

Baking and Pastry

Exam Information	Description
Exam number 349 Items 33 National Career Cluster Hospitality & Tourism Certification available Yes	The Baking and Pastry industry certification exam assesses learners' knowledge of baking terminology, equipment, formula conversions, and practice methods for creating yeast breads, pastries, fillings, cakes, and cookie production. They are also assessed on industry workplace skills, food safety, and understanding the opportunities for careers within the baking and pastry industry.

Exam Blueprint and Performance Skills

Standard	Percentage of exam score
1. Workplace Safety & Sanitation	17%
2. Careers & Education	3%
3. Production Skills & Techniques	28%
4. Cookies	8%
5. Yeast Bread Preparation	17%
6. Fillings	8%
7. Pastry Doughs	11%
8. Cake Preparations & Finishes	8%

*Includes performance skill evaluation

Standard 1 - Workplace Safety & Sanitation

Consistently demonstrate workplace safety, food safety, and sanitation techniques

Objective 1 Review established safety rules and guidelines in a work environment. (Refer to Culinary 1 Strand 1 Standard 1 & 4)

Objective 2 Review health and hygiene requirements & Food-borne illness prevention for food handling. (Refer to Culinary 1 Strand 1 Standard 2)

Standard 2 - Careers & Education

Explore the baking and pastry industry, education and career opportunities.

Objective 1 Explore the baking and pastry educational & professional opportunities.

1. Educational
 - a. Associate, Bachelor's, and Master's degree available in Baking and Pastry depending on desired career outcome.
2. Professional
 - a. American Culinary Federation (ACF)
 - b. Retail Bakers of America- Certifications range from novice to master's level, with a variety of specializations
3. The Bread Bakers Guild of America

Objective 2 Analyze the career opportunities available in the baking and pastry industry.

1. Entrepreneurship
 - a. Restaurants
 - b. Gourmet Shop
 - c. Cafes
 - d. Specialized Confectioners
2. Corporation
 - a. Wholesale Bakeshops
 - b. Hotels
 - c. Grocery
 - d. Stores
 - e. Commercial

Standard 3 - Production Skills & Techniques

Apply necessary skills for baking and pastry production.

Objective 1 Employ proper measuring techniques

1. Utilize weights and measures by demonstrating proper scaling and measurement.
 - a. Digital Scales are the most commonly used scales to weight ingredients.
2. Compare and contrast volume and weight measurements
 - a. Professional bakers use weight measurements which produces a more consistent product.
 - b. Weight measurements are more accurate and consistent than volume measurements.
3. Apply the baking formulas
 - a. Bakers Percentage: A formula used to keep products consistent; it allows you to determine exactly how much dough must be produced to meet specific production needs, while maintaining the correct ratios.
 - i. In bread baking, flour or a combination of flours is represented by 100%
 - ii. In other baking items, one ingredient is represented by 100% and the other ingredients are based off of that 100% ingredient, some ingredients may be over 100%
4. Examine the difference between standardized recipes and professional recipes.
 - a. Standardized recipes are designed for consistent, repeatable results, ensuring quality, cost control, and efficient operations.
 - b. Professional bakers recipes: represent the initial foundation for standardized recipes, but they also highlight the importance of technique, adaptability, and scalability to achieve specific

Objective 2 Define terms related to baking and pastry methods, processes, and techniques.

1. Define terms related to baking and pastry methods, processes, and techniques.
 - a. Docking: Pricking a pie crust to allow steam to escape while baking.
 - b. Blind Baking: baking a pie crust or pastry without the filling.
 - c. Tempering: Bringing two liquids together to a similar temperature by combining them completely.
 - d. Fold in: incorporating two mixtures together delicately. Mix by cutting down the center of the mixture and sweeping to the side. Repeat until incorporated.
 - e. Cut in: Using a solid fat worked into flour until the pieces of fat are very small.
 - f. Cream: Using a solid fat beaten together with sugar to form a web of air between the fat and sugar. Lightens and leavens baked goods.
 - g. Blooming: soften gelatin in cool liquid before using. Ensures a smooth texture in the final product.
 - h. Caramelization: Browning of sugars by heat. Creating a complex flavor.
 - i. Leavening: Process of baked goods rising. Three categories are chemical leaveners (baking soda or powder), organic leaveners (yeast), and physical leavener (air).
 - j. Gelatinization: Process by which starch granules absorb water and swell in size.
 - k. Proof: Final rise of a yeast bread product prior to baking.

- l. Oven Spring: Final burst of rising just after a yeast product is put in the oven before the crust hardens.
- m. Gluten: Protein in wheat, barley, and rye. Found in the endosperm of the grain.
- n. Batter: Semi- liquid mixture containing a flour or other starch that provides structure.
- o. Dough: Thick, malleable, often elastic mixture that is stiff enough to knead or roll.
- p. Streusel: Crumbly topping for baked goods made of flour, fat, sugar, and flavoring(s).

Objective 3 Review mise en place and professional cookery practices techniques (Culinary 2: Strand 2 Standard 2 & 3)

- 1. Practice using a baking timeline.
 - a. Bakers use a timeline to stay organized and ensure everything is ready at the right time. Bakers must account for preparation, resting, chilling, baking, and cooling time. It is best to plan backward from the final deadline (pick up time or event) and plan when each task must happen.

Objective 4 Explore the equipment utilized by the baking and pastry industry.

- 1. Explore oven types and the benefits of use.
 - a. Convection Oven: A cooking device that heats food by the circulation of hot air.
 - b. Convention Oven: Uses two heating elements, one at the top and one at the bottom, to cook food. It relies on radiant heat to gradually cook food, providing consistent cooking.
 - c. Mixers
 - d. Countertop Mixers: Typically 5 quart to 8 quarts
 - e. Hobart Mixers: Typically 20, 40, 60, or 80 Quarts
- 2. Explore large production equipment utilized in baking and pastry.

Optional: Standard performance evaluations on the final page of this document.

Standard 4 - Cookies

Explore a variety of cookies

Objective 1 Differentiate between the six cookie variety preparation methods.

- 1. Drop (chocolate chip, oatmeal)
 - a. Made from dough firm enough to be spooned or scooped onto a baking sheet.
- 2. Bar/Sheet (lemon bar, brownie)
 - a. Baked in large sheets and portioned after baking.
- 3. Rolled/Cut Out (sugar, gingerbread cookie)
 - a. Dough prepared, chilled and rolled then cut into desired shape before cooking.
- 4. Molded (spritz, almond crescent)

- a. A dough with a stiff batter enough to be formed by hand, stamped, pressed or piped(molded).
- 5. Wafer (tuille)
 - a. A dough with a thin batter that is spread with a spatula and stencil or by hand(wafer).
- 6. Twice baked (biscotti)
 - a. Prepared in a log or loaf, baked then cooled, sliced and re-baked.
- 7. Piped (Macarons)
 - a. Batter is placed in a piping bag and piped into shapes on a sheet pan.
- 8. Ice Box (checkerboard, shortbread)
 - a. Dough that is shaped into a log, chilled, then cut into portions, and baked.

Objective 2 Discuss proper holding and storage of cookies.

- 1. Cooling: The process of allowing baked goods to release heat and moisture after being removed from the oven, transitioning from a hot, pliable state to a firm, stable consistency.
 - a. Cooling is the absolute first and most crucial step in cookie preservation.
 - i. Prevents sogginess, aids firmness, affects flavor
 - b. Transfer cookies to a wire rack when the sides have set this allows the air to circulate, and ensure even cooling.
 - c. Allow cool completely before packaging or storing.
- 2. Packaging: The process of enclosing a product in a container or wrapping material for protection and preservation.
 - a. Paper: depends on the type of cookie; usually used if selling or eating immediately.
 - b. Plastic: for long term storage, good for freezing and reusable.
- 3. Storage: can be stored for up to a week in an airtight container or frozen for up to 2 months

Optional: Standard performance evaluations on the final page of this document.

Standard 5 - Yeast Bread Preparation

Demonstrate yeast bread preparation skills.

Objective 1 Discuss the types of flours used in baking and pastry.

- 1. Review common baking ingredients.
 - a. Gluten is a protein that is formed by two proteins (glutenin and gliadin); when water is added to the mixture and kneaded, gluten is formed.
- 2. Compare and contrast the variety of flours and uses for each.
 - a. High Gluten Bread Flour: High protein content from 14% - 16%; adds strength, elasticity, and structure to the bread like bagels, pizza crust, and ciabatta.
 - b. Bread Flour: Lower protein content from 12% - 14%; the standard flour used in yeasted bread making like baguettes, sandwich bread, pretzels.
 - c. All Purpose Flour: Protein content from 9% -11%; creates softer enriched doughs like cinnamon rolls, brioche, and challah.

Objective 2 Discuss the end product of a yeasted bread including the interior and exterior of yeast breads.

1. Interior Crumb:
 - a. Open Crumb: Cross-section consists of large and irregular gaps and air pockets within the interior of the loaf
 - b. Closed Crumb: Cross-section consists of smaller air pockets which creates a dense and finer texture throughout the loaf
2. Exterior Crumb:
 - a. Yeast breads made from lean dough: Firm crust, crust is golden brown, crispy, often looks rustic, may be scored, may be flaky
 - b. Yeast breads made from enriched dough: may be shiny, texture of crust is soft, golden brown

Objective 3 Compare types of yeasts used in baking yeast breads.

1. Dry Yeast
 - a. Active yeast - Must be activated in warm liquid before being added to the dough.
 - b. Instant yeast - Rapid-rise or quick-rise yeast, is a type of dry yeast that can be added directly to dry ingredients without needing to be dissolved in liquid first.
2. Cake/Bakers/Compressed Yeast (fresh) - A fresh form of yeast that is typically sold in small, compressed blocks. It's known for its reliability in traditional baking and needs to be refrigerated.
3. Preferments - Preferments in yeast breads are portions of the dough that are mixed and fermented separately before being incorporated into the final dough. These are typically made with commercial yeast.
 - a. They enhance flavor, improve texture, and can affect the bread's rise and shelf life.
 - b. Common types include poolish, biga, sponge, and pâte fermentée.
4. Wild Yeast - Yeast species found naturally in the environment, as opposed to cultivated, commercial yeast strains. These yeasts are often sourced from organic fruits, organic wheat or rye flour, and even the air. They contribute to fermentation processes in foods like sourdough bread.

Objective 4 Discuss how gluten specific diseases affect the making of yeasted breads.

1. Dietary needs: refers to tailoring the ingredients and methods of bread production to accommodate specific health requirements, sensitivities, allergies, or lifestyle choices of individuals.
 - a. Celiac Disease: Autoimmune disorder where the ingestion of gluten leads to damage in the small intestine.
 - b. Gluten intolerance: non-celiac gluten sensitivity; experience digestive symptoms after ingesting gluten.
 - c. Commercial gluten-free bread flour is available.

Objective 5 Analyze the difference between the types of yeast dough.

1. Lean Dough
 - a. A dough made primarily from flour, water, salt, and yeast.

- b. Characteristics - chewy texture, crisp crust, and open crumb structure
- c. Examples - baguette, ciabatta, artisan loaves
- 2. Enriched Dough
 - a. A dough made from flour, water, salt, yeast with the additions of fat, dairy, sugar, and/or eggs
 - b. Characteristics - soft texture, tender crumb, and rich flavor
 - c. Examples – challah(hal-luh), brioche, soft dinner rolls, sweet roll dough, hamburger buns

Objective 6 Examine the mixing methods of yeasted breads.

- 1. Straight Mixing Method
 - a. Mix all the ingredients together in one step. As a result, the dough can lack flavor and shelf-life.
- 2. Sponge Mixing Method
 - a. Yeast is mixed with a portion of the flour and water then allowed time to develop (sponge) prior to mixing the other ingredients.
- 3. Brioche Mixing Method
 - a. Sponge method with butter added as the last ingredient.

Objective 7 Practice the steps of production for yeast breads.

- 1. Scaling(measuring) ingredients
- 2. Mixing ingredients
- 3. Bulk(primary) Fermentation: initial rise
- 4. Folding or de-gas it: helps create more flavor
- 5. Dividing: based on type of product; divide into portions
- 6. Preshaping: create rounds, oblongs, or final shape
- 7. Bench Rest: relaxing the gluten before finishing shaping
- 8. Shaping: final product shape
- 9. Final Fermentation: final rise
- 10. Scoring (Wash & Slash): based on final bread product; addition of egg wash or water wash.
- 11. Baking
- 12. Cooling: sets the structure, aroma, and flavor.

Objective 8 Discuss proper holding and storage of yeast breads.

- 1. Loaves should be completely cool before cutting
- 2. For storage loaves should be wrapped tightly and frozen.
- 3. Loaves may be kept in the freezer for up to 2 months.
- 4. Refrigeration is not ideal for bread storage; it causes the bread to stale and absorbs refrigerator odors.
- 5. Sustainability
 - a. Usable waste (bread pudding, croutons)

Optional: Standard performance evaluations on the final page of this document.

Standard 6 - Fillings

Explore and produce a variety of fillings used in baked products.

Objective 1 Demonstrate the production and use of a custard

1. Stirred Custard/Pudding: a versatile class of culinary preparations, primarily composed of eggs, dairy, and often sugar, thickened through the coagulation of egg proteins by heat. Their texture can range from delicate and pourable to firm and sliceable, depending on the ratio of ingredients and cooking method
2. Curd - A rich, tangy stirred custard made with butter, egg yolk, and strong-flavored/acidic fruits, particularly citrus that helps to balance the large quantity of butter.
 - a. Key Characteristics: Velvety smooth, intensely flavored, firm enough to hold its shape but still spreadable.
 - b. Examples: lemon, lime, raspberry, pineapple, or orange curd
 - c. Products: lemon meringue pie, entremet
3. Pastry cream (Creme Patisserie)- A thickened stirred custard, made with milk, egg, egg yolk, sugar, cornstarch, butter, and typically vanilla or other flavorings. The addition of the cornstarch necessitates the need to boil the custard; to activate the starch.
 - a. Key Characteristics: Thick, smooth, pipeable, holds its shape well.
 - b. Examples: Coconut, chocolate, vanilla, berry, or pistachio pastry creams
 - c. Products: coconut cream pie, filled doughnuts, boston cream pie, banana pudding, trifle
 - d. Variations: Diplomat cream, Creme legere, Creme mousseline, Creme chiboust
4. Creme Anglaise- Meaning “English cream” in French, is a fundamental and versatile stirred custard sauce in classic French pastry, that is not boiled when cooking. It is a light, pourable, sweetened custard that is typically flavored with vanilla.
 - a. Key Characteristics: Smooth, creamy, rich, melts slowly.
 - b. Examples: Ice Cream, dessert sauce accompaniment
5. Mousse- Made with a base of a curd, pastry cream or creme anglaise. They are light and airy by incorporating whipped cream and/or whipped egg whites and can be stabilized with gelatin.
 - a. Key Characteristics: Light, airy, intensely flavored, delicate texture.
 - b. Examples: Chocolate, vanilla, orange, almond, or strawberry mousse
 - c. Products: Entremet, chocolate mousse dessert, or mousse cake
6. Bavarian Cream- Made with a crème anglaise, fruit puree or combination of the two stabilized with gelatin, lightened with an equal amount of whipped cream. An intense flavor must be used in the base, as the whipped cream will lessen the flavor as it is added.
 - a. Key Characteristics: Smooth, delicate, jiggly, holds its shape when unmolded.
 - b. Examples: Vanilla, Chocolate, walnut, or blackberry
 - c. Avoid: pineapple or mango (destabilizes gelatin)
 - d. Products: Molded Bavarian cream desserts, Charlottes, Cake filling

Objective 2 Practice making a variety of baked custards.

1. Baked Custard: Similar to a stirred custard uses eggs, milk or cream, flavorings, and sugar (omitted for savory dishes). Cooked gently in an oven, often in a water bath (bain-marie), to ensure even cooking and prevent cracking or curdling.

2. Custard Pie fillings - Custard ingredients added to the unbaked pie shell, often with other ingredients (such as pecans) providing a rich and creamy interior that sets firmly when baked.
 - a. Key Characteristics: Smooth, creamy, sets firm when cooled, often browned on top.
 - b. Products: Pumpkin, pecan, or buttermilk pie
3. Bread Pudding: A classic comfort dessert that utilizes stale bread, soaked in a sweet, spiced custard and then baked until golden and firm.
 - a. Key Characteristics: Moist, tender interior with a slightly crisp top, rich and flavorful.
 - b. Examples: Chocolate, vanilla, cinnamon
4. Crème Brûlée: A rich, individually baked custard characterized by a crisp, caramelized sugar topping that is traditionally torched just before serving.
 - a. Key Characteristics: Silky smooth, rich, firm custard contrasted with a brittle, sweet, glass-like sugar crust.
 - b. Examples: Vanilla bean, chocolate, or orange
5. Creme caramel: A classic baked custard with a soft, smooth texture, that starts with a caramelized sugar on the bottom of the dish which produces a caramel sauce when baked. To serve it is inverted to reveal a layer of thin caramel sauce.
 - a. Key Characteristics: Silky smooth, wobbly, sweet, with a distinct caramel flavor and glistening sauce.
 - b. Examples: Creme caramel dessert, flan, chocoflan
6. Soufflé: A light and airy baked dish that uses a base (often a thick béchamel for savory, or a pastry cream/crème anglaise for sweet) folded with stiffly beaten egg whites, which cause it to puff dramatically during baking. Baked in a dish with tall sides. An intense flavor must be used in the base, as the egg whites will lessen the flavor as they are added.
 - a. Key Characteristics: Extremely light, airy, delicate, impressive rise, creamy interior, often served immediately as it deflates quickly.
 - b. Examples: Cheese, chocolate, raspberry, lemon, vanilla
7. Quiche: A savory tart with a rich, creamy baked herbed custard filling that includes various ingredients like cheese, cooked meats (bacon, ham), and vegetables. The custard sets firmly during baking.
 - a. Key Characteristics: Flaky pastry crust, savory and creamy custard interior, holds its shape when sliced, versatile with fillings.
 - b. Examples: Quiche Lorraine, summer vegetable, spinach, asparagus
8. Cheesecake: A dessert characterized by a rich, dense, and creamy filling, typically made with cream cheese (or other soft cheeses), eggs, sugar, and sometimes sour cream or heavy cream, baked over a crust (often made from graham crackers or cookies) or may be crustless.
 - a. Key Characteristics: Smooth, dense, creamy texture; rich flavor; distinct crust; often chilled for hours after baking to fully set.
 - b. Examples: New York cheesecake, Basque cheesecake, strawberry, chocolate

Objective 3 Demonstrate how to use fruit in a variety of desserts.

1. Pie Filling: compositions of fruit, sweeteners, thickeners often the natural pectin found in fruits and cornstarch or tapioca, and flavorings designed to be encased within a pastry crust and baked. The fruit softens and releases its juices during baking, which are then thickened to create a cohesive, sliceable interior for the pie.

- a. Cooked in shell: Fruit, sweeteners, and thickeners are combined uncooked and then placed directly into an unbaked pie crust. The entire assembly is baked together, allowing the fruit to soften and the filling to thicken within the pie shell. This method is common for firmer fruits like apples.
 - i. Examples: Gallettes, apple pie
 - b. Precooked: The fruit and/or its juices are cooked on the stovetop with sweeteners and thickeners until thickened before being poured into a pie crust. Best for juicier fruits.
 - i. Examples: Blackberry, or mixed berry pie
 - c. Fresh fruit: Fresh fruit is combined with a prepared, typically gelatin- or starch-thickened, and chilled mixture (a pastry cream, gelatin base, or no-bake cheesecake base) and placed into a pre-baked pie crust. These pies are set by chilling rather than baking.
 - i. Examples: Strawberry, peach, or strawberry pretzel pie
2. Fruit Fillings/Sauces: Fruit fillings/sauces are used to enhance the flavor, appearance, and texture of dishes. Typically any fruit can be used in the preparations below.
- a. Macerated fruit - A technique where fruit is softened and infused with flavor by soaking it in a liquid (sugar, citrus juice) at room temperature or chilled. This process draws out the fruit's natural juices, creating a flavorful syrup, and slightly tenderizes the fruit without cooking it. These are typically served raw.
 - b. Coulis - A pourable sauce made from puréed and strained fruits. Typically cooked, pureed, and strained to create a smooth consistency.
 - c. Compote - A fruit sauce made by gently simmering whole or chopped fruit in sugar syrup, often with added spices like cinnamon, vanilla, or cloves. The fruit remains soft but not fully broken down, so the final texture is chunky and syrupy.
 - d. Jam - A thick, spreadable preserve made by cooking crushed or chopped fruit with sugar and sometimes pectin.
 - e. Jelly - A clear, firm fruit spread made from fruit juice (not the fruit itself), sugar, and usually pectin.
3. Fruit can also be used in any of the custards in standards 1 & 2 and then put into a final dessert.

Objective 4 Demonstrate the production and use of baking and pastry finishes.

1. Icing (Frosting): a sweet decorative finish that can be used as a filling or coating on desserts. It is used to add flavor and improve a desserts appearance.
 - a. Buttercream: A light, smooth, fluffy mixture of sugar and fat that may be used as a filling and/or coating on desserts.
 - i. American: A simple buttercream made by creaming butter and powdered sugar together until the mixture is light and smooth. Cream, pasteurized eggs, and flavorings may be added as desired.
 - ii. Italian/Swiss: Meringue based buttercream made in the same style as the corresponding meringues. Softened butter is whipped into the meringues. This style of buttercream is much lighter than American buttercream.
 - iii. French: A hot sugar syrup is added to egg yolks, softened butter is gradually added and whipped to create a rich custard like buttercream.
 - iv. German: A custard buttercream made from pastry cream and whipped butter
 - v. Russian: A buttercream made by combining softened butter with sweetened condensed milk until light and fluffy. Flavorings can be added.
 - b. Fondant: A thick, opaque sugar paste commonly used for glazing.
 - i. Rolled Fondant: A stiff, dough like substance used for covering cakes and for making flowers and other decorations.

- c. Fudge: Rich and heavy icing made similar to making candy as they are high in sugar and contain less fat than traditional buttercreams, great for layer cakes, loaf cakes and sheet cakes
 - d. Glaze: A thin liquid coating applied to baked goods. They are typically dry to slightly firm, sometimes shiny finish.
 - e. Royal Icing: An uncooked mixture of powdered sugar and egg white that is used for making decorations, especially intricate designs.
 - f. Ganache: A mixture of heavy cream and chocolate can be used as a filling, icing, or glaze.
2. Other dessert sauces and finishes.
- a. Caramel: Created by heating sugar until it caramelizes and turns amber in color, then combined with cream, butter, and/or salt. Can be used as a sauce, filling, candy or flavoring.
 - b. Chocolate: A sauce made from chocolate that can be used as a sauce, filling, or flavoring. It varies in consistency (thin and syrupy to thick and fudge like) and can improve the flavor and appearance of desserts.
 - c. Marzipan: A paste made of almonds and sugar and often used in candy making, as a cake filling or finish, and for decorative work.
 - d. Modeling chocolate: Made from combining melted chocolate with corn syrup to a thick moldable consistency. Can be used for decorations and sculpting.
 - e. Gum Paste: A quick-drying paste made primarily from powdered sugar, egg whites, and a gum. It is used for creating delicate and intricate decorations.

Optional: Standard performance evaluations on the final page of this document.

Standard 7 - Pastry Doughs

Explore a variety of pastry doughs.

Objective 1 Differentiate between the four types of pastry doughs.

- 1. Short dough
 - a. Key Characteristics: a tender and crumbly crust with a high percentage of fat, including butter and egg.
 - b. Examples: tart crust, shortbread
- 2. Flaky Dough
 - a. Key Characteristics: Cut in dough using a solid fat, leaves irregular flakes of visible fat.
 - b. Examples: traditional pie crust
- 3. Pâte à Choux
 - a. Key Characteristics: Cooked batter that expands when baked. Water, fat, flour, and eggs.
 - b. Examples: eclairs, cream puffs
- 4. Lamine Dough
 - a. Key Characteristics: Layers of fat folded and rolled into dough.
 - i. Two types of laminated dough

- Puff Pastry: Does not use yeast in the dough. Examples: palmier, turnovers
- Yeasted: Use yeast in the dough. Examples: danishes, croissants

Optional: Standard performance evaluations on the final page of this document.

Standard 8 - Cookies

Explore a variety of cake preparations and finishes.

Objective 1 Explore the preparation techniques of cake batters.

1. Mixing methods
 - a. Blending method
 - b. Combine the dry and wet ingredients separately then add wet to dry ingredients together.
 - c. Examples: Typically liquid fat-based cakes such as carrot cake.
2. Creaming method
 - a. Cream together sugar and fat, add eggs followed by the rest of the ingredients.
 - b. Examples: Best for high fat cakes like butter cakes and pound cake.
3. Reverse creaming method
 - a. Combine all dry ingredients with softened butter before adding the wet ingredients. In this technique the butter coats the flour, inhibiting gluten development, resulting in a more delicate texture.
 - b. Examples: Modern layer cakes
 - c. *Although the creaming and reverse creaming methods differ in technique—particularly in the order and manner in which ingredients are combined—they are both versatile approaches that can yield cakes with identical flavor profiles.
4. Foaming method
 - a. Eggs whipped and beat to incorporate air before it is mixed into a batter. The air whipped into the eggs is used as the leavening agent.
 - b. Examples: Angel food cake, genoise, sponge, and chiffon.

Objective 2 Practice assembling and finishing cakes.

1. Layered
2. Filled
3. Glazed
4. Iced/Frosted/Decorated

Objective 3 Discuss proper holding, storage, and sustainability of cakes.

1. Cooling: The cake should be cooled completely before assembling or storing.
2. Storage: Frosted cakes should be stored in the refrigerator. Unfrosted cakes can be stored at room temperature for a few days. Many professionals freeze cake layers before decorating to make them easier to work with during the decorating process. Cakes should be stored in an airtight packaging method such as an airtight container or plastic.
3. Sustainability: Reusing cake scraps helps to reduce food waste and increase profit for bakeries.
 - a. Examples: cake bites, cake pops, trifles, or cake crumbs as decoration.

Optional: Standard performance evaluations on the final page of this document.

Performance Skills Evaluation

Exam name: Baking & Pastry

Candidate Name: _____

Performance assessments may be completed and evaluated any time before the certification is issued. The following performance skills can be used in connection with the associated standards and exam. The evaluator will function as the subject matter expert to determine if the candidate meets the skills requirements with a Yes/No for passing.

Standard 3 – Production Skills & Techniques Candidates will properly weigh ingredients using a scale, to produce a baked good.	Pass:
Standard 4 – Cookie Varieties Candidates will produce at least two different varieties of cookies	Pass:
Standard 5 – Yeast Bread Preparation Candidates will produce two yeast bread products, using a lean and an enriched dough	Pass:
Standard 6 – Fillings Candidates will produce two fillings, including a pastry finish.	
Standard 7 – Pastry Doughs Candidates will produce two pastries including a Pâte à Choux to produce a finished product.	Pass:
Standard 8 – Cookies Candidates will produce a complete cake product, including a finish.	Pass:

Evaluator Name:

Date:
