

## Principles of Baking and Pastry Review

Use the following ingredients to answer the questions or complete the statements below:

- Granulated sugar
  - Sanding sugar
  - Brown sugar
  - Confectioners' sugar
- Turbinado sugar
  - Self-rising flour
  - Cake flour
  - All-purpose flour
- Bread flour
  - Potato flour
  - Rice flour
  - High Gluten flour

1. If I were to use a sugar for simple decorating such as adding color on top of cakes or cookies, which sugar would you recommend? \_\_\_\_\_
2. Another name for powdered sugar: \_\_\_\_\_
3. This flour contains chemical leaveners: \_\_\_\_\_
4. Of the flours listed above, this flour has the lowest protein content %: \_\_\_\_\_
5. *Of the flours listed above*, this flour has the highest protein content %: \_\_\_\_\_
6. Describe how protein content percentages affect the texture of baked goods:
7. You are preparing a recipe for someone who has celiac disease, which 2 flours above would be safe for her to consume: \_\_\_\_\_ & \_\_\_\_\_
8. Molasses is added in the process of producing this sugar: \_\_\_\_\_

Complete the following chart using information found on the pastry websites created in class (Use the Advanced Foods page on [www.lamoehr.com](http://www.lamoehr.com)):

<b>Pastry</b>	<b>General Description and/or How it differs from other pastries</b>	<b>General ingredients of basic recipe</b>	<b>Typical uses (Desserts, appetizers, main dishes, all of the above, etc) and/or Recipes</b>
<b>Phyllo Dough</b>			
<b>Sweet Dough</b>			
<b>Puff Pastry</b>			
<b>Pate a Choux</b>			
<b>Shortcrust</b>			
<b>Meringue</b>			

13. What protein is formed when flour and liquid are mixed? How does this relate to the preparation of pastry?
14. What two types of fat are best when making a fruit-based pie?
15. What type of fat is NOT normally recommended for fruit-based piecrust?
16. List the 4 main ingredients common in almost all pastries.
  - a.
  - b.
  - c.
  - d.
17. Why do you need to prick the bottom of a blind pie crust?
18. If using a tool rather than your hands, what is the name of the tool used to cut fat into flour when making pastry?
19. What type of sugar is unfit for direct consumption?
20. What is the main difference between cooked sugar and simple syrup in terms of temperature?
21. What is the purpose of fluting pastry?
22. What will happen to pastry if too much water, flour, or fat is added? (Hint: It's all the same!)
23. How does the fat in pastry affect gluten formation?
24. What is recommended in bowl preparation for making whipped cream?