



Bakery- I

Students Handbook

CLASS-XI



CENTRAL BOARD OF SECONDARY EDUCATION

2, Community Centre, Preet Vihar, Delhi-110092



Bakery-I, Students Handbook & Practical Manual, Class-XI

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भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक सम्पूर्ण ¹ [प्रभुत्व-संपन्न समाजवादी पंथनिरपेक्ष लोकतंत्रात्मक गणराज्य] बनाने के लिए, तथा उसके समस्त नागरिकों को:

सामाजिक, आर्थिक और राजनैतिक न्याय,

विचार, अभिव्यक्ति, विश्वास, धर्म

और उपासना की स्वतंत्रता,

प्रतिष्ठा और अवसर की समता

प्राप्त कराने के लिए

तथा उन सब में व्यक्ति की गरिमा

और ² [राष्ट्र की एकता और अखंडता]

सुनिश्चित करने वाली बंधुता बढ़ाने के लिए

दृढ़संकल्प होकर अपनी इस संविधान सभा में आज तारीख 26 नवम्बर, 1949 ई० को एतद्वारा इस संविधान को अंगीकृत, अधिनियमित और आत्मार्पित करते हैं।

1. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से “प्रभुत्व-संपन्न लोकतंत्रात्मक गणराज्य” के स्थान पर प्रतिस्थापित।
2. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से “राष्ट्र की एकता” के स्थान पर प्रतिस्थापित।

भाग 4 क

मूल कर्तव्य

51 क. मूल कर्तव्य - भारत के प्रत्येक नागरिक का यह कर्तव्य होगा कि वह -

- (क) संविधान का पालन करे और उसके आदर्शों, संस्थाओं, राष्ट्रध्वज और राष्ट्रगान का आदर करे;
 - (ख) स्वतंत्रता के लिए हमारे राष्ट्रीय आंदोलन को प्रेरित करने वाले उच्च आदर्शों को हृदय में संजोए रखे और उनका पालन करे;
 - (ग) भारत की प्रभुता, एकता और अखंडता की रक्षा करे और उसे अक्षुण्ण रखे;
 - (घ) देश की रक्षा करे और आह्वान किए जाने पर राष्ट्र की सेवा करे;
 - (ङ) भारत के सभी लोगों में समरसता और समान भ्रातृत्व की भावना का निर्माण करे जो धर्म, भाषा और प्रदेश या वर्ग पर आधारित सभी भेदभाव से परे हों, ऐसी प्रथाओं का त्याग करे जो स्त्रियों के सम्मान के विरुद्ध हैं;
 - (च) हमारी सामासिक संस्कृति की गौरवशाली परंपरा का महत्त्व समझे और उसका परिरक्षण करे;
 - (छ) प्राकृतिक पर्यावरण की जिसके अंतर्गत वन, झील, नदी, और वन्य जीव हैं, रक्षा करे और उसका संवर्धन करे तथा प्राणिमात्र के प्रति दयाभाव रखे;
 - (ज) वैज्ञानिक दृष्टिकोण, मानववाद और ज्ञानार्जन तथा सुधार की भावना का विकास करे;
 - (झ) सार्वजनिक संपत्ति को सुरक्षित रखे और हिंसा से दूर रहे;
 - (ञ) व्यक्तिगत और सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कर्ष की ओर बढ़ने का सतत प्रयास करे जिससे राष्ट्र निरंतर बढ़ते हुए प्रयत्न और उपलब्धि की नई उंचाइयों को छू ले;
- ¹(ट) यदि माता-पिता या संरक्षक है, छह वर्ष से चौदह वर्ष तक की आयु वाले अपने, यथास्थिति, बालक या प्रतिपाल्य के लिये शिक्षा के अवसर प्रदान करे।

1. संविधान (छयासीवां संशोधन) अधिनियम, 2002 की धारा 4 द्वारा (12.12.2002) से अंतः स्थापित।



Preface

In an increasingly globalized world and the changing paradigm of urbanized living the demand for Hospitality and Tourism has increased manifold the world over. In this ever expanding sector, it has become essential to provide Competency based Vocational Education. It is in this context that CBSE has launched a course in Hospitality & Tourism under vocational stream. Taking cue from this need, a new course on Bakery and Confectionery is being launched that will help students to either join the industry after class XII or they can pursue higher education in this field.

The Students Handbook on Bakery-I attempts, to describe the aims & objectives of Bakery, Hygiene, Bread-making, Equipments used in Bakery.

The language used in this book is simple with lot of pictorial illustration. This book is a complete handbook for anybody to even start a small bakery. This book will help students by giving them information in accessible style.

Practicing professionals from the fields of Hospitality and Tourism comprised the team of authors for this book. The Board thankfully acknowledges their contribution in completing the book in record time. I hope this book will serve a useful resource in this subject.

The Board is grateful to the members of the Committee of Course for their advice, guidance and total commitment towards development of this course. We are indeed indebted to these academic advisors who have lent us the benefit of their rich and insightful experience. I would like to appreciate Vocational Education Cell, CBSE for coordinating and successfully completing the work.

Comments and Suggestions are welcome for further improvement of the Book.

Vineet Joshi, IAS
Chairman, CBSE





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Material Production Group

1. Mr. Shahid Hasnain, Principal, IHM Rohtak
2. Mr. Sudeep Bose, HOD, Food Production IHM Pusa
3. Ms. Arti Thapa, Sr. Lecturer , Food Craft Institute Hoshiyarpur
4. Mr. Saurabh Modi, Sr. Lecturer ,IHM Kurukshetra

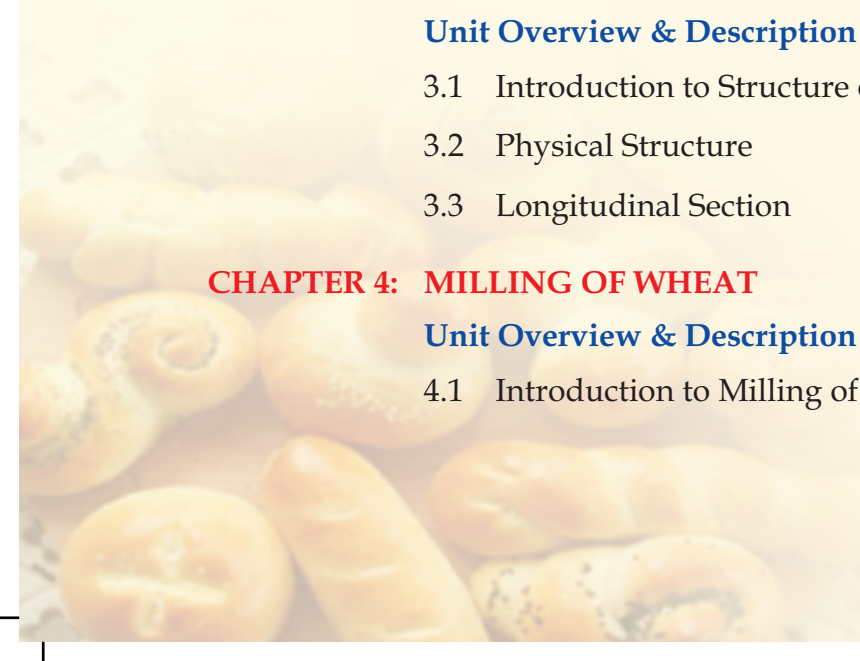
Editing & Coordination

1. Dr. Biswajit Saha, Associate Professor and Programme Officer, (Voc. Education), CBSE
2. Mr. N.S Bhuie, Consultant Academics, NCHMCT
3. Ms. Swati Gupta, Assistant Professor and Assistant Programme Officer, (Voc. Education), CBSE



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Bakery

TOPIC	LEARNING OUTCOMES
CHAPTER 1 - INTRODUCTION TO BAKERY AND CONFECTIONERY	
1.1 Introduction to Bakery and Confectionery	General Overview of Bakery and Confectionery
1.2 Scope of Bakery	To understand the Scope of Bakery
1.3 Organizational Structure	To study the Organizational Structure of the Bakery Department
1.4 Units of Measurements	To study the units of measurements used in Bakery
1.5 Bakery & Confectionery Terms	To learn the various Bakery & Confectionery Terms
1.6 Basic Equipments	To get familiarized with the equipments used in Bakery
1.7 Baking Temperatures for Bakery Products	To study the different Temperatures for Baking Products
CHAPTER 2 - HYGIENE	
2.1 Introduction to Hygiene	General Overview of Hygiene
2.2 Concept of Hygiene & its Importance in Bakery	To understand the Concept & Importance of Hygiene
2.3 Personal Hygiene	To understand the Importance of Personal Hygiene
2.4 Work Area Hygiene	To study the aspects of Work Area Hygiene
2.5 Basic First Aid	To learn the Basic First-Aid



CHAPTER 3 - STRUCTURE OF WHEAT GRAIN

3.1 Introduction to Structure of Wheat Grain	General overview of Structure of Wheat Grain
3.2 Physical Structure	To learn the Physical Structure of Wheat Grain
3.3 Longitudinal Section	To study the Longitudinal Section of Wheat Grain

CHAPTER 4 - MILLING OF WHEAT


4.1 Introduction to Milling of wheat	General overview of Milling of Wheat
4.2 Wheat Milling Process	To get familiarized with the Wheat Milling Process
4.3 Roller Flour Mills, Stone Mills	To know the Roller Flour Mills and Stone Mills

CHAPTER 5 - FLOUR


5.1 Introduction to Wheat Flour	General Overview of Wheat Flour
5.2 Composition of Wheat Flour	To learn different components of Wheat Flour along with their percentages.
5.3 Types of Flour	To identify different Types of Flour
5.4 Grades of Wheat Flour	To identify different Grades of Flour
5.5 Water Absorption Power	To understand Water Absorption Power and WAP percentage of different flours
5.6 Gluten	To know the role of Gluten in Bread Making

CHAPTER 6 - ROLE OF RAW MATERIALS USED FOR BREAD MAKING

6.1 Introduction to Role of Raw material used for Bread Making	General overview of Role of Raw material used for Bread Making
6.2 Essential: Flour, Salt, Yeast, Water, Sugar	To study the role of essential ingredients in Bread Making



6.3 Optional: Fats and Oils, Eggs, Bread Improvers, Milk	To study the role of optional ingredients in Bread Making
CHAPTER 7 - METHOD OF BREAD MAKING	
7.1 Introduction to methods of Bread Making	General overview of method of Bread Making
7.2 Straight Dough Method i. Salt Delay Method ii. No Time Dough Method	To understand the Straight Dough Method in bread making and its variations i.e. salt delayed method and no time Dough Method.
7.3 Sponge and Dough Method	To understand the Sponge and Dough Method used in Bread Making
CHAPTER 8 - CHARACTERISTICS OF A GOOD BREAD	
8.1 Introduction of characteristics of a Good Bread	General overview of Characteristics of Good Bread
8.2 External : Volume, Symmetry of Shape, Bloom, Crust Colour, Evenness of Bake, Oven Break	To identify the external Characteristics of a Good Bread
8.3 Internal: Colour of Bread, Structure, Sheen and Texture, Flavour and Aroma, Crum Clarity, Moistness, Cleanliness	To identify the internal Characteristics of a Good Bread





Module Objectives Bakery & Confectionery

S.No.	Unit/Chapter Name	Theory	Key Learning Objectives
1.	Introduction to Bakery & Confectionery	18 hrs	<ul style="list-style-type: none"> General Overview Scope of Bakery Learning the Organizational Structure Units of Measurement Bakery & Confectionery Terms Basic Equipment for Bakery Baking Temperature for Bakery Products
2.	Hygiene	14 hrs	<ul style="list-style-type: none"> General Overview Concept of Hygiene and its importance in Bakery Personal Hygiene Work Area Hygiene Basic First Aid
3.	Structure of Wheat Grain	12 hrs	<ul style="list-style-type: none"> General Overview Physical Structure Longitudinal Section
4.	Milling of Wheat	14 hrs	<ul style="list-style-type: none"> General Overview



			<ul style="list-style-type: none"> ❖ Wheat Milling Process ❖ Roller four Mills, Stone Mills
5.	Flour	18 hrs	<ul style="list-style-type: none"> ❖ General Overview ❖ Composition of Wheat Flour ❖ Types of Flour ❖ Grades of Wheat Flour ❖ Water Absorption Power ❖ Gluten
6.	Role of Raw Materials used for Bread Making	20 hrs	<ul style="list-style-type: none"> ❖ General Overview ❖ Essential: Flour, Salt, Yeast, Water, Sugar ❖ Optional: Fats & Oils, Eggs, Bread Improvers, Milk
7.	Methods of Bread Making	10 hrs	<ul style="list-style-type: none"> ❖ General Overview ❖ Straight Dough Method ❖ Sponge and Dough Method
8.	Characteristics of a Good Bread	14 hrs	<ul style="list-style-type: none"> ❖ General Overview ❖ External: Volume, Symmetry of shape, Crust Colour, Evenness of Bake, Oven Break ❖ Internal: Colour of Bread, Structure, Sheen and Texture, Flavour and Aroma, Crum Clarity, Moistness, Cleanliness

