



Hospitality and Catering

# Producing pre-mixed/pre-made dough and traybake dishes

## Lesson 4

Understand how to prepare, handle, cook and serve various pre-mixed, pre-made dough and traybake products.





# Skills needed for pre-mixed products

Some mixes will require liquids adding. Some will also require fats/butter adding.





# Weighing and measuring

You will need scales and measuring jugs and the ability to read instructions.





# Sponge and traybake skills

Beating: Mixing all the ingredients, plus liquid with a spoon or in a mixing machine.





# Sponge and traybake skills

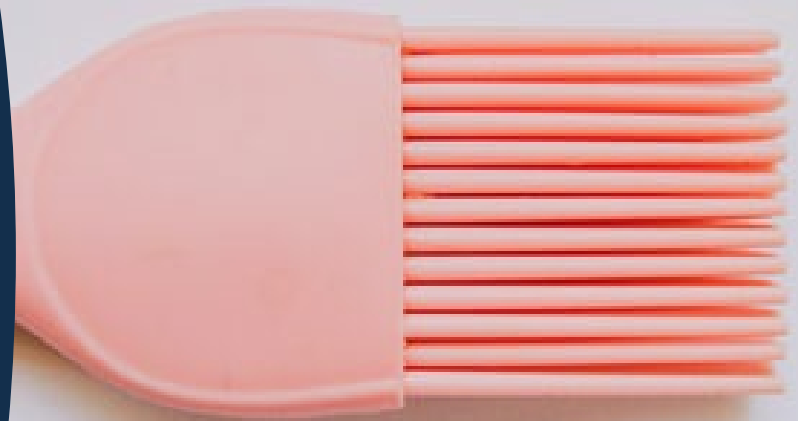
Folding: Using a spoon to gradually fold in dry ingredients to a liquid or batter. This is done gently to incorporate air into the mix.





# Sponge and traybake skills

Greasing: Using butter or oil to grease the inside of sponge and tray bake tins and trays. This prevents sticking when baking.





# Sponge and traybake skills

Lining: Using grease proof paper to line a baking tray helps prevent sticking and to remove the cooked mix after baking.





# Sponge and traybake skills

Portioning:

Cutting into equal portions after  
baking and cooling







# Bread mix skills

Mixing and kneading:

Adding liquid to the mix and mixing in a machine or by hand. Kneading is continuous folding and pushing of the dough until smooth, soft and elastic.





# Bread mix skills

Portioning and shaping:

This involves cutting and measuring the dough.

Rolling into tight shapes.





# Bread mix skills

Proving:

Allowing the shapes to double in size before baking.

Bread mixes tend to only need proving once.





# Pastry mix skills

Measuring and mixing the mix with liquids is still required.

Combine into a soft dry dough.





# Resting and rolling pastry

Even though pastry mixes are convenient they still require resting for about 20mins to allow the dough relax before rolling.

Rolling pastry require a gentle pressure and not to thin 0.5cm minimum.





# Pastry lining

This is the most complicated skill required.

Roll the pastry around the rolling pin.

Unravel the pastry on top of a greased tin.





# Pastry case

Gently push pastry into the sides of the tin.

Decorate the edges of the pastry.





# Revision Activity 4

**What is the reason for using a folding technique?**