



Hospitality and Catering

# Producing bread products

## Lesson 3

Gain the skills required to produce, bake and store different bread products with this course.





# Types of dough

- Bread dough – savoury bread and dough products
- Enriched dough – sweetened dough for sweet dough products





# Stages of bread and dough making

Making bread and dough products is not quick, it can take several hours to make, bake and finish a product.





# Follow the recipe

Weigh and measure all of the ingredients before you start.

Recipes ensure a standard product.

Recipes allow you to plan and prepare.





# Mixing

This is the messy stage of making dough. By hand or using a machine.





# Mixing

The water is mixed with yeast and flour  
it will look and feel like a sticky mess.





# Mixing

Mixing can take up to 15 minutes for it to become one ball of dough which is moist and elastic.





# Mixing

The flour begins to absorb the water.

The elasticity is developed with the gluten and water.







# Testing the mix

The dough can be stretched to see if it is elastic enough.

If the dough breaks, then keep on mixing until it can stretch without breaking.





# Proving

Cover the mix and place in a proofer or a warm space in the kitchen.

The ideal temperature is around 25°C.





# Proving

Allows the dough to double in size. It is the yeast that is feeding on the flour and water creating carbon dioxide.





# Knocking back

We place the dough back in a mixing bowl and 'knock back' the dough by remixing.

This knocks out the carbon dioxide and the dough will be back to its original size.





# Shaping

The dough is then shaped into whatever shapes are required.

Placed onto baking trays or in tins.





# Shapes

Bloomers, loafs, buns, pizza dough balls, naan/pitta dough balls.





# Proving

The shaped dough is then proved once again until the shape has risen and is full of carbon dioxide.





# Baking

Traditional shapes and loaves are then placed into baker's ovens until cooked.







# Baking

Ovens are preheated to around 180 to 210°C depending on the type of dough being cooked.





# Baking

Pizza, naan and pitta are re-rolled flat before cooking.

Naan breads are placed into a tandoori oven by hand.





# Revision Activity 3

**What does the term  
'knocking back' mean?**