
<td></td>
</tr>
<tr>
<td>3. A good crust is tender and</td>
<td>c. 8 ounces</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. 1 cup of Pastry flour is
   the same with _______ grams  d. steam

5. 2 part of flour means  e. 6.7 ounces

6. makes a flaky pastry difficult to achieve  f. 1: 1/3

7. 1 cup butter is the same with
   _______ounces  g. 2 cups

8. 1 cup shortening the same with
   _______ ounces  h. flour

9. 1 cup sifted flour is equal to
   _______ grams  i. Margarine

10. tenderized and condition gluten  j. Pastry flour

11. sweeten the pastry dough  k. 114 grams

12. 1 part of salt means  l. Salt

13. ideal proportion of flour
    to shortening  m. Liquid ingredients

14. makes up the bulk
    of the ingredients  n. 1 tsp. salt

15. bind and hold together
    blended flour and shortening  o. Sugar
Fill in the blanks

Directions: Supply the needed term to complete the idea of the sentence. Write your answer on a separate sheet of paper.

1. If stronger flour is used in pastry making, percentage of shortening should be __________.

2. Pastry is made of high proportion of fat to flour with a small amount of __________.

3. An ideal pastry crust is __________ and __________.

4. __________ is the key in the preparation of the dough for pastry.

5. Shortening has the best consistency when __________.

6. _______ liquid ingredient is best to use in making pastry dough.

7. _______ produces pastry that browns beautifully but tends to be less tender that with water.

8. The use of _______ _______ flour results into tough, dry and flavorless recipe.

9. _______ should be dissolved in liquid before adding to the mixture.

10. Too little _______ in pastry causes the pastry to be crumbly.
What I Can Do

Essay Direction: Read, analyze, and answer the following questions. (5 points each) Rubrics will be used to assess your answers.

1. What is the best kind of fats to be used in making pastry dough? Why?

2. How do you achieve a tender and flaky pastry dough/crust?

<table>
<thead>
<tr>
<th>Rubrics</th>
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Assessment

Multiple Choice

Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Shortening has the best consistency when it is
   a. cold  c. melt
   b. frozen  d. warm

2. Which of the following can be used as liquid ingredients that makes a rich dough brown quickly?
   a. lemon juice  c. orange juice
   b. milk  d. water

3. The best flour for pastry production if pastry flour is not available is
   a. all-purpose flour  c. cake flour
   b. bread flour  d. wheat flour

4. The correct ratio of Pate a’ choux flour to fat to liquid and to egg is
   a. 1-1/2-1/2-1/2  c. 1-1-2-2
   b. 1-1-1-1  d. 2-1-1-1

5. 1 cup of shortening is the same with __________ ounces
   a. 6.7 ounces  c. 8 ounces
   b. 6 ounces  d. 10 ounces

6. The liquid ingredient in pastry making that contributes tenderness and flakiness of the dough is
   a. lemon juice  c. orange juice
   b. milk  d. water

7. Which of the following act as the raising agents in puff and flaky pastries.
   a. baking powder  c. steam
   b. egg  d. yeast

8. Which of the following is the most popular fats for pie crust?
   a. butter  c. oil
   b. margarine  d. shortening

9. The correct ratio of single crust pie is
   a. 1: 1/3  c. 2: 1/8
   b. 1: 1/8  d. 2: 2/3

10. What type of fats makes the pastry very tender and crumbly?
   a. Butter  c. Oil
   b. Margarine  d. Shortening
11. The ingredient that must be dissolved into the liquid before adding to even distribution of flavour is
a. Corn syrup               c. Salt
b. Honey                      d. Sugar

12. Which fat contributes excellent flavor in pastry making but expensive and melts easily?
a. Butter                    c. Oil
b. Margarine                  d. Shortening

13. The amount of one ingredient relative to an amount of another ingredient is
a. equivalent               c. portion
b. part                      d. ratio

14. What is the equivalent of 1 cup sifted All-purpose flour to grams?
a. 114 grams                 c. 165 grams
b. 150 grams                d. 200 grams

15. The correct ratio of pie dough flour to fat to liquid is
a. 1-1-1/2                        c. 4-2-2
b. 3-2-1                         d. 4-2-1

How did it go? Were you able to get them correctly?
Additional Activity

True or False

Directions: Write TRUE if the statement is correct and FALSE if it is incorrect. Write your answer on a separate sheet of paper.

1. If wheat flour is used in pastry making, percentage of shortening should be increased.

2. Shortening blends too quickly into the flour if it is cold.

3. Ideal pie dough consists of 3 parts flour, 3 parts fats and 1-part water.

4. Liquid ingredients in pastry making should be warm to maintain proper dough temperature.

5. Additional measurement of salt should be added if margarine is used in pastry making.

6. The differences in texture of many pastries have to do with the type of fats and how fats are introduced during the process.

7. The yolk of the egg emulsifies the dough and gives the crust characteristics of dryness.

8. To measure fat is to spoon and pack the fat into the measuring cup.

9. In measuring flour spoon full into the measuring cup and level it off with spatula.

10. To attain a tender and flaky dough proportion of flour and fat is very important.

Illustration by: CLPC

Congratulations, you can move now to the next module!
Answer Key

What's New

1. Increase
2. Liquid
3. Magnetic
4. Your mixture
5. Cold
6. Salt
7. More
8. Too much
9. Seal
10. Wait

What I Have Learned

11. O
12. N
13. F
14. H
15. M

What's More

16. B
17. A
18. A
19. A
20. D
21. D
22. C
23. B
24. D
25. C
26. B
27. A
28. D
29. B
30. A

Additional Activities

1. True
2. False
3. False
4. Yes
5. False
6. False
7. Yes
8. D
9. K
10. T
11. O
12. N
13. F
14. H
15. M

Assessment

1. A
2. B
3. B
4. D
5. C
6. D
7. B
8. F
9. D
10. B
11. D
12. A
13. F
14. B
15. V

References

A. Books
Cadiente, Maria Margarita A., Bread and Pastry Production. ANVIL Publishing, Inc., Pasig City, Philippines. 2013, 112-113

**B. Online Sources**


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