

# Conchas

*A traditional Mexican sweet bread roll*



# Story of Conchas

Among all the different kinds of traditional Mexican Pan Dulce ("sweet bread"), Concha's are without a doubt the most popular and recognisable. No other pan dulce is more representative of Mexico and its love of bread.

Conchas are a soft and sweet Mexican bread with a white topping that resembles the surface of a seashell. This is where the concha gets its name, since "concha" means "shell" in Spanish. The classic colour of the topping is white, but it can also be pink, yellow, or brown (which is chocolate flavoured).

Conchas are ubiquitous in Mexican culture. They are available at virtually every Mexican bakery (panadería), where they are usually the best selling sweet bread.

Source used for info - "WIKIPEDIA"



## Conchas

### Ingredients

#### SWEET DOUGH

Cake Flour	1,000 g
Brioche Mix 20%	0,200 g
Sugar	0,100 g
NCP Yeast Wet	0,040 g
Water	0,550 g

#### TOPPING

CP Yellow Margarine	0,200 g
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#### COOKIE DOUGH TOPPING

Tegral Satin Cream Cake	0,400 g
CP Yellow Margarine	0,200 g
Cake Flour	0,160 g

<b>TOTAL WEIGHT</b>	<b>1,890 g</b>
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<b>SCALE</b>	<b>0,060 g</b>
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<b>YIELD</b>	<b>32</b>
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### Method

#### SWEET DOUGH

1. Place all ingredients into a mixing bowl.
2. Mix for 2 minutes on a slow speed, then on a fast speed for 7 minutes. Dough temperature  $\pm 24^{\circ}$  C.
3. Scale heads of dough at 1,8 kg, mould the dough into rounds and rest for 5 minutes before working off.  
*N.B. Please cover dough that is not being worked off with a plastic dough cover. If dough is not covered a skin will form which will result in a undesirable looking product.*
4. Brush sweet dough pieces with melted margarine.

#### COOKIE DOUGH TOPPING

5. Beat the margarine using flat beater until smooth.
6. Add the eggs and mix on a slow speed until combined, then add the **Tegral Satin Cream Cake Mix** and the flour.
7. Mix on a slow speed for 1 minute until the mix is combined, then mix a further 2 minutes on the second speed.
8. Scale 20 g pieces of cookie dough around them, then flatten them to fit over the sweet dough.
9. Prove for  $\pm 50$  minutes.
10. Bake at  $230^{\circ}$  C for  $\pm 12$  minutes.

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# Santiago Cake

*A lovely sweet, soft textured almond cake*



# Story of Santiago Cake

Torta de Santiago (in Galician) or Tarta de Santiago (in Spanish), literally meaning cake of St. James.

This is an almond cake or pie from Galicia that has its origin in the Middle Ages.

The Galician for cake is Torta, while it is often referred to as Tarta, which is the Spanish word for it.

The top of the Cake is imprinted with the Cross of Saint James (cruz de Santiago), which gives the pastry its name.

Source used for info - "WIKIPEDIA"



## Santiago Cake

### Ingredients

#### GROUP 1

White Sugar	1,100 g
Orange Zest	0,385 g
Lemon Zest	0,385 g
Egg Yolk	0,880 g
Almonds Ground	1,540 g
Almond Essence	0,018 g
Cinnamon	0,018 g
Water	0,550 g

#### GROUP 2

Egg White	0,953 g
White Sugar	0,458 g

#### TOPPING

Icing Sugar	0,616 g
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**TOTAL WEIGHT** 5,739 g

**SCALE** 0,900 g

**YIELD** 6,4

### Method

#### GROUP 1

1. Cream the sugar, orange zest, lemon zest and egg yolks together until light and fluffy.
2. Stir in the ground almonds, almond essence and cinnamon.

#### GROUP 2

3. Whisk the egg whites and sugar together until stiff.
4. Add one-quarter of the whipped egg whites into Group 1 and beat together.
5. Add the second quarter of the whipped egg whites to the mixture and repeat.
6. Add the remaining whipped egg whites and fold in slowly until fully combined.
7. Scale the mixture into a prepared sponge tin and bake at 160° C for ±40 minutes.
8. Remove the cakes from the tins and allow to cool on a wire rack.
9. To follow the time-honoured tradition of decoration, find the shape of the St James cross using the internet and print it out. Cut out the middle of the cross and use it as a stencil.
10. When the cakes are cooled completely, place the cross stencil in the middle and dust the cake with the icing sugar.

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# Rugelach

*Miniature crescent-rolled pastries with a sweet filling*





# Story of Rugelach

Rugelach is a filled pastry product originating in the Jewish communities of Poland. It is very popular in Israel, commonly found in most cafes and bakeries. It is also a popular treat among Jews in the diaspora.

It's pronounced ru-ge-lah and in modern Hebrew, they are known as roglit, a post-biblical Hebrew word meaning "trailing vines", though the name rugelach is still commonly used by Hebrew speakers. The Yiddish word rugalach probably came first. The modern Hebrew is probably a neologism, chosen for its similarity to the Yiddish and its descriptive meaning.

Source used for info - "WIKIPEDIA"

## Rugelach

### Ingredients

#### PASTRY DOUGH

Cake Flour	0,375 g
Salt	0,004 g
Unsalted Butter	0,225 g
Cream Cheese	0,225 g
Eggs	0,045 g

#### FILLING

Brown Sugar	0,150 g
Walnuts	0,090 g
Bakers Mix	0,090 g
Cinnamon	0,012 g

**TOTAL WEIGHT** 0,874 g

**SCALE** 0,018 g

**YIELD** 49

### Method

#### PASTRY DOUGH

1. Combine the flour and salt together using a flat beater.
2. Add the cream cheese and egg, mix until a dough forms.
3. Grate the butter into the dough while mixing it on a slow speed.  
*N.B. Do not over mix.*
4. Remove the dough from the mixer and scale into 216 g pieces.
5. Flatten each dough piece and wrap individually in cling wrap.  
Chill for a minimum of 2 hours or overnight.  
*N.B. The dough needs to stay cold so that the butter doesn't melt.*

#### FILLING

6. Mix all the ingredients under filling together using a food processor and make sure that the nuts and raisins are chopped into fine pieces.
7. Once the dough is chilled, roll it out into a round shape similar to a small pizza. *N.B. It should be about 25 cm wide.*
8. Spread 80 g of filling over the rolled out dough, press it firmly into the dough, then use a pizza cutter or a sharp knife to cut the dough as you would cut pizza slices. Cut into 12 equal slices.
9. Start from the outside and roll each piece inwards so that it looks like small croissants.
10. Place them onto a baking tray, ensuring that the point is at the bottom.
11. Bake at 200° C for ±15 minutes or until light brown.



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# Yorkshire Pudding

*A savoury English side dish*



# Story of Yorkshire Pudding

When wheat flour began to come into common use for making cakes and puddings, cooks in northern England devised a means of making use of the fat that dropped into the dripping pan to cook a batter pudding while the meat roasted.

Yorkshire pudding is a common English side dish, a baked pudding made from a batter of eggs, flour, and milk or water. The origin of this pudding is Northern England.

*Source used for info - "WIKIPEDIA"*



## Yorkshire Pudding

### Ingredients

#### BATTER

Cake Flour	0,300 g
Milk	0,360 g
Salt	0,004 g
Eggs	0,300 g

#### FRYING FAT

Unsalted Butter	0,072 g
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**TOTAL WEIGHT** 0,964 g

**SCALE** 0,040 g

**YIELD** 24

### Method

1. Place all the ingredients into a mixing bowl and whisk together for 1 minute on a slow speed, then on a medium speed for 2 minutes.
2. Allow batter to rest for 30 minutes.
3. In a muffin tray add about 3 g of butter to each cup and melt it in a hot oven.
4. Scale 40 g of batter into each cup, and place on top of the melted butter.
5. Bake at 180° C for 10 - 12 minutes.

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# Pignoli Cookies

*Moist, soft and chewy pine nut cookie*



# Story of Pignoli Cookies

Pignoli is plural for Pignolo, which is a macaroon typical of Sicily, Italy.

It is a very popular cookie in all of southern Italy, and in Sicilian communities in the United States.

It is also typical of Catalonia, where it is one of several related cookies called panellets, served on All Saints Day.

This cookie is a popular Italian holiday treat, especially at Christmas.

Source used for info - "WIKIPEDIA"



## Pignoli Cookies

### Ingredients

#### COOKIE DOUGH

Almond Powder	0,350 g
Icing Sugar	0,175 g
Egg Whites	0,060 g
Salt	0,004 g

#### TOPPING

Pine Nuts	0,140 g
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<b>TOTAL WEIGHT</b>	<b>0,589 g</b>
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<b>SCALE</b>	<b>0,015 g</b>
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<b>YIELD</b>	<b>39</b>
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### Method

1. Place all the cookie dough ingredients into a mixing bowl and mix for 2 minutes with a flat beater, or until the dough is smooth.
2. Scale into 15 g pieces and with slightly dampened hands, roll them into balls.
3. Dip the balls in the pine nuts and place them onto a tray.
4. Bake at 170° C for 18 - 20 minutes.

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# Shokupan

*Japanese milk bread*





# Story of Shokupan

The most ubiquitous type of bread in Japan is the white and pillowy square-shaped bread called shokupan, which simply means “eating bread”.

They are amazingly fluffy and keep moist for longer than ordinary bread because of the Yudane method.

Adding hot boiling water gelatinises the starch. The gelatinised starch not only allows the starch to take in more water, but also increases the sweetness of it. The Yudane method originated in Japan. It became widespread and the popular way to bake bread in Asian countries when Yvonne Chen introduced “Tangzhong” roux as a secret ingredient to bake the super soft and light Japanese milk bread in her book called “Bread Doctor”.

*Source used for info - “Chopstick Chronicles”*



## Shokupan

### Ingredients

#### YUDANE INCLUSION

Cake Flour	0,250 g
Water	0,250 g

#### SWEET DOUGH

Cake Flour	1,000 g
Brioche Mix 20%	0,250 g
NCP Yeast Wet	0,063 g
Milk	0,600 g

#### TOPPING

Sunset Glaze	0,035 g
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<b>TOTAL WEIGHT</b>	<b>2,413 g</b>
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<b>SCALE</b>	<b>0,450 g</b>
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<b>YIELD</b>	<b>39</b>
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### Method

#### YUDANE INCLUSION

1. Start by combining the Yudane Inclusion ingredients together in a small bowl using a spoon; make sure the water is boiling hot.
2. Rest the Yudane Inclusion overnight at room temperature.

#### SWEET DOUGH

3. Place all ingredients into a mixing bowl, including the Yudane Inclusion that has rested overnight.
4. Mix for 2 minutes on a slow speed, then on a fast speed for 7 minutes. Dough temperature  $\pm 24^{\circ}$  C.
5. Scale heads of dough at 450 g, mould round and rest for 5 minutes before working off.
6. Divide the 450 g head into two equal pieces, flatten and stretch the dough long, roll it up tight and place both pieces next to each other in a half loaf tin.
7. Prove for  $\pm 50$  minutes.
8. Spray with **Sunset Glaze** before baking.
9. Bake at  $220^{\circ}$  C for  $\pm 25$  minutes.

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# Three Milk Cake

*Soaked sponge cake*



# Story of Three Milk Cake

Three milk cake is better known in other countries as TRES LECHES which is Spanish for THREE MILK.

The cake is popular in Central and South America, North America and many parts of the Caribbean, Canary Islands, as well as in Albania, North Macedonia and parts of Europe.

In Puerto Rico, tres leches cake is topped with whipped cream and sometimes also drenched with coquito (coconut and rum eggnog) or coffee.

The idea for creating a cake soaked in a liquid is likely of Medieval European origin, as similar cakes, such as British trifle and rum cake, and tiramisu from Italy, use this method.

Recipes for soaked-cake desserts were seen in Mexico as early as the 19th century, and Patricia Quintana, a recognized international cook and expert in Mexican gastronomy, believes it came from Sinaloa, Mexico.

Source used for info - "WIKIPEDIA"

## Three Milk Cake

### Ingredients

#### CAKE MIX

Tegral Satin Cream Cake	1,200 g
Egg	0,490 g
Water	0,315 g
Chipkins Sunflower Oil	0,420 g

#### FILLING

Milk	1,008 g
Condensed Milk	0,756 g
Evaporated Milk	0,756 g

#### TOPPING

Ambiante Non-Dairy Topping	0,480 g
Cocoa Powder	0,024 g

**TOTAL WEIGHT** 2,425 g

**SCALE** 0,300 g

**YIELD** 8

### Method

1. Add all the liquid ingredients into a mixing bowl.
2. Then add all the powdered ingredients.
3. Using a flat beater combine the liquid ingredients and powdered ingredient on a slow speed.
4. Mix on a slow speed for 2 minutes and then on a medium speed for 2 minutes.
5. Place 300 g of batter into a 3001P Aluminium foil container.
6. Bake at 180° C for ± 25 - 30 minutes.
7. Let the cakes cool down, then use a fork to make the cakes full of holes.
8. Mix the ingredients under filling together and pour 300 ml over every cake. Let the cakes stand until all the milk mixture is absorbed.
9. Whip up the **Ambiante non-dairy topping** and decorate the cakes on top, then dust lightly with cocoa powder.

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# Basbousa Cake

*Middle Eastern sweet cake*



# Story of Basbousa Cake

Basbousa is a traditional Middle Eastern sweet cake that originated in Egypt, though also popular in other countries.

It is made from a semolina batter in a pan, sweetened with orange flower water, rose water or simple syrup, and typically cut into diamond shapes.

It is found in most former areas of the Ottoman Empire, and is featured in Middle Eastern cuisines, Greek cuisine, Azerbaijani cuisine, Turkish cuisine, and many others.

Basbousa is a popular dessert among all Egyptians. It's a main Egyptian dish at Eids and Ramadan tables; also for Christians in their fasts, such as the Great Lent and Nativity, as it can be made vegan.

Source used for info - "WIKIPEDIA"



## Basbousa Cake

### Ingredients

#### CAKE MIX

Semolina	0,900 g
Desiccated Coconut	0,270 g
Melted Butter	0,342 g
Sugar	0,216 g
Bicarbonate of Soda	0,018 g
Plain Yoghurt	0,720 g

#### SYRUP FILLING

Sugar	1,206 g
Water	1,125 g
Lemon Juice	0,018 g

#### TOPPING

Roasted Almonds	0,480 g
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**TOTAL WEIGHT** 2,466 g

**SCALE** 2,400 g

**YIELD** 49,3

### Method

1. Boil the ingredients under syrup filling together on low heat for at least 10 minutes, then allow to cool while preparing and baking the cake.
2. Mix all ingredients together, except the yoghurt, in a mixing bowl on a slow speed for 2 minutes using a flat beater or until the butter is well dispersed.
3. Add the yoghurt and continue mixing for 1 minute or until all ingredients have combined.
4. Line a bread tin's lid with silicone paper and spread the mixture into the lid using your hands, then roll with a rolling pin in order to press it tight and even.
5. Once the dough is even, cut it into diamond or square shapes. Place one almond on each slice.
6. Bake at 200° C for ±30 to 40 minutes or until golden brown.
7. Cut the cake again along the pre-cut lines and pour the cold syrup over while it is still hot. Allow all the syrup to soak into the cake.

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# Cantonese Mooncake

*Red bean filled pastry*





# Story of Cantonese Mooncake

A mooncake is a Chinese bakery product traditionally eaten during the Mid-Autumn Festival.

The festival is about lunar appreciation and moon watching, and mooncakes are regarded as an indispensable delicacy. Mooncakes are offered between friends or on family gatherings while celebrating the festival. The Mid-Autumn Festival is one of the four most important Chinese festivals.

Source used for info - "WIKIPEDIA"

## Cantonese Mooncake

### Ingredients

#### PASTRY

Cake Flour	0,300 g
Alkaline Water	0,006 g
Golden Syrup	0,165 g
Sunflower Oil	0,030 g

#### SYRUP FILLING

Tinned Red Beans	0,684 g
Sugar	0,300 g
Irmis	0,120 g

**TOTAL WEIGHT** 0,501 g

**SCALE** 0,050 g

**YIELD** 10

### Method

#### PASTRY DOUGH

1. Place the golden syrup, alkaline water, and vegetable oil in a mixing bowl. *N.B. To make the alkaline water, mix about 1 teaspoon of Bicarbonate of Soda with half a cup of water.*
2. Mix for 1 minute on a slow speed and 4 minutes on high speed until well blended.
3. Add the cake flour to the mixture and combine on a slow speed using a flat beater. *N.B. Remove as soon as it forms a dough, do not over mix.*
4. Remove the dough and wrap it in cling wrap. Rest the dough while you prepare the filling.

### Method Continued

#### FILLING

5. Drain the red beans and rinse them with clean water.
6. Place the red beans in a food processor with the sugar and blend until smooth.
7. Place the purée into a medium saucepan or skillet and cook over a medium heat, stirring continuously, until much of the water has been cooked away and the purée has thickened to a consistency similar to hummus.
8. Add the sunflower oil and mix into the purée then continue to cook over medium heat until the purée becomes glossy and forms a dough that sticks to the spoon in one mass, about 4 - 5 minutes.
9. Remove from the heat and chill until ready to use.
10. Scale the pastry at 50 g pieces and the filling 100 g pieces.
11. Mould the pastry pieces round and roll them out.
12. Mould the filling into a ball and use the rolled out pastry to cover the red bean ball. *N.B. The ball should be covered completely.*
13. Flatten the whole ball inside a plain scone cutter, the biggest size. If you don't have a stempel to press a design on top, you can use a blunt butter knife to press your own design. *N.B. Ensure not to press through the pastry dough.*
14. Bake at 180° C for 8 minutes then brush with egg wash and bake a further 10 - 15 minutes until golden brown.
15. Place into an airtight container and rest for two days.

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