



新北市政府職業訓練中心  
Vocational Training Center, New Taipei City Government

# 新住民 網上學

E-learning for new immigrants





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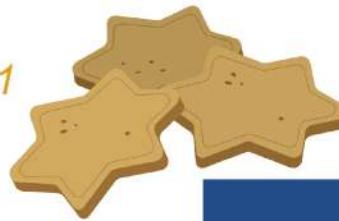


## Class C Baking Certificate

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## Class C Baking Certificate

Attire, Examination Instructions,  
and Familiarization with Materials and Tools



Class C Baking Certificate refers to the Class C Technician Certificate of the Republic of China in the category of food baking. Once you obtain the certificate, you are qualified as a class C baking technician, and the certificate is valid for good.

Hi, everyone. I'm your Teacher, Mick. In our daily lives, whether in a gathering or an afternoon break for sweet snacks, cookies are a must.

Different cookies have different flavors, but they also have a lot in common.

For example, we have the crispy cookies of Thailand, the coconut cookies of Vietnam, the yeasted cookies of the Philippines, and the milk cookies of Indonesia.

The techniques for making these cookies are all related to what we're about to learn in preparing for the examination for the Class C Baking Certificate.

Knowing how to make these cookies can add a tasty touch to your daily life.

Mastering the basic recipes and standard procedures not only can help you pass the examination, but also lays a solid foundation for your exploration of cookies worldwide.

The cookie section of the Class C Baking Certificate examination includes seven items in total.

They are cat's tongue cookies, butter cookies, oatmeal, raisin, and brown sugar cookies, savory crackers, Marie biscuits, soda crackers, and coconut cookies.

The cookies you are required to make in the examination are determined by a lot drawing. There are seven combinations.

Each combination includes two types of cookies, which are piping based cookies and pressing based cookies.

Therefore, candidates must be familiar with tools, equipment, and the methods of cookie making.

Now, let me show you the cookie molds. There are four types of molds for the pressing based cookies.

They are the 3 cm square mold, the 4 cm square mold, the circular mold, and the rectangular mold.

Force application is crucial to the use of molds. Each mold must be pressed down vertically into a dough sheet.

Dusting the mold with a little flour can make it easier to demold, preventing the dough from sticking to the mold,

so the dough sheet will not be deformed.

Now let's take a look at the tools for the piping based cookies.

There are two types of piping nozzles.

When using the piping bag, it is important not to overload the bag with batter,

and the piping nozzle must be securely fitted. Also, the tail end of the piping bag must be twisted tightly to prevent batter from spilling out.

Different cookies require different piping nozzles.

So, candidates must be familiar with each method to be used.

For example, to make butter cookies, the star tip piping nozzle is used, and you are required to use the same nozzle to pipe three to five cookie shapes.

Candidates have to practice in advance and be familiar with each piping method.

Having introduced all the tools, I will now share with you the basic requirements for entering the baking industry.

First, you must know that during your job application process, you may find job vacancies that directly require a class C certificate.



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Therefore, obtaining the certificate is a threshold for securing such job. Generally speaking, bakers or baking related workers may be required to have a class C certificate. To apply for class C baking certification, you must be at least 15 years old or a junior high school graduate. Either will do.

Class C baking certification includes three options: bread, cakes, and cookies.

You may choose to take the examination for any one of them.

Currently, technician certification conducted by the Skill Evaluation Center of the Workforce Development Agency, Ministry of Labor, provides two kinds of examinations: on site examination and assessment, and the national technical skills examination. The schedule for each year's on site examination and assessment is published in the previous year's examination guide.

The document also lists the examination times and locations in detail for your reference.

The national technical skills examination

is held only three times a year.

The examination times and locations are detailed in the examination guide, which is sold at FamilyMart, Hi Life, OK Mart, and bookstores.

The examination includes two sections: a written examination and a practical examination.

Once you pass the written examination, you'll be sent a notification for the practical examination, and only then are you qualified for the practical examination.

As soon as you enter the examination site, an attire and grooming check begin.

Let's start from the head.

You are required to wear a white hat that covers your hair and hairline completely. The hairnet must also be used.

You are also required to wear a white top. The collar may be a small stand collar, a Mandarin collar, or a shirt collar.

The cuffs must not have buttons.

For the white apron, you may choose either a full body apron or a waist apron.

The length of the apron must reach the knees. Jeans are not allowed.

Your straight leg trousers may be black, white, or black and white houndstooth.

Trouser pockets must be slash pockets, not patch pockets, and must be covered by the apron.

As for the feet, you are required to wear socks that extend past the ankle.

Your shoes may be dress shoes,

leather shoes, or sneakers.

Your toes and heels must be fully covered.

In addition to the attire regulations, you are not allowed to wear any accessories, jewelry, or a watch.

Fingernails must not be too long or have nail polish.

Unshaven faces

and excessively long hair are also not allowed. On the examination day, an examination taker representative will draw lots to determine the examination combination, which includes two types of products.

The chief examination supervisor will then draw lots to determine the quantity of each product. Once the examination items are confirmed, get yourself ready for the examination.

Here's a reminder for all of you.

Within the examination time, you are required to complete the two specified types of products in the specified quantities, prepare your production reports, and tidy up your work area.

You must properly arrange your time and the order of your operations.

Each of the items mentioned above corresponds to a grading criterion of the examination.

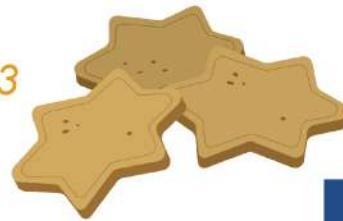
Examination supervisors will observe you during the entire examination, paying attention to your work attitude, too.

A good work attitude is another key to obtaining a high score.





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## Class C Baking Certificate

### Cat's tongue cookies

#### Cat's tongue cookies

are quite basic in terms of cookie making and use only simple ingredients.

It is your piping force, however, that makes or breaks the cookies.

Hi, everyone. I'm your teacher, Mick.

Today I'll show you how to make cat's tongue cookies.

When making the cookies, it is of great importance to add the egg white in stages.

This is because the proportion of egg white matters.

If too much egg white is added at a time, it is very likely that the egg white will separate from the butter mixture.

These are the ingredients.

Today we will demonstrate 750 grams to make 120 cookies and will make a whole tray of cookies as an example.

The ingredients in the recipe are simple, and we have to sieve only two of them.

The first one is powdered sugar.

The powdered sugar needs to be sieved because it will be mixed into butter and beat until fluffy.

Powdered sugar tends to form lumps.

Ok.

After sieving, pour it back into the bowl to save space.

Next,

let's sieve the cake flour.

Tap the sieve gently with your left hand. When sieving is completed, put the butter into the mixing bowl.

The butter

will be whipped first.

Since there is no powdery ingredient in the mixing bowl, we can turn the mixer directly to medium speed.

The stirring process takes about 2 minutes.

During the stirring process, you will see that the butter gradually turns pale.

At this point,

turn off the mixer.

Add the powdered sugar.

As with any dry ingredient, turn the speed to 1.

Let's see.

All the powdered sugar has been absorbed by the butter.

Now change the speed to 2.

#### 貓舌小西餅

重量係數

$750 \div 372 = 2.02$   $800 \div 372 = 2.15$   $850 \div 372 = 2.28$

	750 g X 2.02	800 g X 2.15	850 g X 2.28
100% 麵粉	202	215	228
100% 奶油	202	215	228
72% 蛋白	145	155	165
100% 低筋麵粉	202	215	228
合計	751	800	849

Check inside the mixing bowl.

You can see powdered sugar attached to the bowl wall.

So you have to scrape the wall in a timely manner to remove any powdered sugar that is sticking to the wall.

Looks great.

After adding the powdered sugar, mix for about 2 minutes, too.

The butter mixture will eventually become light and fluffy.

Now we can see that the butter mixture is pale.

Pay attention to the detail.

The edge is now kind of feather like.

Once the butter mixture is light and fluffy, the next step,

let's scrape the wall of the mixing bowl first, is to put in the egg white.

It is important to pour in the egg white in stages.

At least in three additions.

Pour in a little bit.

Now change the speed to 3.

Before adding more egg white,



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make sure that the butter mixture has completely absorbed the egg white you have added.

Let's see.

The egg white is absorbed.

Pour in egg white for the third time.

As more and more egg white (liquid) is added, absorption becomes more and more difficult.

Total absorption has yet to occur, and you can see that a lot of butter mixture is attached to the bowl wall.

Let's scrape it off the wall, so we can mix everything more thoroughly.

Great.

We can see that the egg white has been completely absorbed by the butter mixture.

It's time to put in the last ingredient.

Ok.

The last ingredient to add is the flour.

Don't forget to turn the speed to 1.

Mix only until incorporated.

Do not overmix.

Now, no powder is visible.

The next step is to mix by hand.

There will always be some powder

that the mixer cannot incorporate.

So we mix by hand to allow a thorough mix.

Scrape off all the powder.

Now, let's start

piping the cat's tongue cookies.

We are using the star tip piping nozzle you'll be given at the examination site.

Dip the wide end of the nozzle into flour,

and make flour impressions on the baking tray.

Control the spacing between the impressions properly

by visual estimation.

After making the impressions, fill the piping bag with the batter.

As usual,

put the piping nozzle into the bag.

Put the bag into a measuring cup.

Squeeze the batter down to the tip.

When piping,

make each dollop the size of one flour impression.

Each dollop should cover the impression without going beyond the border of the impression.

Now the piping is done.

Next,

tap the tray gently on the benchtop.

And then the tray goes into the oven.

The temperature is set at 230°C for upper heat and 150°C for lower heat.

The baking time is set at 6 minutes for the first stage.

Once baking begins, observe the batter for a while

to see how it is colored.

What you don't want to see in a cat's tongue cookie

is an overly pale center surrounded by a charred edge.

When the time for the first stage is up, turn the baking tray around.

At this point,

be sure to check the color of the cookies.

The baking time for the second stage, that is, after the tray is turned around, depends on the color achieved in the first stage.

These are the finished cat's tongue cookies.

When baking cat's tongue cookies,

pay particular attention to their thin edges, which burn easily.

So, it is very important to observe the color of the cookies in the oven, and don't wait for the center to turn golden before you take the cookies out of the oven.

When it comes to setting the oven temperature, make sure to watch for the color change in the oven and make timely adjustments.

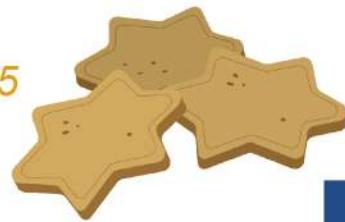
The key to making these cookies lies in the proportion of the ingredients and the mixing technique.

If the batter is too thick, the finished product will not be crispy.

If the batter is too runny, the finished product will have problems maintaining its shape.

Therefore, follow the recipe and the steps.





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### Butter cookies



The different shapes of butter cookies are a test of your piping skills. Only by mastering the skills can a perfect cookie be made.

Hi, everyone. I'm your Teacher, Mick. Today I'll show you how to make butter cookies.

This examination item aims to examine your piping and shaping techniques, so the ingredients are relatively simple. The key to the examination item is the force applied and the shape created when piping each cookie.

These are the ingredients we need. Today I'm using a 1 kg dough to demonstrate five piping shapes and will make one tray of cookies with this demonstration.

First, we pass the powdered sugar through a sieve.

The powdered sugar will be mixed into butter using the creaming method. So it is important that the powdered sugar is not lumpy.

The next step is to sieve the flour. As usual,

flour that cannot pass through the sieve can be pressed through the sieve by hand. This is salt.

Pour it into the powdered sugar.

Then put the butter into the mixing bowl.

This is powdered sugar and salt.

In it goes.

Then,

for this type of cookie, we use the paddle attachment for mixing. Turn the mixer to low speed.

In this stage, we have to make the butter mixture fluffy.

The butter mixes with the powder sugar really fast.

You may have to scrape the powdered sugar off the paddle attachment.

Now turn to medium speed.

Mix until the butter mixture turns pale.

Then we'll be able to

add in the eggs.

Stir the eggs thoroughly to form an egg liquid.

Mix the yolks evenly with the egg white.

Now, stop the mixer.

Be sure to put in the egg liquid in stages because it is a liquid.

If time allows, you may add the egg liquid in more additions. Medium speed.

Before each addition, wait for the butter mixture to mix thoroughly with the egg liquid you have added.

Only then should you put in more egg liquid. Scrape the bowl so that the butter can be better mixed.

Repeat the same steps until all the egg liquid is added.

In the last few additions, the increased amount of liquid makes it slower and slower to achieve a thorough mix.

So be patient.

Now, all the egg liquid has been absorbed. The next step is to put in the cake flour and

the vanilla powder.

The powdery ingredients can be added in one go.

In this stage, mix only until no powder is visible.

Do not overmix.

Let's take out the batter.

We can see that there is still a little flour



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p06

on the paddle attachment. So, in the last stage, we have to mix by hand. We'll be using a six-point star shaped piping nozzle. If the lot drawing result is the 1 kg recipe, you'll be required to produce five piping shapes.

Twist the tail end of the bag, and wind it around your thumb.

The size of the cookies is  $4\pm1$  cm.

Now, let's start with the first shape, which is the simplest, namely the chrysanthemum shape.

Measure the size of the first one. It is 3.2 cm.

If the size of the first one is OK, You can easily make the same for the rest.

Now the second shape: the three-flower shape.

Take the measurement, too. 3.5 cm is fine.

Don't make it too large.

The third shape is the stripes.

Control its length.

Take the measurement. 3 cm is also fine.

The tail needs to be smoothed later so that it is not so pointed. Bear in mind that the size is  $4\pm1$  cm. Another thing to consider is that some very thin portions may burn easily during the baking process. The fourth shape is the most common one, that is, the rose shape. Make a spiral and measure. It's 3.5 cm. The size is OK. Again, swirl and pull the nozzle away swiftly as you finish. Swirl, and pull the nozzle away swiftly. The last shape is the wavy shape. Make a wavy move like this. After piping the five shapes, use a wetted finger to give those pointed portions a gentle press. Otherwise, they can burn easily. Now it's time to put the tray into the oven. The baking temperature is set at 200°C for upper heat and 160°C for lower heat. Bake for 8 minutes for the first stage. The baking time of the second stage depends on the result of the first stage. The oven temperature is different

at the front from the rear. So, it is important to pay close attention to the color of the cookies in the oven in order to determine whether it is necessary to turn the baking tray around.

These are the finished butter cookies. When baking butter cookies, pay particular attention to the baking temperature.

As the patterns on the butter cookies are required to be clearly defined, the upper heat must not be too low. It is important to harden the top of the cookies first

so that clearly defined patterns are formed. Only after that are the cookies baked to the desired color.

Therefore, you must closely observe the color of your cookies and make timely adjustments whenever needed.

Making butter cookies takes patience and skills, but if you can master the use of the piping bag and keep practicing each piping method, you will get better at each attempt and be able to pass the examination without difficulty.





## Oatmeal, raisin, and brown sugar cookies

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The ingredients of the oatmeal, raisin, and brown sugar cookies give the cookies a rich texture along with different layers of flavors.

Hi, everyone. I'm your Teacher, Mick. Today I'll show you how to make the oatmeal, raisin, and brown sugar cookies. The method of making these cookies is not a complicated one in the Class-C Baking Certificate test. The key is the weight and size of the cookies. That is to say, the handling of the ingredients plays a critical role in the test. The ingredients must be mixed in such a way that they are evenly distributed in all the cookies.

These are the ingredients we need. Today I'm demonstrating the recipe in which the raisins and the oatmeal are 60% of the weight of the flour. I'll be making one tray of cookies for demonstrative purposes. To make this product, the raisins must be soaked in water in advance and finely chopped after being soaked. This is because the test requires the cookies to be piped

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out of a piping nozzle. If the raisins are not chopped, they will get stuck in the piping nozzle. Therefore, if the lot drawing result at the test site includes these cookies, the first thing for you to do is to soak the raisins.

After chopping, put the raisins into a bowl for later use.

Next, let's start sieving. The first ingredient to sieve is the powdered sugar. The powdered sugar is the first ingredient to be added and mixed into butter.

The next ingredients to sieve are the flour and the milk powder.

As usual, press any lumps gently through the sieve. Then the baking powder is added.

That's all. The next step is to mix the two oils, namely the shortening and the butter. Due to their differences, the two oils will be mixed first. Start with low speed to mix them roughly together.

After that, turn the mixer to medium speed. Stop.

Medium speed. Once the oils are mixed, add in the powdered sugar, and mix them together. As usual, after adding a powdery ingredient, turn the mixer to low speed. Now the powdered sugar is mixing with the oils, so it's time to change to medium speed again. Mix until the mixture turns pale.

The mixture of the powdered sugar and the oils has turned pale, so we can start adding the egg liquid, at least in three additions.

More than three additions are fine, if time allows.

Before each addition, make sure that the egg liquid you have added has been completely absorbed by the batter. Only then should more egg liquid be added. Now the mixing of the sugar powder and the fat mixture is completed.

Stop the mixer. Pour in the raisins and the oatmeal. After adding these dry ingredients, turn the mixer to low speed.



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Why are the raisins and the oatmeal added before the cake flour?

This is because these two ingredients absorb water better than flour.

Now the last ingredients: the powdery ingredients.

Use the same low speed.

Be careful after adding the powdery ingredients.

Do not over-mix, or gluten will develop.

Mix only until there is no visible powder.

No powder is visible now, so turn off the mixer.

Be sure to scrape off all the batter on the attachment, for any remaining batter will be considered a loss.

This is how the batter is done.

Each cookie has a weight of 12 grams.

Therefore, we put a scale under the tray.

When piping, pay attention to not only the size, but also the weight.

Let's pipe the first one.

We have to check how much it weighs.

Once the first one is piped and weighed, you'll have an idea of how the rest should be piped.

Before expanding in the oven,

it is about 3.5 cm in size.

After expansion, it will be larger than 3.5 cm.

With the first one serving as a standard, the following ones should be piped in the same size.

During the piping process, if it needs more batter, always add directly over the batter without pulling the batter up, or the dollop may grow askew and end up in a non-circular shape when baked.

Keep piping in this way, and pay attention to the spacing, too.

When piping, it is not necessary to change the scale back to zero before you pipe each cookie, but do remember that the weight must always be an addition of 12.

Do not confuse yourself.

When piping is done, the next step is shaping. Some shapes are too high.

You have to use a wetted finger to press them down.

As I said before, the diameter should be about 3.5 cm.

So, press the undersized ones, too, and make them approximately 3.5 cm in size.

After shaping, the tray is moved into the oven.

To bake the oatmeal, raisin, and brown sugar cookies, the baking temperature is set at 190°C for upper heat and 140°C for lower heat.

The baking time is set at 10 minutes to begin with.

When 10 minutes is up, we'll turn the tray around and check the color of the cookies.

The color of the cookies should be checked with the properties of the oven in mind.

Sometimes, the cookies at the front end of the oven have a lighter color than those at the rear end, and in that case, we turn the tray around in order for the cookies to be evenly colored. These are the finished oatmeal, raisin, and brown sugar cookies.

When baking the cookies, which are higher at the center than at the edges,

be careful when you find the edges of the cookies already turned browned.

You may put another tray under your tray to raise the cookies to make it higher, preventing the lower heat from heating the cookies any further, which if happening may burn the bottom of the cookies.

In addition, the center of each cookie must be golden but not whitish.

A whitish center indicates that the cookie is not fully cooked.

You can never practice too much.

The oatmeal, raisin, and brown sugar cookies are not only tasty, but also rich in dietary fiber

and are therefore a wholesome delicious snack.

I hope you'll be able to make them perfectly.





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### Savory crackers

Savory crackers are a basic variety of salty cookies. They are enhanced in taste with scallion flakes and cheese powder to produce their distinct flavors. Hi, everyone. I'm your Teacher, Mick. Today I'll show you how to make savory crackers. The key is dough fermentation and the rolling process of the dough. It is these details that determine the crunchiness of the crackers. These are the ingredients we need. Today I'm demonstrating the 1.4 kg recipe to make 130 crackers and will make one tray of crackers with this demonstration. Here we see a lot of ingredients. Let's sort them out. The cake flour and the all purpose flour are sieved together. Press them gently through the sieve by hand. Now sieving is completed. This is yeast, and this is baking soda. Pour some water into each of them, so they will be easily dissolved while being stirred, making it easier

to mix all the ingredients together. Here we have the sugar and salt. Put them together. Now, put the sieved all purpose flour and cake flour into the mixing bowl. Next, put in the shortening, followed by the sugar and salt, and the cheese powder. This is the mixture of baking soda and water, and the hydrated yeast. Whenever there is a powdery ingredient in the mixing bowl, mix at low speed at first to prevent the powder from flying all over the place. The only remaining ingredient is the scallion flakes. They will be added when mixing is completed. In this stage, it takes about 1 to 2 minutes to mix everything together roughly. Now we stop the mixer and turn to medium speed. Continue mixing for another 3 to 5 minutes. Let's see what's happened in the mixing bowl.

The dough is beginning to form. Now, stop the mixer, and put in the scallion flakes. As usual, start with low speed when a dry ingredient is added. Allow the mixer to work for a while. Then we'll turn to medium speed and keep mixing. After mixing for about 3 minutes, the dough is gradually taking shape. Mix until the scallion flakes are incorporated into the dough and the bowl wall is clean. Now the mixing is done. After mixing, the dough feels a little dry. The next step is to put the dough into a plastic bag. This examination item requires fermentation for 90 minutes. So you have to mark the bag, allowing the examination supervisors to know the starting time of fermentation. It's 9:51 now.





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After fermentation for one and a half hours, it will be 11:21.

The time is marked not only for the examination supervisors, but also as a reminder to yourself so that when the time is up, you can start processing the dough. The dough has been fermented and rested for 90 minutes.

The next step is to press and extend the dough. Before that,

let's shape the dough a little bit by pressing it gently to create an even thickness.

Use a little dusting flour, which is typically bread flour.

To begin with, switch to a relatively large setting and make the dough pass through the machine once.

Switch to the next (smaller) setting.

The first few passes are intended only to flatten the dough. So press only until

the dough is about 1 cm thick, and then the dough can be folded. The dough has been extended.

So, let's fold the dough sheet for the first time.

For the first fold, fold the dough sheet in thirds. That is to say, fold the left and right thirds over the central third.

After that, turn the dough sheet by 90 degrees, so it can be extended longer and longer. The last setting is 0.25 cm.

Let's measure the thickness.

Hold it on top, and close it gently. See if it reads 0.25 cm.

The next step is to move the dough sheet back to the working area. Use a rolling pin to help you move the dough sheet.

Allow the dough sheet to rest for the last time.

Now, after a 20-minute rest, let's start rolling. This is the same size as provided at the examination site, a 3x3 cm size. Press the mold down like this.

When pressing for the second cutout, try to bring the mold as close to the hole you just made as possible.

However, don't stamp on the edge of the hole, or the edge of the new cutout will be incomplete.

Keep stamping with the mold until the dough sheet is used up.

Bear in mind that if your examination item is the 1.4 kg recipe, you'll have to make 130 pieces.

If you fall short of the required number of pieces, you won't pass the exam.

After stamping, the baking process begins.

The temperature is set at 200°C for upper heat and 200°C for lower heat.

The baking time is set at 6 minutes to begin with. Since the crackers are tiny, wait only a short time before you check their color.

The time is up. It's time to turn the tray. Turn it around.

Bake for another 2 minutes, and check the baking result.

If the time is not enough, just bake a little longer.

These are the finished savory crackers. Please note that the savory crackers bake very quickly.

That is to say, the baking can be done in an instant.

In addition, it is important to check if all the crackers have puffed up. Be sure to practice as much as you can.

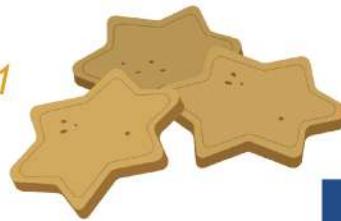
Pay particular attention to the rolling process.

I sincerely hope that through my demonstration, all of you have learned how to make those tasty savory crackers.

Keep practicing. Practice makes perfect.

I'm sure you can master the key techniques for making this snack in no time.





Marie biscuits are traditional circular cookies. Mastering the pressure applied to the mold is the key to whether you pass or fail the examination.

Hi, everyone. I'm your Teacher, Mick. Today I'll show you how to make Marie biscuits.

This examination item requires you to be familiar with the dough sheeter and the biscuit mold.

You must also have good control over the state of the dough, or dough sheet, in order to pass the examination.

Here are the ingredients we need.

Today I'm demonstrating the 1.2 kg dough to make

60 Marie biscuits and will make one tray of biscuits as an example.

Let's start by sorting out the ingredients.

The all purpose flour and the cake flour are sieved together.

Press in a circular motion, and sieving is done.

Put aside for later use.

Then add water to two ingredients.

The first one is baking soda.

The second one is baker's ammonia.

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### Marie biscuits



These two ingredients must be dissolved. Baker's ammonia is dissolved in water to make our biscuit dough puffy.

This is baking soda.

Then add the salt into the sugar, and the vanilla powder into the milk powder.

Now put the sieved flour into the mixing bowl.

Then put in all the dry ingredients, including the milk powder and vanilla powder, sugar and salt, and butter, followed by the invert sugar syrup.

Scrape every bit off.

Baking soda.

Stir before pouring.

Baker's ammonia.

Also give it a stir before pouring.

We'll be using the hook attachment for mixing. Mix the dry ingredients for about 2 minutes, and the powdery ingredients will gradually become invisible.

You can see that the flour is disappearing.

Now stop the mixer.

Turn to medium speed.

Mix at medium speed for approximately 5 to 8 minutes, depending on how well the ingredients are mixed.

Once your dough is taking shape, stop mixing. Do not overmix. Let's check the dough.

Stop the mixer, and check for any noticeable powder.

This dough needs to rest for 30 minutes, and the same resting procedure applies.

Put the dough into a plastic bag, allowing the dough to rest.

On the bag, write down the resting time.

The resting time for the dough of Marie biscuits is 30 minutes.

In this way you'll know when you should start making the biscuits with the dough.

The dough has rested for 30 minutes.

Let's press and roll the dough.

Shape the dough slightly.

Use a little dusting flour.

Marie biscuits

break easily

because there is not much gluten in the biscuit structure.

Therefore, when pressing and rolling the dough, go easy with the dough sheeter's sizes.

The pressing and extending process



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begins with a relatively large size. Then go one size at a time. Keep pressing. The point is to press the dough until it has a smooth surface. We can roll the dough sheet a little more. Now fold the dough sheet in thirds for the first time. Fold this third over the central third, and the remaining third over that. We call this "folding in thirds." The dough sheet must be "folded in thirds" at least three times in order for the dough sheet to reach the desired size and to have a smooth surface. This is the final pass, and a smooth surface is obtained. Let's measure the thickness. It's about 0.25 cm, and the required thickness is achieved. Now move the dough sheet back to the work area. The dough sheet for Marie biscuits is rather fragile, so be careful. After a 20-minute rest, let's start the mold stamping process. First, remove the plastic cover.

The mold will be provided at the examination site. As usual, press the mold down as vertically to the dough sheet as possible. Avoid stamping on any broken or damaged area. Don't allow your biscuits to have any defect. Press hard. You can press with the weight of your body. Now we have one stamped out. This baking tray, a drilled one, will also be provided at the examination site. Keep stamping. Take extra care when taking out the dough sheet cutouts. Do not deform them. The dough sheet cutouts will expand a little in the oven, not to a great extent. So the spacing between the cutouts can be small. Continue stamping in this way. Bear in mind that you must pay attention to the dough weight of the recipe in your examination item. If it's a 1.2 kg recipe, you are required to make 60 biscuits. After stamping, the baking begins. The temperature is set at 200°C for upper heat and 200°C for lower heat.

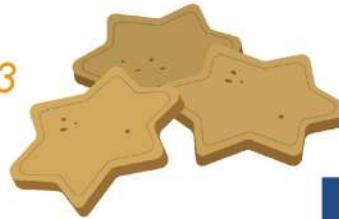
The baking time is set at 6 minutes to begin with. When 6 minutes is up, check the color of the biscuits before determining if more baking time is needed. Now the baking time is up. Let's check the biscuit color. The color is very close to what we want. So the temperature we just set is OK. The biscuit color only has to be darkened a little bit. At this point, you may choose to turn off the upper and lower heat, allowing the biscuits to be heated by the remaining heat in the oven. These are the finished Marie biscuits. When baking these biscuits, it is important that their top and bottom are of the same color. Another thing to note is the resting time. If the resting time is too short, the biscuits will turn into an oval shape. Lastly, a quick reminder for you. During the mold stamping process, the mold must be vertical to the dough sheet. Only in this way can you prevent the biscuits from shrinking after you take them out of the oven. Practice as much as you can.





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## Baking Goods (cookie) Class C Certificate

### Soda crackers



I'm sure that soda crackers are nothing new to you.

The crunchiness of the crackers depends on proper control over the baking temperature, so you can never practice too much. Hi, everyone. I'm your Teacher, Mick. Today I'll show you how to make soda crackers.

The training you need for making soda crackers includes the use of the dough sheeter and the control of dough fermentation. Every detail of the training is very important. Here are the ingredients we need.

Today I'm demonstrating 1.2 kg of dough which can make at least 70 crackers and will make one tray of crackers for the demonstration.

Let's start by passing the all purpose flour and cake flour through a sieve. During the sieving process, use your left hand to tap the sieve gently. As for lumps that cannot pass through the sieve, press them gently through the sieve by hand.

The next step is to add water into the baking soda and the yeast. Give them a stir. Put the sugar and salt together. We can simplify the ingredients to these 5 items.

Put the flour into the mixing bowl. This is the flour I just sieved. Put it in first.

Be careful when adding a powdery ingredient. Don't pour it from a high distance, or it will fly all over the place.

The next ingredients to add are the sugar and salt, followed by the butter, baking soda, and yeast.

Stir briskly before pouring.

Now mount the hook attachment in place.

Each time a powdery ingredient is added, start mixing at low speed.

When the flour has been absorbed and there is no visible powder, turn the mixer to medium speed. To change the mixer speed,

always stop the mixer first. When the mixer is completely stopped, switch to medium speed. Now turn to medium speed. This dough needs to be mixed for 6 to 8 minutes. But you have to check the actual condition of the dough. You should stop mixing when no powder is visible and when the dough looks smooth. Take a look inside the dough to see if there is any powder or particles. If no, the mixing is completed. This is the finished dough. Press it slightly to make it stay together. Next, put the dough into a plastic bag, allowing the dough to rest for 90 minutes. After writing down the time, you'll know when the fermentation ends and when you should start processing the dough. The dough for soda crackers has rested for 90 minutes. So let's start pressing and rolling the dough. This cracker dough has been relatively dry





## E-learning for new immigrants

since it was formed.

If it still feels too dry, use a little dusting flour.

If it's not too dry, then go ahead with the pressing and rolling process.

As usual, switch to the largest setting to begin with.

Reduce the setting gradually, by one setting at a time.

Keep pressing and rolling until the dough sheet is about 0.5 cm thick.

Now fold the dough sheet in thirds.

Rotate by 90 degrees, and continue with the pressing and rolling process.

Fold in thirds at least three times.

After folding in thirds three times, measure the thickness.

See if the dough sheet is 0.25 cm thick.

Then we move the dough sheet back to the workbench.

The dough sheet has rested for 20 minutes and is now ready for mold stamping.

We are using the same size as provided at the examination site.

It is a square size.

When pressing the mold, remember to press down using the weight of your entire body.

When the cutout is partly off the mold like this,

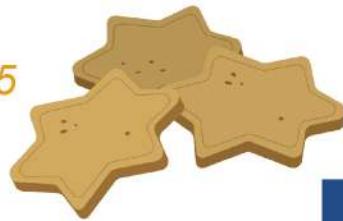
it is very likely to be deformed when pulled. If it is deformed, it can't be used. Let's stamp the next one. The spacing between the cutouts leads to material waste, so make the spacing as small as possible to prevent a substantial loss. During the mold stamping process, do bear in mind the examination item you're working on. If you're required to use the 1.2 kg recipe, you should make 70 pieces. The 1.3 kg recipe for 80 pieces, and the 1.4 kg recipe for 90 pieces. So don't forget the recipe you're using, and make the required number of cutouts. If by visual inspection you find any cutout deformed, just don't use it, and this is fine because you're required to return the remaining dough sheet at the end of the examination. Unsuccessful cutouts will be considered part of the remaining leftover dough. Now it's time for baking. We are using 200°C for upper heat and 200°C for lower heat as well. The baking time is set at 8 minutes. It is important to note that the first tray you bake is to try the temperature you set. Oven temperature varies from one examination site to another. If baking at 200°C for upper and lower heat for 8 minutes produces a pale color, adjust the baking temperature based on the color you get.

You may adjust by 10 degrees at a time. If the color is too dark, then lower the temperature. This is also why I set the baking time at 8 minutes to begin with. We have to check the cracker color and adjust the baking temperature if necessary. These are the finished soda crackers. When baking these crackers, pay attention to their color. Since different ovens tend to have different temperatures, it is important that when you practice, you should check an overly dark color or an overly light color by adjusting the baking temperature accordingly. Another thing about soda crackers is that if the crackers puff up in the oven, be sure to place a metal plate on the crackers to press them down. Otherwise, puffed up crackers will be considered unsuccessful. The key to making soda crackers is to control the baking temperature. A good soda cracker should not have bubbles on the surface. It should be crispy but not hard, with a distinct layered texture when you bite into it.





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## Class C Baking Certificate

### Coconut cookies



Coconut cookies are deliciously fragrant and can be made with simple ingredients in simple steps.

Coconut powder is the key to the success or failure of these cookies.

As long as you know the tips, you'll be able to make the cookies easily.

Hi, everyone. I'm your Teacher, Mick.

Today I'll show you how to make coconut cookies.

For coconut cookies, the key point is the proportion of coconut powder.

Doughs of different weights will use coconut powder in different ratios

In this examination item, therefore, it is important to pay attention to the quantity of coconut powder.

Here are the ingredients we need.

Today I'm demonstrating 1.2 kg of dough to make and at least 60 cookies and will make one tray of cookies with this example.

Let's start by sifting the flour.

The cake flour, in particular, is very likely to form lumps.

Therefore, when you see cake flour as an ingredient of the baked food you're about to make, always pass it through a sieve.

This is all purpose flour.

Sieve it as well.

Then,

two of the ingredients need to be added with water.

The first one is baker's ammonia.

Add water to dissolve it.

The second one is baking soda.

If you don't dissolve baking soda in water in advance, it will appear as white particles

in your dough and will be difficult to dissolve.

Baker's ammonia

is a food additive

that can be used in food.

It will help the food you're preparing to puff up.

Next, put the salt into the sugar.

Now, put in the sieved flour.

Don't pour it from a higher distance, or it will fly all over the place.

Then put in the dry ingredients.

This is sugar and salt, followed by butter, baking soda, to which I've added water, and last but not least, baker's ammonia.

Give it a stir before pouring.

Except for the coconut powder,

I have put in all the ingredients.

To make the dough, we are using the hook attachment for mixing. Mix at low speed for about 2 to 3 minutes.

Now, no powder can be seen.

So we turn the mixer to medium speed. Mix until the dough has a slightly smooth surface.

Only then we can add the coconut powder. Now the dough has formed.

Let's check the condition of the dough.

There is no visible powder inside, and we can see a slightly smooth surface.

So it's time to add the coconut powder. When adding a dry or powdery ingredient, don't forget to turn to low speed. Mix at low speed.

When the coconut powder is roughly absorbed into the dough, we'll turn the mixer to medium speed and keep mixing until a smooth surface is formed, without visible lumps.

Now the coconut powder in the mixing bowl



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has been absorbed into the dough.  
So it's time to turn to medium speed.  
Stop the mixer first.  
Mix until a smooth surface is formed.  
It takes about 2 to 3 minutes.  
Now stop the mixer,  
and check the condition of the dough.  
Pull out a piece of dough.  
Check for  
lumps in the dough,  
and make sure the dough is smooth.  
This one is good.  
Now, take out the dough.  
Put it  
into a plastic bag.  
Write the fermentation time  
on the bag,  
so you'll know  
when you should start  
processing the dough.  
The dough has rested for 30 minutes.  
It's time to start pressing and sheeting the  
dough.  
To begin with, press and sheet the dough until  
it has a smooth surface.  
Dust a little flour on the back, too.  
Pass the dough for the first time.  
Then,

adjust the machine by one setting at a time.  
Continue until the dough sheet is about 3 cm  
thick.  
Then fold the dough sheet in thirds.  
Folding the dough sheet in thirds  
for the first time.  
It's fine to have the seam on the side.  
Turn it by 90 degrees.  
Repeat the previous steps,  
and fold the dough sheet at least three times.  
After the last fold,  
we'll check if the dough sheet is 0.25 cm thick.  
It is 0.25 cm.  
Now move the dough sheet back to the work  
area.  
Allow the dough sheet to rest for 20 minutes,  
before the mold stamping process begins.  
After a 20-minute rest,  
use the mold provided at the examination site  
to carry out  
the mold stamping process.  
Place on the dough sheet and press vertically.  
Press vertically with the weight of your body.  
Handle the cutout carefully.  
Place it on the tray like this.  
As usual,  
if the cutout sticks to the mold,  
use a little dusting flour, which is bread flour.  
Bear in mind that  
the dough left between the cutouts  
should not be too wide.  
Otherwise, too much dough will be lost.  
Now we have a full tray of cutouts.  
Let's put them into the oven.  
The temperature is set at 200°C for upper heat  
and 200°C for lower heat.

The baking time is 8 minutes.  
Oven temperature may vary from one oven to  
another.  
So let's see how the current temperature  
settings work.  
If the upper heat  
causes too dark a color,  
you may lower the temperature by 10 degrees.  
Be sure to adjust the temperature as you bake  
so that the finished cookies have the desired  
color.  
These are the result of the coconut cookies.  
When making coconut cookies,  
it is important to properly control  
the spacing on the baking tray.  
The gaps should not be wider in some areas  
than in others.  
Otherwise, the cookies will be heated unevenly  
and have inconsistent colors.  
Besides, the dough sheet for coconut cookies  
must have sufficient rest time.  
These are what you should pay attention to  
when you practice mold stamping  
and dough resting.  
What you have learned today  
will hopefully help you master  
the techniques for making these delicious  
cookies.  
Good luck with your examination.





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## Class C Baking Certificate

Baking calculations  
(for cat's tongue, butter, and oatmeal)



The texture and making method of a cookie hinge on the specific ingredient proportions in the recipe.

Examination participants must be familiar with the formulas for the calculations.

Hi, everyone. I'm your Teacher, Mick.

Today we will introduce cat's tongue cookies, butter cookies, and oatmeal, raisin, and brown sugar cookies and focus on their ingredient calculations and judging criteria.

No matter how skilled you are, if you cannot calculate the ingredients correctly,

you will not be able to pass the examination. Let's start with cat's tongue cookies.

This examination item includes three recipes, which differ in the amount of flour.

There is the 750 g recipe, the 800 g recipe, and the 850 g recipe.

If you're required to use the 750 g recipe, find the percentages and add them up.

The sum will be 372.

The four percentages add up to 372.

Then divide the weight of the recipe, which is 750, by the sum of percentages.

750 divided by the total coefficient is 2.02, which is the multiplier we need. Then multiply each percentage by the multiplier.

For example, 100 multiplied by 2.02 equals 202.

If you're required to use the 800 g recipe instead, 800 divided by 372, which is the sum of the four percentages, equals 2.15.

Then you multiply each percentage by 2.15. If you're using the 850 g recipe, 850 divided by the sum of percentages equals 2.28, which is the multiplier we need.

By multiplying each percentage by the multiplier,

you'll get the weight of each ingredient. The recipe of this snack is characterized in that each of the sugar powder, butter, and cake flour

accounts for 100%, which means a high fat content and a high sugar content.

The protein content is 72%.

Please note that in this cookie recipe, we use only egg white.

As for the judging criteria for cat's tongue cookies,

the appearance and shape of the cookies are the most important.

An ideal finished product should be a smooth circular disc.

The edge should be thin and well defined.

If an uneven golden color, or an exceedingly dark edge, or an overall pale color occurs, points will be deducted from your score.

As for color, the edges of each circular should have a distinctive brown color.

Once cooled, the cookie center should have a crispy texture. Now let's move on to butter cookies.

The recipe for butter cookies is based on a 1 kg batter.

The coefficient for ingredient calculations is calculated as follows.

The sum of the percentages is 234.

1000, which is the batter weight in grams, divided by 234

equals 4.27, which is the multiplier we need. Then multiply each percentage by the multiplier.

For example, 40 multiplied by 4.27 equals 171.

So, multiplying each percentage



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by the multiplier will produce the weight of each ingredient.

In the percentage recipe, cake flour accounts for 100% and serves as a reference. The butter content is as high as 60%, which is a feature of butter cookies.

The sugar powder content is 40%, which provides the cookies with sweetness and a crispy texture.

Whole eggs account for 32%, and this is also a key difference between butter cookies and other cookies.

The high egg content helps increase the delicacy of the finished product.

Vanilla powder and salt account for 1%. They are used in small amounts but are indispensable.

They contribute to the flavors and balance the sweetness.

The evaluation of the appearance of butter cookies

places pay attention to the shape consistency. If there are black dots on the cookie surface, or the cookies are uneven in size, or the patterns on the cookies are not well defined, points will be deducted from your score.

The cookie color should be golden and even

and consistent on the top and bottom.

If the bottom has a different color from the top, or if the cookies look pale or burnt, your score will be affected.

As for volume, it is required that the cookies are expanded evenly and do not have large air bubbles.

If the cookies were not expanded, or if the cookies were overly expanded, points will be deducted from your score.

The examination item of oatmeal, raisin, and brown sugar cookies provides three recipes.

The oatmeal and raisins each account for 80% in one recipe, 70% in another recipe, and 60% in yet another recipe.

Let's start by calculating the multiplier.

Assume you're required to use the 80% recipe. Here

you should write down 80 for the raisins, and 80 for the oatmeal.

By adding up all the percentages, we arrive at 520. By dividing 1000, which is the batter weight in gram, by 520, that is  $1000/520$ , we get 1.92, which is the multiplier we need.

Now multiply each percentage by the multiplier.

For example, 1 multiplied by 1.92, and rounding up to the next integer, equals 2.

30 multiplied by 1.92 equals 58.

If you're required to use the recipe

in which each of the raisins and the oatmeal accounts for 70%, you should write down 70 for the raisins here, and 70 for the oatmeal here.

All the percentages add up to 500.

1000 divided by 500 equals 2.

So 2 is the multiplier we need.

Each percentage multiplied by the multiplier produces the weight of the corresponding ingredient.

In the recipe for the oatmeal, raisin, and brown sugar cookies, or the basic recipe, to be specific, the powdered sugar content is 100%, the butter content is as high as 50%, and the whole egg content is 53%, which exemplifies the high egg content of such cookies.

The cookies also include 30% of shortening and 25% of milk powder, both adding to the layered texture of the cookies.

When judging the oatmeal, raisin, and brown sugar cookies, the shape requirements include a slightly flat surface, with the raisins and oatmeal slightly raised and having a sugary finish.

The periphery of each cookie should not be too thin.

If the cookies are ball shaped, or have an overly thin edge, or are broken, points will be deducted from your score.

In terms of color, an ideal finished product should be dark brown but not burnt.

The periphery, in particular, should not be burnt or black.

The cookies should not look pale or have an uneven color.

All the defects mentioned above will cause point deduction from your score.

As a final word of advice, don't panic when your examination items are revealed by lot drawing. Just showcase what you have learned and practiced, do the calculations carefully, and you'll be able to pass the examination.

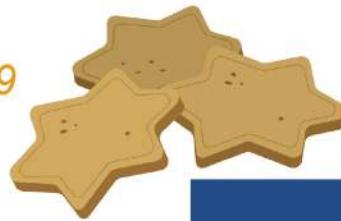




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## Class C Baking Certificate

Baking calculations  
(for savory, Marie biscuits, soda, and coconut)



調味小餅乾					
百分比	1400	154	9.09	1300	154
100% 麵粉	400	37	29	333.33	32.22
13% 鹽	52	48	36	41.67	3.91
13% 雞蛋	48	45	32	36	3.46
13% 雞油	52	49	35	40	3.77
0.5% 雞粉	2	2	1.5	1.5	0.14
0.5% 雞精	2	2	1.5	1.5	0.14
4% 雞油	56	52	39	46	4.22
7% 雞蛋	91	85	62	70	6.33
7% 鹽	345	320	235	285	26.25
百分比	1400	154	9.09	1300	154

The texture and making method of a cookie hinge on the specific ingredient proportions in the recipe.

Examination participants must be familiar with the formulas for the calculations.

Hi, everyone. I'm your Teacher, Mick.

Today I'll revisit savory crackers, Marie biscuits, soda crackers, and coconut cookies, focusing on their ingredient calculations

and judging criteria in the examination.

Let's start with savory crackers.

This examination item includes three recipes, each having a different dough weight: 1.4 kg, 1.5 kg, or 1.6 kg.

The coefficient for ingredient calculations is calculated as follows.

By summing up the percentages, we obtain 154.

If you're required to use the 1.4 kg recipe, divide 1400 by the sum of percentages, which is 154,

to produce the multiplier you need.

Then multiply each percentage by the multiplier to produce the weight of each ingredient.

For example, 100 multiplied by 9.09 equals 909, 3 multiplied by 9.09 equals 27, and so on.

In the basic recipe, all purpose flour serves as a reference and accounts for 100%, which reflects the unique structural requirement of the crackers.

The water content is as high as 38%, and this is a major feature of savory crackers to ensure a suitable moisture level in the finished product.

The judging criteria for savory crackers start with appearance and shape.

An ideal finished product should have a smooth surface without air bubbles.

As to color, the top and bottom of each cracker should have the same golden color.

If the bottom has a different color from the top, or if the crackers are pale, or if the crackers have too dark a color or are burnt, points will be deducted from your score. Now we turn to Marie biscuits.

The recipes of Marie biscuits also have three dough weight options: 1.4 kg, 1.3 kg, and 1.2 kg.

To calculate the coefficient for ingredient calculations, sum up the percentages to produce 190.5.

If you're required to use the 1.4 kg recipe, with 1.4 kg being equal to 1400 g,

then divide 1400 by the sum of percentages, which is 190.5, to produce 7.34, which is the multiplier we need.

Now multiply each percentage by the multiplier. For the salt, 0.5 multiplied by 7.34 equals 4.

If you're required to use the 1.3 kg recipe instead,

1300 divided by 190.5 equals 6.82, which is the multiplier we need. By multiplying each percentage by 6.82,

you'll obtain the weight of each ingredient. In this biscuit recipe, cake flour is used as a reference and accounts for 100%.

Granular sugar and butter accounts for 24%, which indicates that the biscuits contain high fat and medium sweetness.

To evaluate the appearance of Marie biscuits, attention is directed to their shape.

If there are air bubbles or black dot like defects, points will be deducted from your score.

As to color evaluation, it is important that the top and bottom of the baked product have the same golden color. If the biscuits are pale,



## E-learning for new immigrants

your score will be affected.

Now moving on to soda crackers, the soda cracker recipes also have three dough weight options: 1.4 kg, 1.3 kg, and 1.2 kg.

Take the 1.4 kg recipe for example. The percentages add up to 161.

By dividing 1.4 kg, which is the dough weight, by 161, or more specifically, by dividing 1400 by 161, we obtain 8.7, which is the multiplier we need.

Then multiply each percentage by the multiplier 8.7.

For the salt, for example, 1.5 multiplied by 8.7 equals 13.

If you're required to use the 1.3 kg recipe instead, 1300 is divided by 161, which is the sum of percentages, to produce the multiplier we need.

Then, each percentage is multiplied by the multiplier to produce the weight of each ingredient.

It is worth noting that each of all purpose flour and cake flour accounts for 50%.

This flour mixing ratio is the key to soda crackers' unique texture. Butter accounts for 15%, which is lower than the butter content of other

cookies and contributes to the dry crispiness of soda crackers.

The water content is as high as 36% to help activate gluten and provide the dough with an appropriate level of elasticity.

The judging criteria for soda crackers

If the crackers have an uneven thickness, or have air bubbles on the surface, or are cracked, points will be deducted from your score.

Volume wise, it is required that each cracker expands to at least two times the volume of the dough sheet cutout.

If the crackers expanded too much, or have too many air bubbles, or did not expand, your score will be affected.

If the top and bottom of each cracker do not have the same color, or there are black dots on the top or bottom, or the color is too light or too dark, points will be deducted from your score. The last one is coconut cookies.

The coconut cookie recipes also provide three different dough weight options:

1.4 kg, 1.3 kg, and 1.2 kg.

The coefficient for ingredient calculations is calculated as follows.

Add up all the percentages to produce 184.

Assume you're required to use the 1.4 kg recipe.

1400 divided by the sum of percentages, which is 184, equals 7.61, which is the multiplier we need.

Then you multiply each percentage by the multiplier 7.61.

For example, by multiplying 1 by 7.61,

and by rounding up to the next integer, we have 1 times 7.61 equals 8.

20 multiplied by 7.61 equals 152, and so forth. In this way, we calculate the weight of each ingredient.

About the coconut cookies,

one thing to point out is that the ingredients include baker's ammonia.

Baker's ammonia when used in cookies has a leavening effect that helps make cookies puffier and crunchier.

The judging criteria for coconut cookies

If the cookies have an uneven thickness, or have air bubbles on the surface, or are cracked,

points will be deducted from your score.

In terms of volume, it is required that the cookies at least double in volume as compared with the dough sheet cutouts.

If the cookies expanded too much, or failed to expand to the required extent, your score will be affected.

Color wise,

the top and bottom of each cookie should have the same golden color.

If the top and bottom have different colors, or if there are black dots, or the color is too light or too dark, points will be deducted from your score.

When your examination items are revealed by lot drawing, do not panic.

Do the calculations carefully, and I believe you'll pass the examination with a high score.

**COOKIES RECIPE 餅乾食譜**

重量份數	1400g+190g=1590g	1300g+190g=1490g	1200g+190g=1390g
百分比	100%	100%	100%
細砂糖	176	164	151
15% 飲油	176	164	151
12% 低筋麵粉	83	82	76
0.2% 銀髮酵母	2	2	2
26% 水	191	177	164
0.5% 鹽	4	3	3
0.2% 面筋粉	2	1	1
3% 初粉	22	21	19

**瑪莉牛奶餅乾**

重量份數	1400g+190g=1590g	1300g+190g=1490g	1200g+190g=1390g
百分比	100%	100%	100%
細砂糖	97	91	85
3% 飲油	37	39	31
15% 低筋麵粉	14	13	13
5% 烫麵粉	45	49	52
1% 鹽	9	10	10
0.5% 銀髮酵母	5	5	5
40% 乳製品	38	39	42
1% 鹽	9	10	10
36% 水	345	330	345
合計	1599	1501	1610

**調味小餅乾**

重量份數	1400g+190g=1590g	1300g+190g=1490g	1200g+190g=1390g
百分比	100%	100%	100%
細砂糖	97	91	85
15% 低筋麵粉	14	13	13
5% 烫麵粉	45	49	52
1% 鹽	9	10	10
0.5% 銀髮酵母	5	5	5
40% 乳製品	38	39	42
1% 鹽	9	10	10
36% 水	345	330	345
合計	1599	1501	1610

**瑪莉牛奶餅乾**

重量份數	1400g+190g=1590g	1300g+190g=1490g	1200g+190g=1390g
百分比	100%	100%	100%
細砂糖	97	91	85
24% 低筋麵粉	176	164	151
21% 鹽	176	164	151
12% 高筋麵粉	83	82	76
0.2% 銀髮酵母	2	2	2
26% 水	191	177	164
0.5% 鹽	4	3	3
0.2% 面筋粉	2	1	1
3% 酵母	23	21	19
100% 乳製品	735	696	742
合計	1492	1377	1420

**椰子餅乾**

重量份數	1400g+190g=1590g	1300g+190g=1490g	1200g+190g=1390g
百分比	100%	100%	100%
細砂糖	8	7	6
20% 低筋麵粉	152	142	133
15% 鹽	114	106	94
34.5% 水	278	255	232
0.2% 銀髮酵母	4	3	3
5% 酵母	33	31	22
85% 15% 椰子粉	41	38	34
100% 乳製品	241	229	238
合計	1421	1320	1320