This short course was developed for the trainer in response to the demand from various communities in Cake Making. This short course was developed to enable participants to make pound cake at home for their own consumption, or for sale at local markets and outlets.

The development of this short course was sponsored by the ADB-PNG EMPLOYMENT ORIENTED SKILLS DEVELOPMENT PROJECT (EOSDP) and produced by curriculum officers at the SKILLS TRAINING RESOURCES UNIT (STRU)
# TABLE OF CONTENT

<table>
<thead>
<tr>
<th>CONTENTS</th>
<th>PAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Outline</td>
<td>2</td>
</tr>
<tr>
<td>Competency Profile</td>
<td>3 – 4</td>
</tr>
<tr>
<td>• Making Pound Cake</td>
<td></td>
</tr>
<tr>
<td>Curriculum Guide</td>
<td>5</td>
</tr>
<tr>
<td>Overview of Learning Outcomes</td>
<td>6 – 9</td>
</tr>
<tr>
<td>• Identify ingredients and equipment</td>
<td></td>
</tr>
<tr>
<td>• Prepare ingredients and ingredients</td>
<td></td>
</tr>
<tr>
<td>• Beat butter and ream cheese</td>
<td></td>
</tr>
<tr>
<td>• Add flour mixture</td>
<td></td>
</tr>
<tr>
<td>• Bake pound cake</td>
<td></td>
</tr>
<tr>
<td>• Package and label pound cake</td>
<td></td>
</tr>
<tr>
<td>Instructional Notes</td>
<td>9 – 10</td>
</tr>
<tr>
<td>• Making Pound Cake</td>
<td></td>
</tr>
<tr>
<td>Attachments</td>
<td>11 – 12</td>
</tr>
<tr>
<td>• Basic cake making everyday tips</td>
<td></td>
</tr>
<tr>
<td>• Safety precaution</td>
<td></td>
</tr>
<tr>
<td>Acknowledgement</td>
<td>13</td>
</tr>
</tbody>
</table>
COURSE OUTLINE: Pumpkin Spice Cake

Program: TOURISM AND HOSPITALITY
Course: CAKE MAKING
Module code: TH006v
Module name: Pound Cake

Module 1: Banana cake
Module 2: Carrot cake
Module 3: Coconut cake
Module 4: Pumpkin spice cake
Module 5: Pound cake
### COMPETENCY PROFILE: Pumpkin Spice Cake

<table>
<thead>
<tr>
<th>Duty</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Banana cake</td>
<td>A1. Identify ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>A2. Prepare ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>A3. Cream butter and sugar</td>
</tr>
<tr>
<td></td>
<td>A4. Add flour milk and banana</td>
</tr>
<tr>
<td></td>
<td>A5. Bake banana cake</td>
</tr>
<tr>
<td></td>
<td>A6. Package and label banana cake</td>
</tr>
<tr>
<td>B. Carrot cake</td>
<td>B1. Identify ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>B2. Prepare ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>B3. Beat eggs, add sugar, oil, vanilla and flour</td>
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<tr>
<td></td>
<td>B4. Fold in grated carrots and nuts</td>
</tr>
<tr>
<td></td>
<td>B5. Bake carrot cake</td>
</tr>
<tr>
<td></td>
<td>B6. Package and label carrot cake</td>
</tr>
<tr>
<td>C. Coconut cake</td>
<td>C1. Identify ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>C2. Prepare ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>C3. Beat sugar, add yoke and vanilla</td>
</tr>
<tr>
<td></td>
<td>C4. Mix buttermilk and coconut cream</td>
</tr>
<tr>
<td></td>
<td>C5. Beat egg whites, tartar and sugar</td>
</tr>
<tr>
<td></td>
<td>C6. Bake coconut cake</td>
</tr>
<tr>
<td></td>
<td>C7. Package and label coconut cake</td>
</tr>
<tr>
<td>D. Pumpkin spice cake</td>
<td>D1. Identify ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>D2. Prepare ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>D3. Cream butter and sugar</td>
</tr>
<tr>
<td></td>
<td>D4. Add flour and buttermilk</td>
</tr>
<tr>
<td></td>
<td>D5. Bake pumpkin spice cake</td>
</tr>
<tr>
<td></td>
<td>D6. Package and label pumpkin spice cake</td>
</tr>
</tbody>
</table>
## Competency Profile: Pound Cake

<table>
<thead>
<tr>
<th>Duty</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>E. Pound Cake</td>
<td>E1. Identify ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>E2. Prepare ingredients and equipment</td>
</tr>
<tr>
<td></td>
<td>E3. Beat butter and cream cheese</td>
</tr>
<tr>
<td></td>
<td>E4. Add flour mixture</td>
</tr>
<tr>
<td></td>
<td>E5. Bake pound cake</td>
</tr>
<tr>
<td></td>
<td>E6. Package and label pound cake</td>
</tr>
</tbody>
</table>
Program: TOURISM AND HOSPITALITY
Course: CAKE MAKING
Module code: TH006v
Module name: Pound Cake
Module purpose: The purpose of the module is to impart knowledge and skills to participant in pound cake making so they can be able to make at home for own consumption or for sale.
Nominal duration: Approximately 6 hours.
Prerequisites: There are no pre-requisites for this module.
Content:
- E1. Identify ingredients and equipment
- E2. Prepare ingredients and ingredients
- E3. Beat butter and cream cheese
- E4. Add flour mixture
- E5. Bake pound cake
- E6. Package and label pound cake
Suggested delivery method: This module should be delivered using these methods:
1. Explanation (what we will do) 5%
2. Demonstration (how we will do it) 15%
3. Implementation (now you do it) 70%
4. Evaluation (how good did we do it) 10%
Instructor: A recognised trainer from a vocational centre or certified trainer who has cake making skill.
Assessment method: The assessment will be given in a holistic manner through:
- Self paced
- Practical demonstration
- Observation
- Checklist
Assessment condition: In a kitchen situation where all materials and equipment are provided or training hall for women’s normal activities are done.
Evaluation: The participants will demonstrate mastery of each skill. The final product will be evaluated by:
- Tasting the finish product
Reference: Sara Foster’s "The Foster’s Market Cookbook" - 2007
Overview of Learning Outcomes

On successfully completion of the module the participants will be able to:
E1. Identify ingredients and equipment
E2. Prepare ingredients and ingredients
E3. Beat butter and cream cheese
E4. Add flour mixture
E5. Bake pound cake
E6. Package and label pound cake

APPENDIX 1: Training and Assessment guide (Learning outcome).

Learning outcome E1.1:
• Identify ingredients and equipment to make the pound cake.

Teaching strategy:
Learning activities for the trainee must include the instructor to;
1.1 Identify ingredients and equipment to use.
1.2. Explain and demonstrate use of equipment.
1.3. Identify method of baking the pound cake.

Assessment condition:
In a classroom situation where all participants are provided with;
• Ingredients to make the cake
• Measuring cups, spoons
• Measuring jug
• Baking pans
• Sifter
• Clean tea towels
• Aprons
• Oven drum
• Large pot of water
• Mixing bowls

Assessment criteria:
The trainee has;
1.1.1 Selected and named ingredients and equipment to use.
1.1.2 Outlined use of each equipment.
1.1.3 Prepared fire for oven drum to bake the pound cake.

Assessment method:
• Self paced
• Practical demonstration
• Observation

APPENDIX 2: Training and Assessment guide (Learning outcome).

Task E2: Prepare ingredients and equipment.
Suggested minimum instructional time: 30 minutes

Learning outcome E2.1
• Prepare ingredients and equipment according to the correct measurements and procedures.

Teaching strategy:
Learning activities for the trainee must include the instructor to;
2.1 Identify correct amount for each ingredients.
2.2 Identify the correct methods of preparing the pan.

Assessment condition:
The trainee must have excess to;
• Ingredients to make the cake
• Measuring cups, spoons
• Measuring jug
• Baking pans
• Sifter
• Clean tea towels
• Aprons
• Oven drum
• Large pot of water
• Mixing bowls

Assessment criteria:
The trainee has;
2.1.1 Measured correct amount for each ingredients.
2.1.2 Prepared the pan following the correct method.

Assessment method:
• Self paced
• Practical demonstration
• Observation
• Checklist
APPENDIX 3: Training and Assessment guide (Learning outcome).

Learning outcome E3.1:
• Beat the ingredients together following procedures.

Teaching strategy:
Learning activities for the trainee must include the instructor to;
3.1 Identify amount of butter.
3.2 Identify amount of cream of cheese.
3.3 Identify amount of sugar to add.
3.4 Identify number of eggs to use.
3.5 Identify amount of vanilla and zest of lemon to add.
3.6 Explain and demonstrate procedures in mixing the ingredients.

Assessment condition:
In a classroom situation or a training hall where all participants are provide with;
• Mixing bowls
• Sugar
• Eggs and vanilla
• Wooden spoon
• Measuring cups and spoons
• Large bowl of clean water

Assessment criteria:
The trainee has;
3.1.1 Measured 1 1/2 cups butter.
3.1.2 Measured 226 grams cream cheese.
3.1.3 Measured 3 cups sugar.
3.1.4 Selected six fresh eggs to use.
3.1.5 Measured 1 tablespoon vanilla and zest of one lemon to add.
3.1.6 Mixed ingredients following the procedures.

Assessment method:
• Self paced
• Practical demonstration
• Observation
• Checklist

APPENDIX 4: Training and Assessment guide (Learning outcome).

Learning outcome E4.1:
• Mix flour mixture to the batter.

Teaching strategy:
Learning activities for the trainee must include the instructor to;
4.1 Identify and explain amount of flour to add to the mixture.
4.2 Explain and demonstrate procedures in adding flour mixture to the mixture.
4.3 Explain and demonstrate pouring the batter into the prepared pan.

Assessment condition:
In a classroom situation or a training hall where all participants are provide with;
• Bowls
• Masher
• Fruit
• Strainer
• Large cooking pot

Assessment criteria:
The trainee has;
4.1.1 Measured three cups of flour mixture.
4.1.2 Added flour mixture to the mixture following procedures.
4.1.3 Poured batter into prepared pan.

Assessment method:
• Self paced
• Practical demonstration
• Observation
• Checklist
APPENDIX 5: Training and Assessment guide (Learning outcome).

Learning outcome E5.1:
• Bake the pound cake.

Teaching strategy:
Learning activities for the trainee must include the instructor to;
5.1 Identify the heat temperature of the oven drum.
5.2 Identify and explain where to place the cake pan in the oven.
5.3 Identify baking time.
5.4 Explain and demonstrate checking the cake with a toothpick or broom stick.
5.5 Explain and demonstrate removing the cake from the pan.

Assessment condition:
In a classroom situation or a training hall where all participants are provided with;
• Prepared heated oven drum
• Thermometer
• Clean broom stick or toothpick
• Pot holders
• Wire rack
• Clean tea towels
• Prepared cardboard to place the baked cake

Assessment criteria:
The trainee has;
5.1.1 Preheated oven to 350 degrees F (177 degrees C).
5.1.2 Placed cake pan in the centre rack of oven.
5.1.3 Baked pound cake for 1 hour and 15 minutes or until baked.
5.1.4 Checked cake using the toothpick or clean broom stick.
5.1.5 Removed baked cake from the pan.

Assessment method:
• Self paced
• Practical demonstration
• Observation
• Checklist

APPENDIX 6: Training and Assessment guide (Learning outcome).

Learning outcome E6.1:
• Package and label pound cake.

Teaching strategy:
Learning activities for the trainee must include the instructor to;
6.1 Identify equipment to package baked pound cakes.
6.2 Identify number of cake to be packed.
6.3 Explain and demonstrate sealing and labelling of pound cake for sale.

Assessment condition:
In a classroom situation or a training hall where all participants are provided with;
• Bowl
• Measured sugar and lemon
• Wooden spoon
• Strainer
• Measuring cups
• Measuring spoon
• Large pot cooking pot

Assessment criteria:
The trainee has;
6.1.1 Outlined plastic type of containers for packaging pound cake.
6.1.2 Packed 10 pound cakes in the plastic containers.
6.1.3 Sealed and labelled pound cakes for sale.

Assessment method:
• Self paced
• Practical demonstration
• Observation
• Checklist
APPENDIX 7: Introduction

POUND CAKE

The name 'pound' was given to this cake because it contained one pound each of flour, sugar, butter, and eggs. A typical pound cake recipe of the time and used the original formula of 1 pound each of butter, flour, and sugar along with a dozen eggs. Of course, this produced a very rich tasting cake but it also tended to be quite heavy in texture for it didn’t contain artificial leaveners (not invented yet) and the batter had to be beaten by hand as there were no electric mixers. Today, pound cakes are still rich and buttery but they have a finer grain as we now add an artificial leavener (baking powder and/or soda) and are able to incorporate lots of air into the batter (by using an electric mixer). As in the past, it is important to have the butter and eggs at room temperature as this enables the maximum amount of air to be beaten into the batter. There is a tendency for the batter to curdle when adding the eggs but having the eggs at room temperature and adding each egg separately will help to prevent this.

Whether you are using a loaf, cake, bundt or tube pan it is worth mentioning that if you are using a dark coloured pan, reduce the oven temperature to 325 degrees F (165 degrees C). Do this because dark coloured pans absorb more of the energy coming from the oven walls so they become hotter and transmit heat faster than light colored pans. Reducing the oven temperature slightly will help compensate for this.

Happy Baking.

Instructional Notes

MAKING POUND CAKE

**E1: Identify materials and equipment**

**E1.1 Required equipment:**

- Oven Drum – to bake the carrot cake in
- Baking pan – to bake the prepared batter in it
- Mixing bowls – use to mix the cake batter in
- Measuring jugs – measuring device
- Measuring cups – measuring device
- Measuring spoons – measuring device
- Firewood – use to produce heat for oven drum
- Toothpick or broomstick – to check the cake with

**E1.2 Ingredients required:**

- 3 cups (420 grams) all purpose flour
- 1 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups (340 grams) (3 sticks) unsalted butter, room temperature
- 1 - 8 ounce (226 grams) package cream cheese, room temperature
- 3 cups (600 grams) superfine or caster sugar
- 6 large eggs, room temperature
- 1 tablespoon pure vanilla extract
- Zest of a lemon or orange (optional)

*Note:* To make your own superfine sugar - place 3 cups (600 grams) granulated white sugar in bowl of food processor. Process until very fine, about 30 seconds.

**E2: Prepare equipment and ingredients**

**E2.1 Prepare pan and oven drum:**

**To grease the pan:**

1. Generously grease the inside of a 10 inch (25 cm) bundt pan, bottom and sides.
2. Sprinkle with flour.
3. Shake pan to evenly coat.
4. Tap out any excess flour.

Preheat drum oven.

If using stove, preheat oven to 350 degrees F (177 degrees C).

*Note:* Experienced bakers can estimate the correct heat temperature by placing right arm into the oven drum to test if the temperature is correct.

**E2.2 Prepare ingredients:**

**In a small bowl:**

- Mix flour, baking powder, baking soda and salt, set aside.

**In a bowl:**

- Grate zest of a lemon or orange.

**E3: Butter, cream cheese, sugar, eggs, vanilla and lemon**

**E3.1 In a mixing bowl:**

- Measure 1 1/2 cups butter.
- Measure 226 grams cream cheese.
- Cream butter and cream cheese until smooth.
E3.2 Add to cream:
• Measure 3 cups sugar.
• Measure 1 tablespoon vanilla.
• Add the sugar, in three additions, beating well after each addition.
• Continue beating on medium high speed until light and fluffy (about 3 minutes).
• Add the vanilla and lemon zest, if using, and beat until incorporated.

E5.1 In preheat oven drum:
• Place pound cake with the oven rack place in the centre of the oven. Don’t allow pans to touch each other or wall of oven.

E4.1 Add to the batter:
• Add flour mixture and mix just until incorporated.
• Pour batter into the prepared pan and smooth the top.

E6.1 Package and label pound cake:
• Wash container and lids in clean water.
• Drip dry in open air.
• Cut banana cakes into selling pieces, cut cake with a clean kitchen knife.
• Packed neatly in selling containers.
• Sealed containers tightly.
• Labelled pound cakes.

Note: Will keep several days well wrapped at room temperature and over a week when refrigerated. Can also be frozen.
ATTACHMENTS:

BASIC CAKE MAKING EVERYDAY TIPS

INGREDIENTS

• Measure ingredients carefully.
• Use the specified flour.
• Always use room-temperature, large eggs, unless recipes calls for other. (If in a hurry, the chill can be removed from eggs by dipping in a bowl of warm water.)
• Use the shortening called for in a recipe.
• Butter should be at room temperature

BAKING

• Most recipes require that the oven be preheated.
• Always use the size pans called for in a recipe.
* To calculate the width of the pan, measure across the top from inside edge to inside edge.
• Shiny metal pans produce the best cakes.
• Dark non stick or glass pans readily absorb heat. Cakes baked in these pans might do better in an oven set for 25 degrees lower than recipe specifies.
• Unless otherwise specified, grease and flour pans.
  1. Generously grease the inside of pans, bottom and sides.
  2. Sprinkle with flour.
  3. Shake pan to evenly coat.
  4. Tap out any access flour.
• Bake on centre rack. Don’t allow pans to touch each other or wall of oven.
• Test for doneness 8 minutes prior to recipe directions for doneness.
  1. Use a toothpick to prick the centre of the cake.
  2. If the toothpick comes out with just a few dry crumbs, the cake is done.
  3. If the toothpick is wet, continue to bake, checking at 2 minute intervals.

COOLING

• Cooling Layered Cakes: ...Cool for 10 minutes in pan on wire rack. Remove from pan and completely cool on wire rack.
• Cool tube pan and snack cakes completely in the pan on a wire rack.
• Let cakes completely cool before frosting, unless specified differently in recipe.
• Use serrated knife to trim cake layers, so cakes will sit evenly.
• Use a 1-inch wide, dry paint brush to brush-off any loose crumbs.

FREEZING

• Unfrosted cakes can last up to 6 months if tightly wrapped.
• Frosted cakes should be placed, unwrapped on a foil lined cookie sheet. Freeze until hard and then tightly wrap cake.
• Unwrap and then defrost in the refrigerator.

BASIC INGREDIENTS

Baking Powder and Baking Soda
Both baking powder and baking soda are chemical leavening agents that cause batters to rise when baked. The leavener enlarges the bubbles which are already present in the batter produced through creaming of ingredients.

Butter
Butter is produced by churning cream until the fats separate from the liquid (buttermilk) and the butter is in a semi-solid state. In North America butter must contain at least 80 percent butterfat, a maximum of 16% water and 2% milk solids.

Cream
Cream is the fat that rises to the top of whole milk. Heavy cream or heavy “whipping” cream, has 36 - 40% butterfat and when whipped it holds its form and doubles in volume. Heavy cream is used for filling and decorating pastries.

Eggs
Eggs, as well as flour, are the structural ingredients in baking. Eggs provide leavening; add color, texture, flavor and richness to the batter. They are very important in helping to bind all the other ingredients together. Beaten eggs are a leavening agent as they incorporate air into the batter, which will expand in the oven and cause the cake to rise.

Chocolate
Chocolate is made from a blend of different types of cocoa beans. The blends with higher amounts of Criollo and/or Trinitario beans will have a more aromatic and complex flavour.

Flour
When used in baking flour contributes body and structure, texture and flavour to baked goods. The type of flour used will ultimately affect the finished product. Flour contains protein and when it comes in contact with water and heat it produces gluten, which gives elasticity and strength to baked goods.
Lemons
When choosing lemons look for ones that are fragrant with brightly colour oily yellow skin, no green spots or blemishes, firm, plump, and heavy for their size. Avoid lemons that have blemishes, soft spots, or are hard and wrinkled. If removing the outer rind (zest) make sure you wash the lemon thoroughly (soap and water is best) as some commercially sold lemons are sprayed with insecticide.

Nuts
Nuts are sold in various forms: shelled and unshelled; raw, toasted, toasted and salted, smoked, candied and with various flavourings. To toast the nuts, spread on a baking sheet and bake in a 350 degree F (180 degree C) oven for anywhere between 8-20 minutes.

Sugar
When using sugar most people think of it only as a sweetener. For example, adding a teaspoon to your coffee or sprinkling a little over strawberries. But when sugar is used in baking its role becomes more complex as it also adds volume, tenderness, texture, colour, and acts as a preservative.

Pumpkins
When choosing pumpkins look for ones that feel solid and are heavy for their size, free of blemishes, cracks, and soft spots. In a cool, dry place they should keep for about a month.

Vanilla
Vanilla, is the fruit of a thick green orchid vine (v. planifolia) that grows wild on the edge of the tropical forests. Pure vanilla, with its wonderful aromatic flavour, is the most widely used flavouring in pastries, confections, and other desserts. It is the second most expensive spice in the world, after saffron. The three most common types of vanilla pods (beans) are: Madagascar or Bourbon-Madagascar vanilla pods, Mexican vanilla pods, and Tahitian vanilla pods. Vanilla is sold in different forms: extract or essence, pods (beans), powdered, or mixed with sugar called vanilla sugar.

SAFETY PRECAUTIONS

Electricity and fire safety
• Do not use frayed cords.
• Pull plug out by holding the plug not the cord.
• Turn power off after use.
• Use dry hands, not wet hands.
• Keep cords away from hot appliances.
• Keep children away from fire place.
• Fire must be made in the usual place of cooking.
• Do not over make fire by placing more firewood.

Stove and fire use
• Always keep the temperature of the fire consistent.
• Always stay close by fire.
• Use correct pot-holders, not wet or trailing tea-towels.

KITCHEN HYGIENE

Clean Kitchen
• Wipe surfaces over when there is split water.
• Use clean equipment.
• Always wash equipment well after use.
• Wash dishcloths and tea-towels often, so that only clean ones are in use.
• Use bleach and disinfectant to make sure that dishcloths and mops are clean.

Clean Cook
• Always wear an apron.
• Wash hands before handling food and after going to the toilet.
• Do not sneeze over prepared mango; cover mouth with handkerchief when sneezing; wash hands afterwards.
• Keep hair clean, tied back from the face.
• Cover cuts and wounds.

Hygienic handling
• Wash hands, equipment after using them.
• Do not use chipped plastic or china ware.
• Do not lick your finger when handling cake mixture.
Acknowledgement

This short course module, developed in Papua New Guinea, is based on the competency-based training model.

The Skill Training Resource Unit (STRU) of Employment Oriented Skills Development Project (EOSDP) in conjunction with Department (TVET) division and the implementing agency Department for Community Development Services wish to express their thanks to the people who have contributed in producing the module.

We hope it will provide basic knowledge and skills for the informal and the formal sectors especially the women, men and the youth to be employed or self-employed through having better skills for tomorrow.
The development of this short course was sponsored by the ADB-PNG EMPLOYMENT SKILLS DEVELOPMENT PROJECT (EOSDP) and produced by curriculum officers at the SKILLS TRAINING RESOURCES UNIT (STRU).