



Baking and Pastries

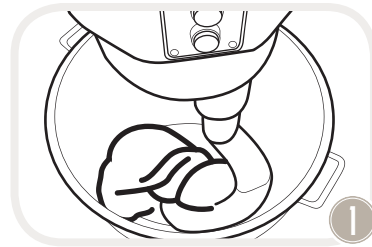
This piece serves as a personal supplement to the curriculum covered in the introductory baking and pastries course at Kendall College, taught by Chef Heidi Hedeker. The methods presented here are complemented by the recipes in the *OnBaking* textbook. In addition, it also serves as a building block to continued culinary education. Any gaps in scope will, hopefully, be filled by future endeavors. Punctuation serves as a point of reference for both progress made and goals to be achieved.

Michael Chorvat
BPC 101
Chef Heidi Hedeker
November 2004

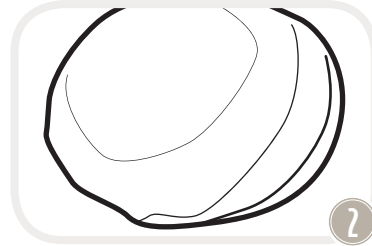


Laminated Doughs

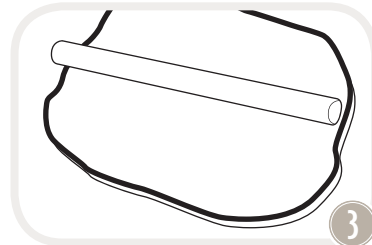
Layering the Dough



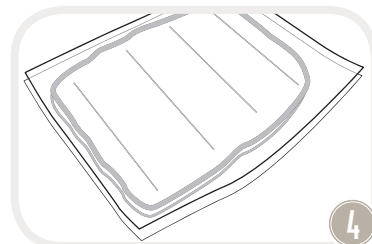
1 Mix the ingredients.



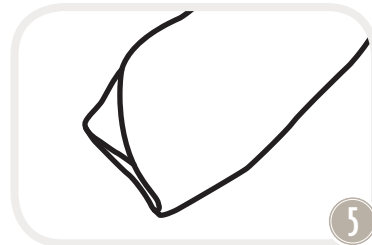
2 Rest the dough.



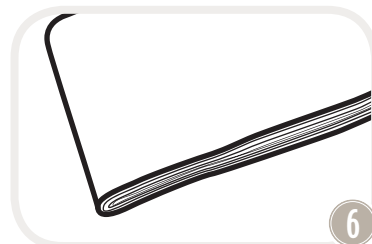
3 Roll the dough out to a size of 18" x 24".



4 Prepare the roll-in fat by rolling it out to your desired size; covering two-thirds of the dough, leaving a 1" border from the edge of the dough.



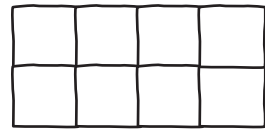
5 Fold the dough, like a book, into thirds. Repeat this step three times for danish dough, five times for puff pastries and croissants—cooling the dough as needed.



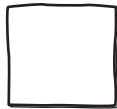
6 The finished dough will have several layers, visible when cut cross-wise.



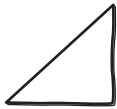
Cutting Pastries



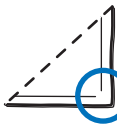
1 Cut the dough into an 8" x 16" piece, segment into 4" x 4" squares.



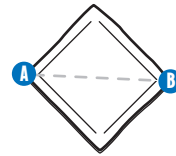
2 Separate the squares.



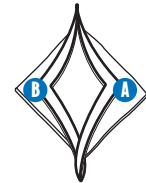
3 Fold the dough into a triangle.



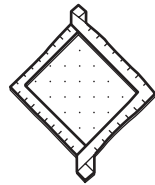
4 Cut the dough along each side, starting at the fold and continuing to the apex. Do not intersect.



5 Open the square and rotate 45°

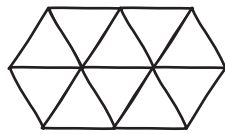


6 Pull A to the right and B to the left, tucking A through B.

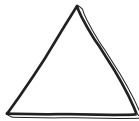


7 Flatten the two flaps and crimp the edges and dock the bottom layer.

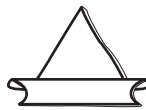
Rolling Croissants



1 Cut the dough into an 10" x 15" piece, segment into isosceles triangles.



2 Separate the pieces.



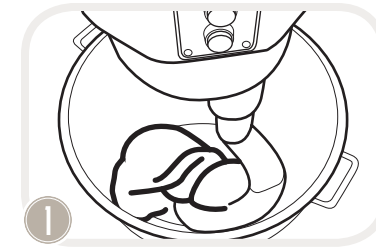
3 Roll the piece starting from the bottom, leaving the tip tucked underneath.



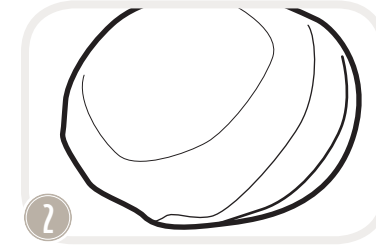
Straight Doughs

Folded Loaves

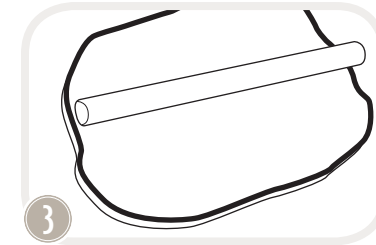
Mix the ingredients.



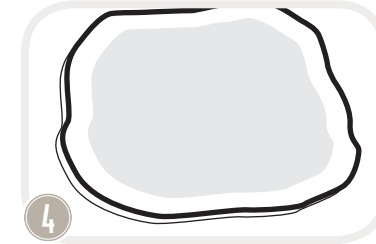
Knead the dough and rest.



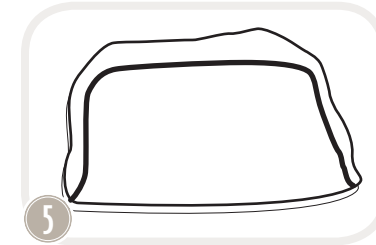
Portion the dough and flatten to a size appropriate for the baking pan.



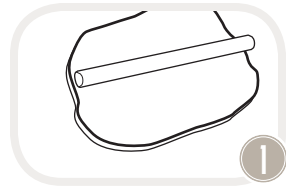
Wash the dough with water, leaving a border.



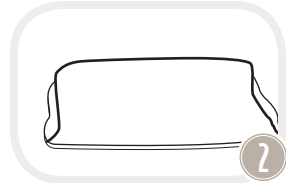
Fold the dough in half and place into the baking pan to proof.



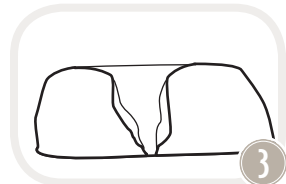
Baquettes



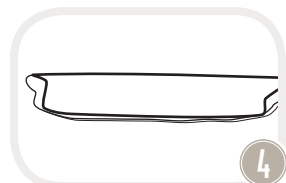
1 Flatten the portioned dough.



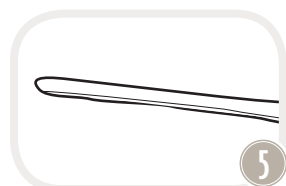
2 Fold the dough in half and continue to flatten with the heel of your hand.



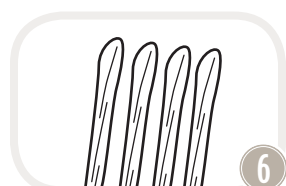
3 Fold the dough in half, lengthwise, and continue to flatten with the heel of your hand.



4 Fold the dough in half, top to bottom. Flatten with the heel of your hand. Repeat this step three times, closing the seam each time.



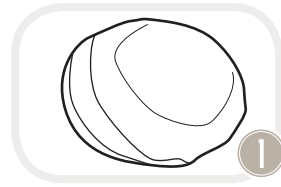
5 Roll the dough into a long cylinder. Let the dough rest and repeat step 4 two additional times. Roll the dough into a cylinder.



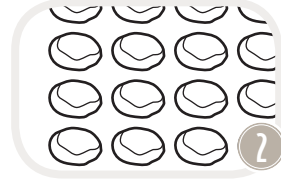
6 Proof the dough. Before baking score the loaves lengthwise at a slight angle.

For crisp crusts, wash with egg-white and water. Use water to steam the oven when baking.

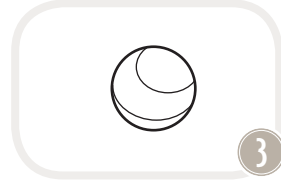
Dinner Rolls



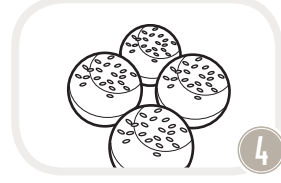
1 Start with the rested dough.



2 Portion the dough into 2oz. pieces.



3 Roll the dough, with the palm of your hand, into a ball. Press with your hand to tighten the rolls.



4 Sprinkle with poppy or sesame seeds.

Vary egg-washes for desired crusts: yolk/cream-dark, white/water-light.



Quick breads

Biscuit Method

Mix the ingredients using your hands.



Knead the dough with the heel of your hand in opposing right angles. Do not over mix.



Muffin Method

Mix the ingredients with a whisk.



Creamed Method

Mix the ingredients with a mixer until completely incorporated,

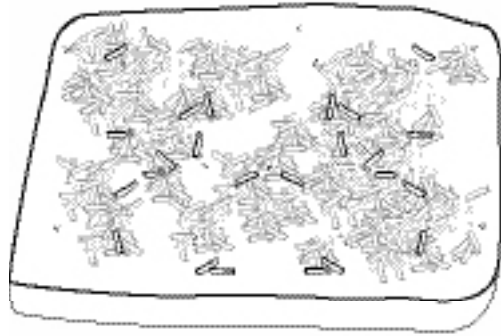


Scones



- 1 Spread the dough out to 1/2" thick. Cover with filling.

If using dried fruits, macerate with brandy. Use two parts fruit to one part liquor.



- 2 Fold the dough a few times and form into a rectangle. Do not over mix.



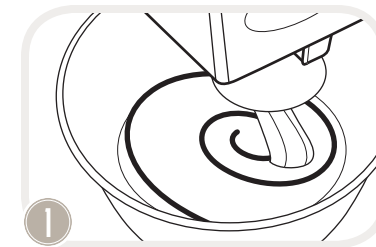
- 3 Cut into the desired shape. Egg-wash and sprinkle with sugar.



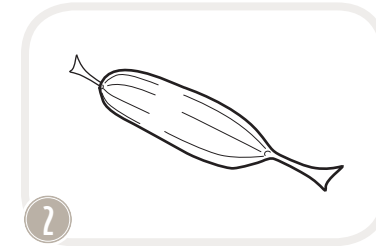
Cookies

Hazelnut Shortbread-Icebox Method

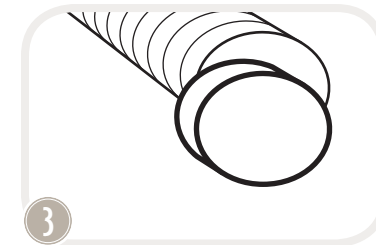
Mix the ingredients.



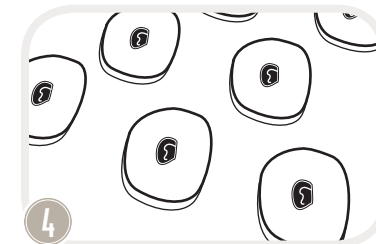
Using a plastic sheet roll into a narrow cylinder. Place in a freezer until solid.



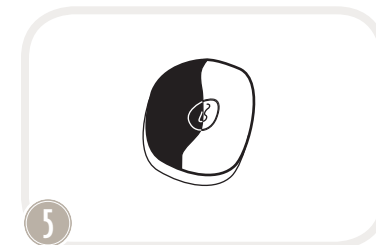
Using a knife, slice into pieces.



Place the cookies onto a sheet pan and dress with hazelnuts.



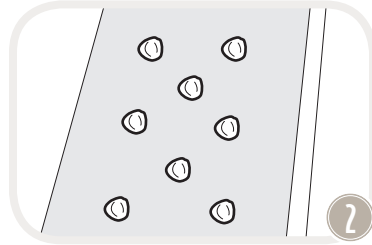
Once baked, glaze the cookies with chocolate.



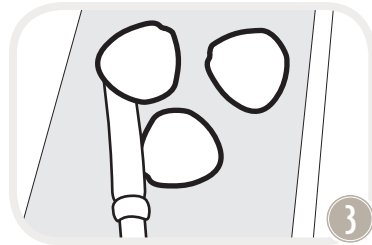
Pecan Lace Cookies-Wafer Method



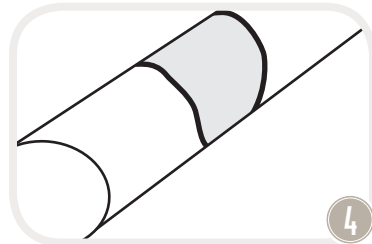
1 Boil the ingredients.
Cool completely.



2 After cooled, drop the batter
onto a silicon sheet and bake.



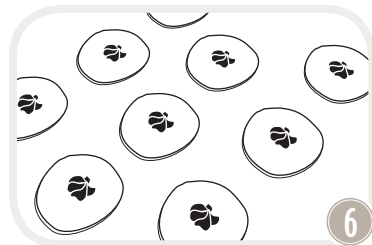
3 Lift the cookies from the
sheet. They may be used flat
for sandwich cookies.



4 While still hot, use a rolling-pin
to shape the wafer into a tube,
if desired.



5 The finished tubs may be filled
once cooled.



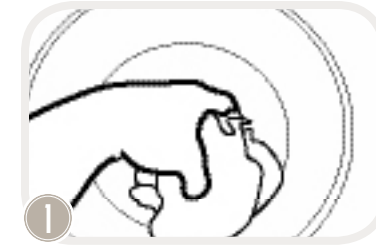
6 Sandwich cookies can be piped
with filling.



Pies and Tarts

Pie-Long Flake Method

Mix the ingredients by hand.



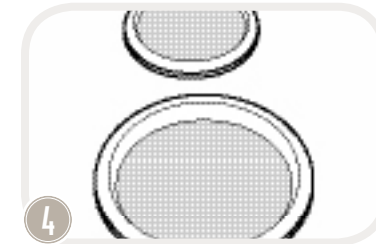
Rest the dough.



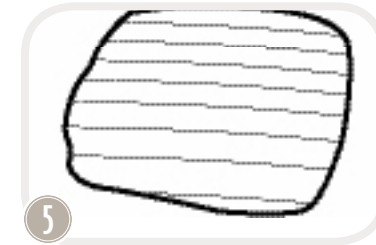
Prepare the filling.



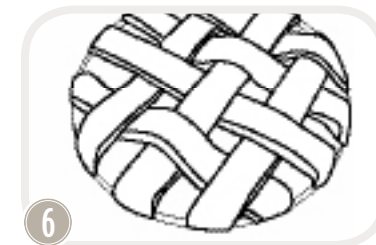
Set some of the dough aside for the lattice. Roll the remaining dough out flat and place into the pie tins. Clean the edges with a knife.



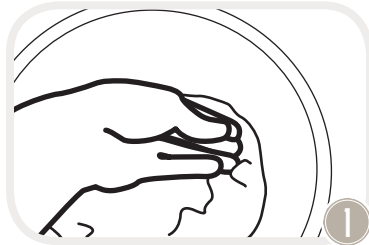
Roll the dough out flat to prepare the lattice, about 1/8" thick. Cut into six or eight equal strips.



Weave the strips to form the lattice. Egg-wash and sprinkle with sugar before baking.



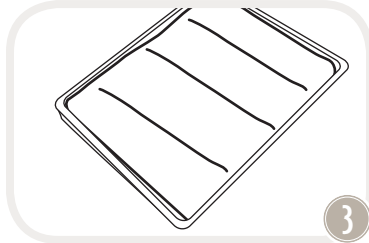
Tarts



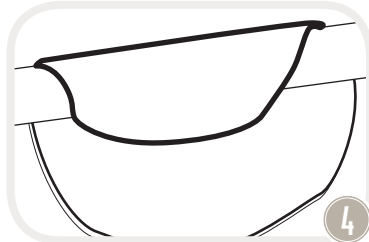
1 Mix the dry ingredients and butter by hand.



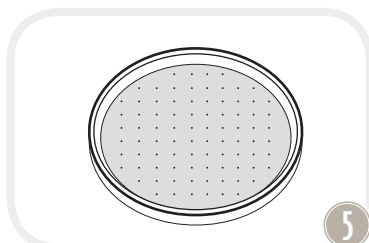
2 Mix with the eggs.



3 Rest the dough on a flat sheet.



4 Roll out the dough to the desired size. Use the rolling pin to lift the dough into the tin.

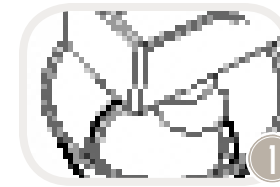


5 Clean the edges of the dough and dock the bottom.

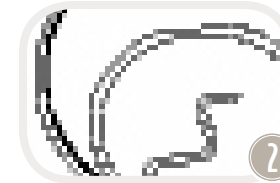


Banana Parfait

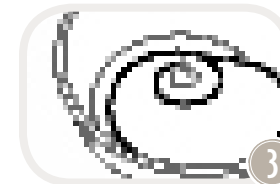
Joconde—Cold Method



1 Whip the whole eggs and half the sugar.



2 Whip the yolks until the ribbon stage.



3 Whip the whites to soft-peak stage.



4 Fold the two together. Add the dry ingredients and spread onto a sheet pan. Bake at 350° F for 30 minutes.



5 Using a ring, cut the cake into 9" discs. Glaze the bottom with ganache and place into the rings, bottom-side down. Cover with fuelletine.

Joconde Ingredients

60g pastry flour
7 whole eggs
250g egg whites
60g butter
50g sugar
300g pwd. sugar +300g almond flour
30g cocoa pwd.

Paté a Bomb



1 Whip the cream to soft-peak stage. Whip the yolks to ribbon stage.



2 Heat the sugar and water to soft ball stage—240°F. Add it to the yolk mixture, slowly, until cooled.



3 Melt the gelatin and add it to the yolks. Fold in the whites and the banana.



4 Fill rings with mixture and cool completely.



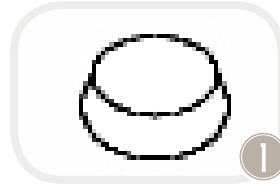
5 After completely cooled, pour ganache (see method on following page) over the top and spread with a pastry spatula.

Paté a Bomb Ingredients

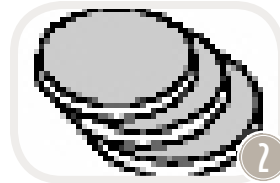
8 egg yolks
250g sugar
100g water
500g banana puree
6 gelatin sheets, bloomed
400g heavy cream

Sacher Torte

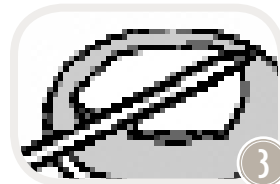
Torte



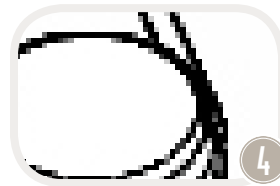
1 Make the torte using the Cold Method. After baking cool in a freezer.



2 After completely cooled, using a serrated knife, cut the cake into three equal layers.



3 Prepare an apricot glaze and spread a thin, even layer between all three layers.



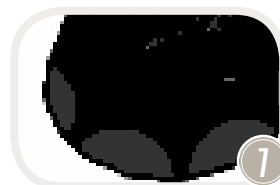
4 Assemble the layers and glaze the sides.



5 Spread a thin layer of ganache, starting at the top and evenly coating the sides.

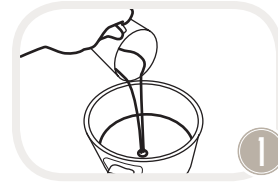


6 Using the palm of your hand, add crumbs along the bottom of the torte.

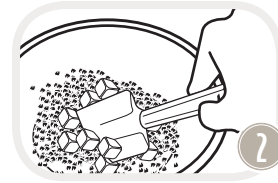


7 Use a small piping bag to pipe a decorative pattern and lettering on the torte.

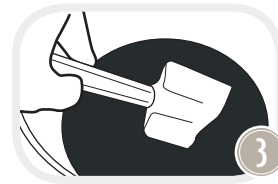
Ganache



1 Heat the corn syrup, cream and sugar to a boil.

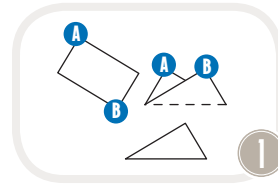


2 Break the chocolate and butter into small pieces. Add the liquid, mixing, in five steps.

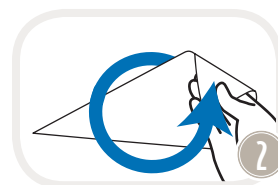


3 Fold the ganache until completely emulsified.

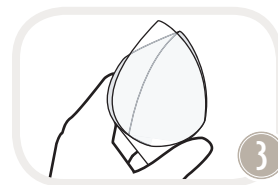
Small Piping Bag



1 Using one-quarter of a full sheet of parchment paper, create two offset triangles.



2 Hold the right flap in your right hand and wrap the left flap around, front to back.



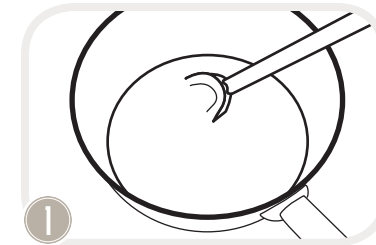
3 Create a fine tip and tuck the left flap back into the center of the cone.



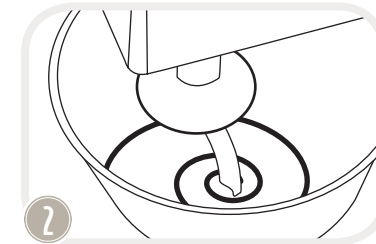
Meringues

Italian Butter Cream Meringue

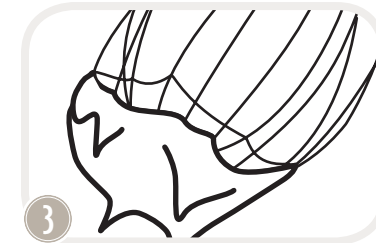
Begin by heating the sugar and water to the soft ball stage, about 240°.



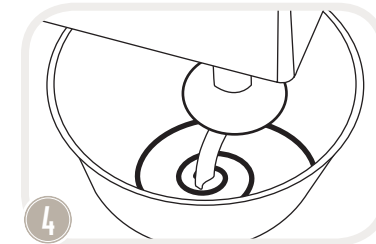
Whip the egg whites.

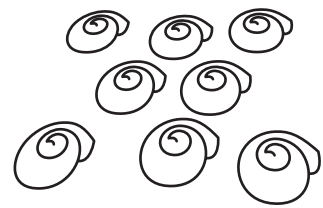


When the egg whites form soft peaks they are ready to add the additional ingredients.



Reduce the speed of the mixer and add the butter. The mixture will break down and emulsify into a cream. Add the hazelnut paste.





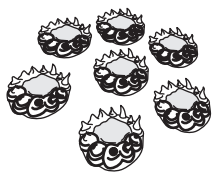
Meringue Wafers

- 1 Using a piping bag, create small wafers.
- 2 After baking, pipe a filling onto the wafer and create a sandwich.
- 3 Finish the cookie by piping a rosette of filling onto the top.



Meringue Baskets

- 1 Create a basket-shape by piping the meringue into a series of peaks.
- 2 After baking, the baskets can be filled with lemon curd and dressed with fresh fruit.



Meringue Tart

- 3 Using a St. Honoré tip, pipe the meringue onto the top of a tart and finish with a torch.



