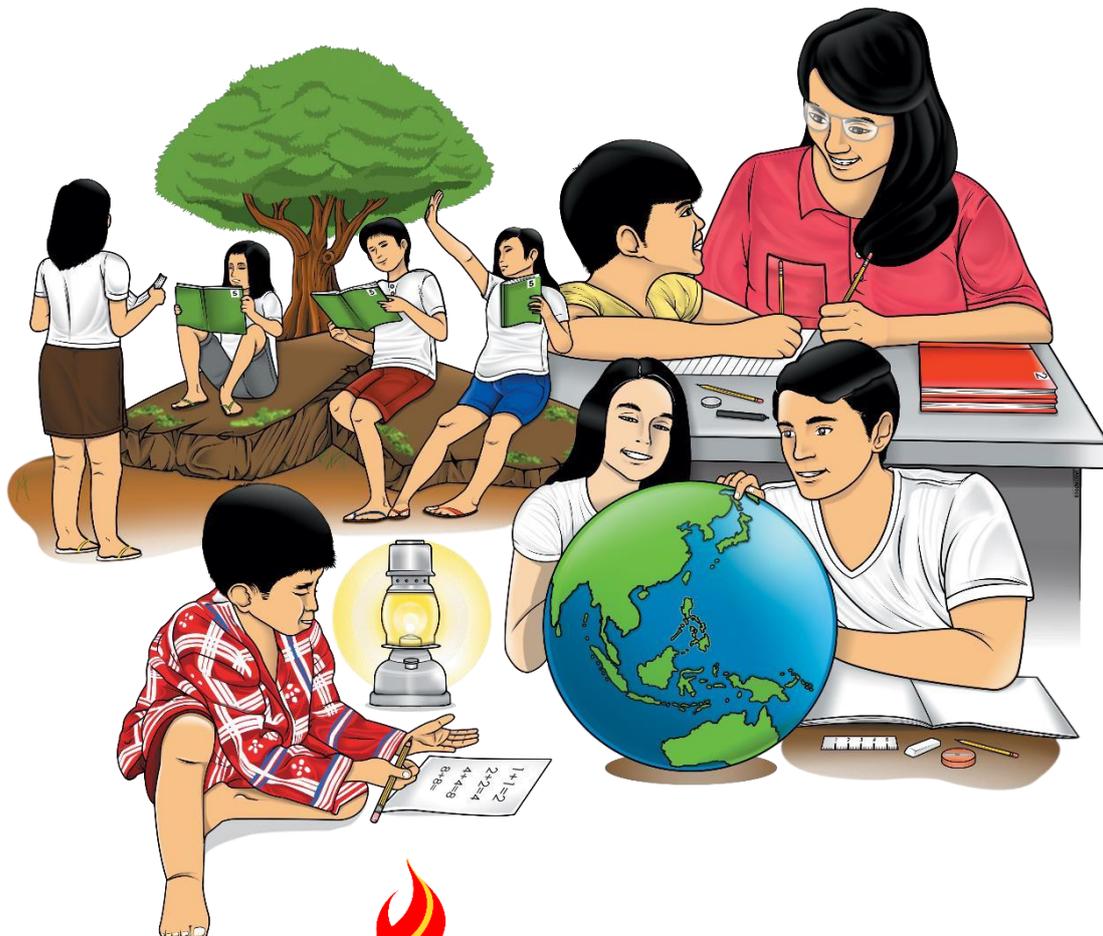


Technology and Livelihood Education

Bread and Pastry Production NC II

Quarter 2 – Module 3

Types and Classification of Pastry Products and Types of Pastry Fillings



TLE – Grade 10
Alternative Delivery Mode
Quarter 2 – Module 3: Bread and Pastry Production

Types and Classification of Pastry Products and Different Types of Pastry Fillings First Edition, 2020

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Technology and Livelihood Education

Bread and Pastry Production NC II

Quarter 2 – Module 3

Types and Classification of Pastry Products and Types of Pastry Fillings

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

Lesson 1

Types and Classification of Pastry Products and Types of Pastry Fillings



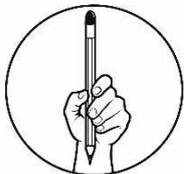
What I Need to Know

This module was designed and written with you in mind. It is here to help you master the concepts of bread and pastry production. The scope of this module permits it to be used in many different learning situations. The language used recognizes your vocabulary level. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using. This module provides you the necessary information and activities to enrich your knowledge and skills in preparing and presenting breads.

Lesson 3 –Types and Classification of Pastry Products and Different Types of Pastry Fillings

After going through this module, you are expected to:

1. identify the types and classification of pastry production
2. discuss the different types of pastry fillings
3. value the importance of learning the classification of pastry and types of fillings in pastry production.



What I Know

Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.



1. Which type of pastry is made in very thin sheets and used as a casing for numerous delicate savory and sweet dishes
 - a. Filo Pastry
 - b. Choux Pastry
 - c. Puff Pastry
 - d. Short crust Pastry
2. The classification of pastry where solid fat is repeatedly folded into the dough is

- a. Laminated Pastry
 - b. Non-laminated Pastry
 - c. Pie
 - d. Tarts
3. What type of pie dough is blended the fat into the flour thoroughly, until the mixture looks like coarse cornmeal.
 - a. Crumb crust
 - b. Flaky pie dough
 - c. Mealy pie dough
 - d. Short-dough crust
 4. Which type of dough is called as cookie dough that contains butter, sugar, and eggs?
 - a. Crumb crust
 - b. Mealy pie dough
 - c. Short-dough crust
 - d. Short-pie crust
 5. It is traditionally round in shape featuring a fruit filling encased in dough or filling is top on dough.
 - a. Pastry
 - b. Pie
 - c. Pizza
 - d. Tart
 6. Which type of pastry is made from a laminated dough and has the characteristics of light and flaky?
 - a. Choux Pastry
 - b. Filo Pastry
 - c. Flaky Pastry
 - d. Puff Pastry
 7. Which type of pastry has a fat-to-flour ratio of 3:4 and is rolled and folded only four times
 - a. Choux Pastry
 - b. Filo Pastry
 - c. Flaky Pastry
 - d. Puff Pastry
 8. The process of preparing filling wherein fruit needs to be cooked is
 - a. Cooked fruit method
 - b. Cooked juice method
 - c. Old- fashion method
 - d. Uncooked fruit method
 9. How do you prepare hot water crust pastry?
 - a. Boil water and fat and pour into the flour.
 - b. Cut in butter into the flour and form into a ball.
 - c. Cook pastry twice, once from the top stove and once from the oven.
 - d. Rub in butter into flour and sprinkle with cold water.
 10. The type of pastry that is leavened by steam and cooked twice is
 - a. Choux Pastry
 - b. Flaky Pastry
 - c. Hot water crust Pastry
 - d. Puff Pastry
 11. Why do you need to chill pastry crust?
 - a. To achieve tender and flaky crust
 - b. To maintain crust moisture.
 - c. To preserve the crust for the next baking

- d. To prevent crust from sagging.
12. The difference of pie from tart is
- a. Pie can be served directly from its pan and tart should be removed from the molder and served individually.
 - b. The crust of pie is made out of short crust pastry and tart is made from choux pastry
 - c. Pie and tart consist of single crust and double crust.
 - d. Tart crust is mealy and pie crust is crumbly.
13. What are the main ingredients in making puff pastry?
- a. Butter, salt, water and flour
 - b. Butter, sugar and flour
 - c. Boiled water, butter and flour
 - d. Shortening, flour and water
14. Which kinds of pie dough/crust uses graham cracker as base for unbaked and sometimes baked pies?
- a. Crumb crust
 - b. Flaky pie dough
 - c. Mealy pie dough
 - d. Short-dough crust
15. The method of cooking pie filling that needs gelatin to thickened fruit and juice mixture then fold in egg whites or whip cream is
- a. Chiffon pie filling
 - b. Cream pie filling
 - c. Fruit filling
 - d. Soft filling



What's In

Before we start, let's go over the previous lesson you had! Kindly answer the following questions below. Write your answer on a separate sheet of paper.

1. What do you mean by one part of flour and half part of shortening?

2. How do you attain a tender and flaky crust?

Criteria	4	3	2	1
Clarity	Exceptionally clear and easy to understand	Generally clear and quite easy to understand	Lacks clarity and difficult to understand	Unclear cannot understand
Comprehensiveness	Thorough and comprehensive explanation	Substantial explanation	Partial or not comprehensive explanation	Misunderstanding or serious misconception on the explanation
Relevance	Highly relevant	Generally relevant	Somewhat relevant	Irrelevant



What's New

You will be learning the different kinds and classification of pastry and the different kinds of pastry fillings in this module. But before moving on, you should answer first the activity below.

Enumeration: Give what is being asked below. Write your answer on a separate sheet of paper.

1. What are the main ingredients in making pastry dough/crust?

a. _____

b. _____

c. _____

d. _____



What Is It

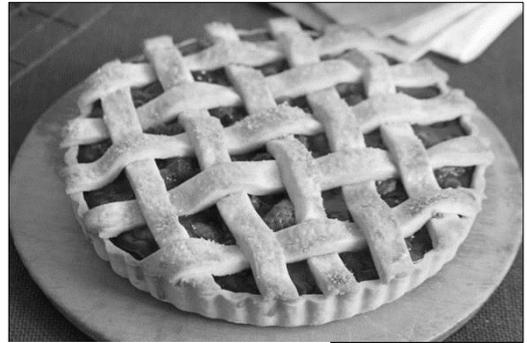
Pastry is a delicate product which consists of crust and filling. It contains high percentage fat, which contributes to a flaky or crumbly texture. A good pastry is light and airy and fatty, but firm enough to support the weight of the filling. The characteristics of pastry are flaky and tender.

2 Classification of Pastry

1. **Non-laminated Pastry** = solid fat is cut into the flour, or added as melted or liquid oil.
2. **Laminated Pastry** = where solid fat is repeatedly folded into the dough using a technique called lamination.

Kinds of Pastry

1. **Short crust pastry** = is a type of dough that is very simple, traditional and versatile. The recipe for short crust pastry contains only flour, butter or lard, ice water and sometimes salt. The basic short crust pastry can be used to make nearly any type of dish, from sweet to savoury, although two variations can be made — one that uses sugar in the dough for sweetness and another that uses an egg instead of ice water for a heartier taste.



<https://tinyurl.com/y98fz824>

Types of Pie Dough

1. **Flaky Pie Dough** = the fat is rubbed into the flour until particles of shortening are about the size of peas or hazelnuts. When water is added, the flour absorbs water and develops some gluten. When the dough is rolled out, the lumps of fat and moistened flour are flattened and become flakes of dough separated by layers of fat. Flaky dough is used for top crusts and for pre-baked pie shells.
2. **Mealy Pie Dough** = the fat is blended into the flour thoroughly, until the mixture looks like coarse cornmeal. Because the flour is more completely coated with fat. The crust is very short and tender, less water is needed and mainly used as a bottom crust in baked fruit pies and soft or custard- type pies because it resists sogginess.
3. **Crumb crust** = graham crackers are popular used as base and used for unbaked pies, such as cream pies and chiffon pies but sometimes crumb crust can be baked for firmer, less crumbly and increase flavor.
4. **Short- Dough Crust** = it is actually a kind of cookie dough. It is richer than regular pie pastry and contains butter, sugar, and eggs. It is used primarily for small fruit tarts because it is difficult to handle.

2. Puff Pastry = is a light and flaky pastry made from a laminated dough, or dough that is made by alternating layers of butter and dough. The only ingredients used to make puff pastry are butter, salt, water, and flour — no leavening agents are required. The fat and air being trapped between the layers of the pastry dough to give a flimsy, light and crisp finish.



<https://preview.tinyurl.com/y7om44jg>

3. Flaky Pastry = is a layered pastry dough similar to puff pastry but it contains less fat and fewer layers. Typical flaky pastry has a fat-to-flour ratio of 3:4 and is rolled and folded only four times. Traditionally, lard and butter were used in flaky pastry preparation. Flaky pastry formation requires “turning” or “folding”, it is more of a hybrid between traditional pie dough and puff pastry, which requires a much shorter production time.



<https://tinyurl.com/y9rctmgd>

4. Choux Pastry = the word choux in French means cabbage, and choux pastry gets its name from the fact that the little balls of choux paste used to make cream puffs resemble little cabbages. This pastry is made with flour, butter, eggs, and water or milk. It is leavened with steam, and cooked twice, once on the stovetop and again in the oven. It is characterized by a crispy outer shell with a light, airy interior.



<https://tinyurl.com/yd9sfalx>

5. Filo Pastry = this type of pastry is made in very thin sheets and used as a casing for numerous delicate savoury and sweet dishes. Made with high gluten content flour, filo is very difficult to make and needs careful handling because it is such a thin, fragile pastry that dries out quickly. It must be brushed with oil or melted butter before shaping and cooking.

<https://tinyurl.com/y7ogmvtv>



6. Hot Water Crust Pastry = the fat in hot water crust is melted and therefore very uniformly combined. The crust is most certainly crisp and the texture is more crumbly than flaky. Pies made with hot water crust, on the other hand, are meant to be unmolded.



<https://tinyurl.com/y7oohxcc>

Preparing Fillings

1. Fruit Fillings = consists of fruits and fruit juices, sugar, spices, and starch as thickener. Fruits to use can be fresh, frozen, canned, or dried. Methods of cooking could be any of the following.

A. Cooked Juice Method = only juice is cooked, when the juice is cooked with the starch and sugar, it is then poured over the drained fruit. The fruit can then retain its shape and flavour because it is subject to less heat and handling. This method is used when fruit requires little or no cooking before filling the pie.

Procedures

1. Drain the juice from the fruit.
2. Measure the juice and if necessary, add water or other fruit juice to bring it to the desired volume.
3. Bring the juice to a boil.
4. Dissolve the starch in cold water and stir into the boiling juice. Return the juice to the boil and cook until it is clear and thickened.
5. Add, sugar, salt, and flavourings, and stir until dissolved.
6. Pour the thickened juice over the drained fruit and mix gently. Be careful not to break or mash the fruit.
7. Cool.

B. Cooked Fruit Method = this method is used when the fruit requires cooking or there is not enough liquid for the cooked juice method.

Procedures

1. Bring the fruit and its juice or water to a boil. Some sugar may be added to the fruit to draw out juices.
2. Dissolve the starch in cold water and stir it into the fruit. Return the juice to the boil and cook until it is clear and thickened.
3. Add sugar, salt, flavorings, and other ingredients and stir until dissolved.
4. Cool as quickly as possible

C. Old-fashioned Method = this method is best suited for pies made with fresh apples or peaches. But not widely used in food service as the other methods because it is more difficult to control the thickening of the juices.

Procedures

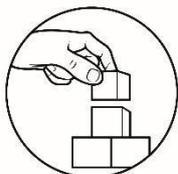
1. Mix the starch and spices with sugar until uniformly blended.
2. Mix the fruit with the sugar mixture.
3. Fill the unbaked pie shell with fruit.
4. Place lumps of butter on top of the filling.
5. Cover with a top crust or with streusel and bake.

2. Custard or Soft Fillings = this is made with uncooked liquid filling containing egg. The eggs coagulate when the pie is baked, setting the filling. The greatest difficulty in cooking soft pie is cooking the crust completely yet not over cooking the filling.

Note: To test for doneness, shake the pie very gently, if it is no longer liquid, it is done. Insert a thin knife from the center, if it comes out clean the pie is done.

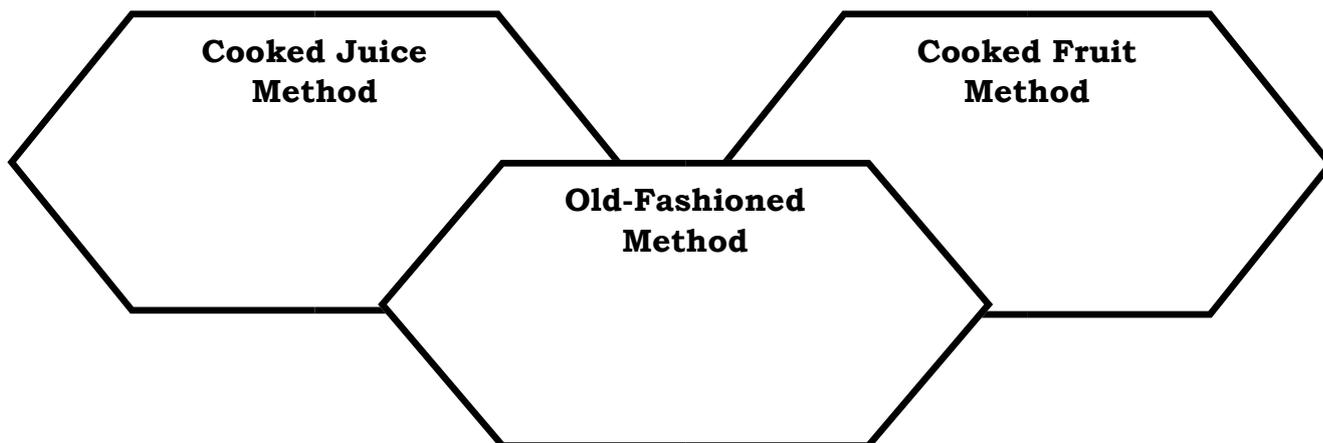
3. Cream Pie Filling = it is resembling to pudding which is added flavouring such as vanilla, chocolate, or coconut. Lemon filling is made by the same method, using water and lemon juice instead of milk. Cream pie filling is made with corn starch, while pudding is made with flour, corn starch and other starches.

4. Chiffon Pie Filling = are made by adding gelatin to a cream filling or to a thickened fruit and juice mixture and then folding in egg whites and/or whipped cream. The mixture is then poured into baked pie shells and allowed to set.



What's More

Direction: Write the different mixing procedure of the different pastry fillings. Write your answer on a separate sheet of paper.



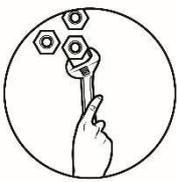
What I Have Learned

Fill in the blanks

Directions: Fill in the blanks to complete the statement. Choose the answer inside the parenthesis and write it on separate sheet of paper.

1. _____ solid fat is cut or melted into flour.
(Laminated Pastry, Non-laminated Pastry)
2. _____ solid fat is repeatedly folded into the dough.
(Laminated Pastry, Non-laminated Pastry)
3. _____ does not puff up in the oven because it does not have leavening agents.
(Choux Pastry, Short Crust Pastry)
4. _____ can be made into a double crust and single crust.
(Tart, Pie)
5. A single layered base of pastry with a sweet or savory filling is _____.
(Tart, Pie)
6. _____ is used for top crust and for pre-baked pastry.
(Mealy Pie Dough, Flaky Pie Dough)
7. _____ the crust is very short and tender, less water is needed and mainly used as a bottom crust.
(Mealy Pie Dough, Flaky Pie Dough)
8. _____ is richer than regular pie pastry and contains butter, sugar and eggs.
(Crumb Crust, Short-dough Crust)
9. Butter, salt, water and flour is the main ingredient of _____.
(Flaky Pastry, Puff Pastry)
10. Typical flaky pastry has a fat-to-flour ratio of 3:4 and folded _____.
(Four times, Three times)

11. _____ leavened with steam and cooked twice with a light and airy interior.
(Puff Pastry, Choux Pastry)
12. _____ is very difficult to make and needs careful handling.
(Filo Pastry, Short Crust Pastry)
13. _____ is most certainly crisp and the texture is crumblier than flaky.
(Hot Water Crust Pastry, Short Crust Pastry)
14. The characteristics of a good pastry are _____ and _____.
(Tender and Flaky, Tender and Crispy)
15. _____ is made with corn starch, while pudding is made with flour and other starches.
(Cream Pie Filling, Custard Filling)



What I Can Do

Directions: Give a brief description on the different types of pastry fillings. Write your answer on a separate sheet of paper.

1. Fruit Pie Filling = _____
2. Custard Pie Filing = _____
3. Cream Pie Filling = _____
4. Chiffon Pie Filling = _____



Assessment

Multiple Choice

Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

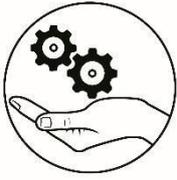
1. The method of cooking pie filling that needs gelatin to thicken fruit and juice mixture then fold in egg whites or whip cream is
 - a. Chiffon pie filling
 - b. Cream pie filling
 - c. Fruit filling
 - d. Soft filling
2. Which kinds of pie dough/crust uses graham cracker as base for unbaked and sometimes baked pies?
 - a. Crumb crust
 - b. Mealy pie dough
 - c. Mealy pie dough
 - d. Mealy pie dough

- b. Flaky pie dough d. Short-dough crust
3. Which type of pastry is made in very thin sheets and used as a casing for numerous delicate savoury and sweet dishes
- a. Short crust Pastry c. Choux Pastry
b. Filo Pastry d. Puff Pastry
4. Which type of pastry has a fat-to-flour ratio of 3:4 and is rolled and folded only four times
- a. Choux Pastry c. Flaky Pastry
b. Filo Pastry d. Puff Pastry
5. Which type of dough is called as cookie dough that contains butter, sugar, and eggs?
- a. Crumb crust c. Short-dough crust
b. Mealy pie dough d. Short-pie crust
6. What are the main ingredients in making puff pastry?
- a. Butter, salt, water and flour
b. Butter, sugar and flour
c. Boiled water, butter and flour
d. Shortening, flour and water
7. Why do you need to chill pastry crust?
- a. To achieve tender and flaky crust
b. To prevent crust from sagging.
c. To preserve the crust for the next baking
d. To maintain crust moisture.
8. The difference of pie from tart is
- a. Pie can be served directly from its pan and tart should be removed from the molder and served individually.
b. The crust of pie is made out of short crust pastry and tart is made from choux pastry
c. Pie and tart consist of single crust and double crust.
d. Tart crust is mealy and pie crust is crumbly.
9. The classification of pastry where solid fat is repeatedly folded into the dough is
- a. Laminated Pastry c. Pie
b. Non-laminated Pastry d. Tarts
10. The type of pastry that is leavened by steam and cooked twice is
- a. Choux Pastry c. Hot water crust Pastry
b. Flaky Pastry d. Puff Pastry

11. What type of pie dough is blended the fat into the flour thoroughly, until the mixture looks like coarse cornmeal.
- a. Flaky pie dough
 - b. Crumb crust
 - c. Mealy pie dough
 - d. Short-dough crust
12. It is traditionally round in shape featuring a fruit filling encased in dough or filling is top on dough.
- a. Pastry
 - b. Pie
 - c. Pizza
 - d. Tart
13. Which type of pastry is made from a laminated dough and has the characteristics of light and flaky?
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 - b. Filo Pastry
 - c. Flaky Pastry
 - d. Puff Pastry
14. How do you prepare hot water crust pastry?
- a. Boil water and fat and pour into the flour.
 - b. Cut in butter into the flour and form into a ball.
 - c. Cook pastry twice, once from the top stove and once from the oven.
 - d. Rub in butter into flour and sprinkle with cold water.
15. The process of preparing filling wherein fruit needs to be cooked is
- a. Cooked fruit method
 - b. Cooked juice method
 - c. Old-fashioned method
 - d. Uncooked fruit method

How did it go? Were you able to get them correctly?





Additional Activity

Essay: Directions: Read, analyze and answer the questions below (5 points each) Rubrics will be used to assess your answer.

1. How are Hot Water Crust Pastry and Short Crust Pastry different from each other?
2. How do you test the doneness of pie with custard filling?

Rubrics

Criteria	4	3	2	1
Clarity	Exceptionally clear and easy to understand	Generally clear and quite easy to understand	Lacks clarity and difficult to understand	Unclear cannot understand
Comprehensiveness	Thorough and comprehensive explanation	Substantial explanation	Partial or not comprehensive explanation	Misunderstanding or serious misconception on the explanation
Relevance	Highly relevant	Generally relevant	Somewhat relevant	Irrelevant



Congratulations, you can move now to the next module



Answer Key

<p>What I Know</p> <ol style="list-style-type: none"> 1. A 2. A 3. A 4. C 5. B 6. D 7. B 8. A 9. A 10. A 11. A 12. A 13. A 14. A 15. A <p>What's New</p> <ol style="list-style-type: none"> 1. a. fats b. cold water c. flour d. egg <ol style="list-style-type: none"> 2. a. Short Crust Pastry b. Filo Pastry c. Flaky Pastry d. Choux Pastry e. Hot Water Crust Pastry f. Puff Pastry <p>What I have learned</p> <ol style="list-style-type: none"> 1. Non-laminated 2. Laminated 3. Short crust pastry 4. Pie 5. Tart 6. Flaky Pie Dough 7. Mealy Pie Dough 8. Short Dough Crust 9. Puff Pastry 10. Four times 11. Choux Pastry 12. Filo Pastry 13. Hot water Crust 14. Tender and Flaky Pastry 15. Cream Pie Filling 	<p>What's More</p> <p>A. Cooked Juice Method</p> <ol style="list-style-type: none"> 1. Drain the juice from the fruit. 2. Measure the juice and if necessary, add water or other fruit juice to bring it to the desired volume. 3. Bring the juice to a boil. 4. Dissolve the starch in cold water and stir into the boiling juice. 5. Return the juice to the boil and cook until it is clear and thickened. 6. Add, sugar, salt, and flavourings, and stir until dissolved. 7. Pour the thickened juice over the drained fruit and mix gently. Be careful not to break or mash the fruit. 8. Cool. <p>B. Cooked Fruit Method</p> <p>Procedures</p> <ol style="list-style-type: none"> 1. Bring the fruit and its juice or water to a boil. Some sugar may be added to the fruit to draw out juices. 2. Dissolve the starch in cold water and stir it into the fruit. Return the juice to the boil and cook until it is clear and thickened. 3. Add sugar, salt, flavourings, and other ingredients and stir until dissolved. 4. Cool as quickly as possible <p>C. Old-fashioned Method</p> <p>Procedures</p> <ol style="list-style-type: none"> 1. Mix the starch and spices with sugar until uniformly blended. 2. Mix the fruit with the sugar mixture. 3. Fill the unbaked pie shell with fruit. 4. Place lumps of butter on top of the filling. 5. Cover with a top crust or with streusel and bake. 	<p>Assessment</p> <ol style="list-style-type: none"> 1. A 2. A 3. B 4. C 5. C 6. A 7. A 8. A 9. D 10. B 11. C 12. B 13. D 14. A 15. A <p>What I Can Do</p> <ol style="list-style-type: none"> 1. Flaky Pie Dough = the fat is rubbed into the flour until particles of shortening are about pea size. 2. Mealy Pie Dough = the fat is blended into the flour thoroughly and resist soggy. 3. Crumb Crust = uses graham crackers as base 4. Short Dough Crust = contains butter, sugar and eggs.
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