

# Chapter 9 – Baking

Bread and cookies should be baked everyday so we can serve freshly baked bread and cookies to our customers.

## Bread



A Footlong must be 12 inches long. All bread varieties should be available at all times. Do **not** serve a customer a bread that you would not want to eat yourself, or if dry, misshaped or too small. The shelf life of bread is 8 hours.

## Baking Process

Each stage of the bread baking process plays an important role in the final product

### Step 1- Panning

The process of placing frozen dough sticks onto bread pans in preparation for thawing.

- Pan frozen bread sticks onto bread pans seam side down (diagonal lines on the bottom)
- Record new bread counts on box. Cover remaining sticks with liner, reseal carton and return to freezer

### Step 2 – Retarding

The process of defrosting (thawing) dough in the cooler at temperatures cold enough (1°-5°C) to keep bread dough from rising.

- Place panned dough into Retarder Cabinet; keep door latched. Place cabinet into cooler.
- Takes 8-12 hours
- **Never** leave dough in the retarder for more than 12 hours and **never** re-freeze bread from retarder
- Remember for the second bake of the day the bread must be panned 8-12 hours therefore if the second bake is scheduled for 4pm the bread must be panned at 8am or earlier.



Product appearance after 8 to 12 hours.



Product appearance after 16 hours. Difficult to handle, becoming very sticky and stretches easily.

### Step 3 – Equipment

Ensure the equipment is set to the correct temperatures and humidity.

#### Proofer:

- Preheat to 100-105°F (37-41°C)
- Set humidity to 80-85% which is 3-5 on the dial
- Fill pan with fresh water daily

#### Oven:

- Pre-heat oven to 350°F (177°C)

#### Step 4 – Spraying

The process of spraying the tops of bread sticks with a fine mist of water to keep them moist.

- Remove bread from retarder (place into bread forms if not done so already)
- Make sure all bread sticks reach end to end in the forms by gently stretching the bread stick to the length of the bread form. Starting from the middle, stretch by moving toward each end until the dough touches both ends of the form. This will prevent the dough shrinking back and the bread being shorted than 12 inches.
- Straighten out the bread sticks
- Mist tops with water. Light mist, clean water, labelled water bottle

#### Step 5 – Seasoning

For seasoned bread (Honey oat, Hearty Italian, Herb & Cheese):

- Sprinkle one cup of seasoning onto tray covered with deli wrap
- Roll and cover 2/3 of the bread stick
- **Do not** coat the bottom
- Return seasoned stick to bread form, seam side down. Keep sticks straight.
- Shake the seasoning periodically to evenly distribute it

#### Step 6 – Floor Time

The process of leaving retarded bread out at room temperature for a period of time. This step is crucial as it saves yeast from being 'shocked' by quick extreme temperature changes.

Floor time bread until internal temperature reaches 10-12°C

- Normal floor time is between 15-40 minutes
- If temperature gets too high, tell your manager as this bread needs to be wasted



## Step 7 – Proofing

- Ensure the proofer temperature set at 100-105°F (37-41°C)
- Ensure the humidity is set at 80-85% (3-5 on the dial), there should be a fine mist of water on the inside of the proofer door glass
- After setting temperature and humidity, place pans in proofer.
- Only place in the number of pans which will fit into the oven when it needs to be baked. For instance, if the oven takes 6 trays at one time, only place 6 trays in the proofer at one time



- Proof approximately 50-60 minutes
- Dough should reach 75% of its final size check this with the proofing template

This is important as over-proofing will cause dough to collapse after baking and under-proofing will cause under-sized bread after baking and flavour profile has not fully developed

## Step 8 – Placing Cheese

For the Herb & Cheese bread only.

- After proofing sprinkle 14g of shredded cheese evenly across the top of each bread. Too much cheese will cause the bread to collapse!
- Do not touch the bread

## Step 9 – Baking

The process of baking in an oven by a dry continuous heat.

- Bake to a golden-brown colour
- Calibrate oven to 350°F (177°C)
- Do not open the oven door or peek at the bread
- Allow the oven to recover before reloading
- Bake fresh bread at least twice a day

## Step 10 – Cooling

The process of allowing bread to settle and cool before use.

- Remove bread from oven and place in an open-air rack as these are designed to cool bread as quickly as possible, resulting in less wrinkling and improved texture
- Place hot bread above cool bread
- Allow air to cool for 30 minutes

## Step 11 – Storage

The process of keeping freshly baked breads organised and ready for use.

- Store and display cooled bread in enclosed bread cabinets. Keep door closed!
- Allow bread to completely cool before placing in this cabinet as placing baked bread (too warm) in storage cabinet can cause excessive wrinkling and lost moisture in bread

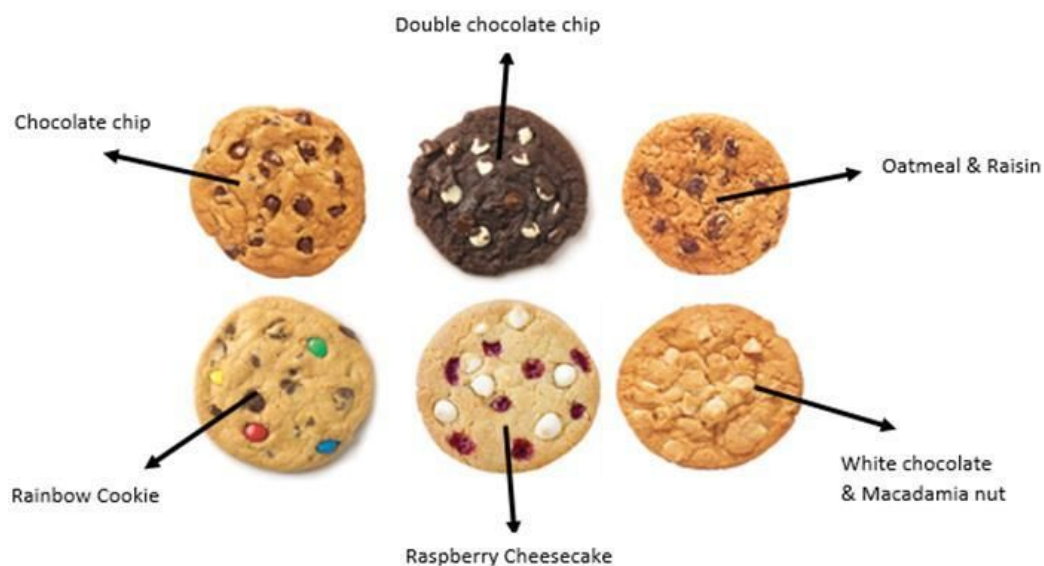


## Baking Cookies

Cookies should be baked fresh each day. To bake cookies, you must follow these steps:

1. Preheat oven to 325 F (162.8°C) for 30 minutes
2. Place the frozen cookie dough nuggets onto the Silpat baking liner (baking mat)
3. Place 12 cookies in a 3x4 configuration on the mat. Allow at least one inch between each portion and the side wall
4. Bake up to 6 trays for approximately 11 - 14 minutes or until they are a light golden brown colour
5. Let the cookies cool for at least 20 minutes prior to removing them from the tray
6. The cookies will carry on baking for at least two minutes after they are removed from the oven.

Properly baked cookies should be golden brown around the edges and slightly lighter brown in the centre. They should range from 8.25cm to 9.53cm in diameter. They should be slightly crispy around the edges and soft in the centre



Tip 1 – If cookies appears to be over-baked, slide them off the hot tray immediately, this will stop the baking process.

Tip 2 - If you are baking the double chocolate cookies (dark in colour) stick on a light-coloured cookie so you can judge when the cookie is baked.

### Pre-packed Cookies



1

Bake cookies as usual and allow to cool completely. Do not package cookies until they have cooled completely. Allow adequate time for

2

Stack 3 cookies of the same variety and place in 3-pack bag with the tops of the cookies facing front, visible through the

3

Fold top of bag along the dotted line, toward the back side of the bag.

4

Label each bag and place on the back part of the label.

baking, cooling and packaging.

clear section of the bag.

#### Best practices:

- The cookie basket should be fully stocked with freshly baked cookies at all times, however, the basket may contain fewer packages when you are waiting to refill or when you are winding down at the end of the day
- Do not place cookies into the cookie bags until they have fully cooled.
- When filling the bags staff also need to ensure there is no oil residue transferred to the plastic bags.
- Ensure that the bags are folded correctly- this sounds simple but we are finding that some people are getting this wrong.
- Ensure the bag sticker is dated, stock is rotated and out-of-date cookies are discarded.
- Any remaining pre-packaged cookies from the previous day must be discarded by 11am on the following day.

#### Baking Pastries

Some stores offer pastries as an additional snack. These must be baked fresh every day.

1. Preheat the oven to 177°C
2. Place frozen pastry bites in a 3x4 pattern on a baking tray lined with Silpat liner
3. Bake at 177°C for 18-20 minutes or until bites are golden
4. Allow to cool for 20 minutes before serving



Any remaining pastries from the previous day must be discarded by 11am on the following day.



# Baking – Question Time

1. How long does it take bread to fully retard?

2. What should be the internal temperature of bread before its placed in the proofer?

3. What is the shelf life for bread?

4. Why do we spray the bread with water?

5. What temperature should the oven be when baking bread?

6. What temperature should the oven be when baking cookies?

7. How long does it take bread to cool after baking?

8. What time should you discard cookies that were made the previous day?

9. How many cookie varieties do we offer?

Trainer  
Sign & date:

Trainee  
Sign & date:

