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Cakes

UNIT 9





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Cakes

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9.1. Utensils and Equipments Used in Making Cakes

Today's technological advances have also affected the pastry industry. Thanks to the developing technology, the variety of materials has increased, the additive ingredients have gained diversity, and the presentation techniques have developed. At this point, the traditional patisserie concept has also improved and now we have cakes that offer more modern and personalised designs. In cakes, which are indispensable for special and meaningful occasions (engagement, wedding, new year celebrations, etc.), visibility is as important as taste. Cakes turn into a visual feast with decorative arts made using different techniques. Especially, cake decoration is a wide field, the boundaries of which are determined only by the skill and imagination of the chef.

A cake consists of two basic parts: cake and cream. The common features of cakes are the use of a similar dough (sponge cake dough), cream and decoration materials inside and on them. Basic components of sponge cake dough are flour, egg, sugar, water or milk, baking powder and other flavouring agents. The main components of cream are sugar, oil, water, milk and flavouring components. In cake making, firstly the dough is prepared, and the cake is cooled after baking. After the cream prepared in a separate place is rested and cooled, it is spread into or on the surface of the previously cooled cake slices.

Tools used in making cakes should be easy to use and made of high-quality materials (steel, plastic, etc.). The materials used apart from the oven, stove, wire grill are as follows:

Mixer: It is used for mixing, kneading and whisking.

Sauce Pot (castrol): While the handles of cream pans and saucepans provide ease of use; it is very important to use high quality steel pots with a diameter of 23-25 cm and a depth of 7-10 cm in the preparation of pastry creams. Especially in creams and sauces prepared with milk, pots made with materials such as aluminium adversely affect the product quality.

Candy and Pocket Thermometer: It is a thermometer with an outer surface made of steel, used to measure the temperature of syrups and creams. It is an important tool in cake preparation.

Spatula: These materials, made of plastic or wood, are used for mixing and/or scraping dough.



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Bread Knife: They are high quality and sharp knives with a metal part of 25-30 cm in length for cutting the cake.

Wire Strainer: A fine wire strainer with a diameter of 12-15 cm is used for sifting flour, starch and powdered vanilla.

Cake Stand: It is used to roll and decorate all kinds of cakes on it by turning it by hand.

Cake Mould: It is the material used for baking cakes, sponge cakes and similar doughs.

Wire Beaters: A tool used to whisk eggs to foam and to prepare cream.

Squeezing Bag (cream bag): It is a cloth, plastic or paper material that provides convenience in squeezing cream.

Crimping Steel Bits (holders): These are various sized bits used with a squeezing bag. They can be in various shapes such as serrated, star-shaped as well as flat-tipped.

Measuring Cups and Precision Scales: They are materials that can make precise measurements and show very small measurements without errors.

Cooler Unit: Warehouse/Pantry-type refrigerators, cake display cabinets, cold storage, counter-type refrigerators are equipment for cooling products.

Milk, flour, starch, sugar, chocolate, cocoa, praline, gelatine, sponge gel, food dyes, whipped cream, liquid or powdered vanilla, fresh fruits, nuts, etc. are the ingredients needed. It will be useful to briefly remind the following information about basic ingredients:

Milk: It is important for health that milk, which is the basic ingredient, is pasteurised and sterile. Creams prepared with raw milk and cream are risky in terms of harbouring disease-causing microorganisms and causing the cream to sour quickly.

Egg: The weight of an egg is about 45 to 70 g. On average, 31 g of a fresh egg weighing 53 g is the egg white (white), 16 g is the yolk and 6 g is the shell. The freshness of the eggs used in the preparation of wet cakes positively affects the quality of the product. Eggs should be used after bringing them to room temperature before preparation. Eggs brought to room temperature swell well, reach a gel-like



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consistency more quickly, and do not deflate quickly when flour or starch is added to it.

Oil: Care must be taken to ensure that the oil is fresh, odourless and of good quality. Good quality solid fat should be used in cream making. Good quality oil has a low water content.

Sponge Gel: It is an additive in gel form that increases the volume and softness of the products in sponge cakes, rolls and cakes in the pastry industry.

Cocoa: Cocoa, which is used in the production of cake and cream, is one of the basic ingredients of sugar and chocolate. It is the fruit of a tree that grows on the islands of America, Haiti and the Antilles. Cocoa powder is produced by grinding the remaining part after removing the oil from the cocoa.

Sugar: It is one of the main ingredients used in the preparation of wet cakes. It is used as powder and powdered sugar in cake making.

Vanilla: It is a substance used to give fragrance and aroma to cakes, biscuits and creams and to alleviate the smell of eggs. Genuine vanilla is obtained from a plant that grows in hot countries.

Food Colouring: Different brands of candy colourings are used in the market to colour foods. It is very important that the dyes used are approved by the authorised institutions and do not harm health.

Use of Creams in Making Cakes

Creams are used as a protective layer in confectionery to give flavour to the products, to fill them and to prevent the cake from drying out. Some varieties are:

Pastry Cream (cream patisserie)

It is cooked and it is also a highly preferred type of cream in the pastry industry. The ingredients of the pastry cream are milk, butter, flour and eggs, which are materials that can easily be found in all kitchens. It is also used as fillings in eclairs, soufflés, cakes, tarts and cookies. Pastry cream can be used either alone or mixed with whipped cream.

Cold Cream/Double cream

It is used to spread between and on the cakes. Cold cream is easy to prepare, and it is used plainly or flavoured with different flavours and



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used for decorative purposes both on the layers of the cake and on the top.

Whipped cream

Whipped cream, which is frequently used in pastry, is a type of cream that is used with fruit, cake or ice cream, foamed by whipping and added sugar. Today, ready-made packaged whipped cream always provides the same quality and standard product. The milk or water added before whipping the powdered cream must be at +4 °C. Whipped cream should be kept in the refrigerator.

Creamer

It is a French cream used in pastry. It is usually prepared to flavour the dough part of the cake. It consists of sugar syrup prepared with milk or water and egg yolk. Sometimes fresh cream is added along with the oil.

9.2. Decoration/Decorative Materials to be Used in Making Cakes

The decoration materials to be used in the making of wet cakes vary. Especially in recent years, in line with the changing demands, the spread of personal (boutique pastry) cake preparation has led to the diversification and expansion of the decoration materials used. Chocolate decorations, wafer flowers, royal icing (coloured) decorations, various cold jellies are some of these products used.

- Fruit Confectionery
- Fresh fruits
- Nuts, peanuts, etc.
- Toppings
- Food dyes
- Figures made from almond butter/marzipan
- Royal icing-royal glass (It contains egg white, powdered sugar and a few drops of lemon juice. After the shapes are dried, they are used for decoration on the cake.)
- Caramelised sugar



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