



# Bread & Pastry

**Dr. Rene D. Osorno**  
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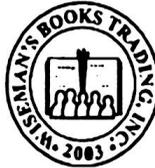


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**Dr. Grayfield T. Bajao**

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Dr. Rene D. Osorno  
Dr. Grayfield T. Bajao

## Introduction

Baking, Bread and Pastry is one of the most popular technical courses today which is of course thanks to man's love for bread and sweets. Tracing back the history of baking and pastry making, will take us to the time even before the Egyptians. The first evidence of baking was when men tried mixing wild grass grain with almost everything, soaking it in water, mashing it into some kind of paste, and putting it on a flat rock which was placed on hot embers. When the Egyptians came, bread was becoming more like the bread we know today. On the other hand, the Romans were technically the first pastry cooks when they tried mixing sweet things like honey to plain bread. The Roman pastry cooks were highly respected, especially those who could invent new pastries that were unseen before. With the expansion of their kingdom, Roman pastry cooking spread all over the world and even to the eastern parts of Asia. Baking and Pastry making became an art when open – air cafes were developed and popularized in Paris.

Baking, Bread and Pastry making take more than just cooking a block of bread and covering it with an ample amount of icing. As it is considered an art, the students taking this course are expected to learn making a wide range of bread – from simple and traditional to more elegant desserts fit as showpieces – using sugar, syrups, icings, chocolate, and even fruits.

This manual gives the basic knowledge on how to prepare yeast raised products (breads, laminated dough); prepare a wide of variety of cakes; prepare egg and dairy based products; and more importantly, utilize concept of budgeting, cost control, quality standards, and profit and staffing cost.

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# Chapter 1

## THE HISTORY OF BAKING

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### **LEARNING OBJECTIVES**

At the end of this chapter, the students are expected to:

1. Know and understand the history baking
2. Recognize the vital role of the Romans and other ancient people in the development of baking
3. Explain and discuss how the technique of baking bread was discovered
4. Tell how the use of wheat for baking
5. Discuss the development of more mechanized baking implements