SUPPORT TO BJOKA PRIMARY SCHOOL: TRAINING IN BAKING, AND SUPPLY OF BAKING ACCESSORIES AND A DIESEL GENERATOR:

A report by the President of BSS

Society Switzerland-Bhutan and Bhutan-Switzerland Society had supported Bjoka Primary School in establishing a small pilot bakery in 2014 at a cost of Nu 206,320.00, with an aim to diversify the food basket and purportedly improve the nutrition of the school children as approved by the Ministry of Education. The bakery equipments were supplied, installed and tested by M/S Green Kitchen and Bakery Equipment, a local supplier of Thimphu. The training of the bakery staff, 7 teaching and non-teaching staff, was also conducted by them, in July 2014, by hiring a trainer, Ms. Sonam Lhamo, who had conducted a 5-day training at the site of the bakery.

At the initial stages of the bakery it generated lot of excitement among the staff and school children, so the school was proud of their bakery, which no other school in the country had at that time. However, their joy and excitement was short-lived because firstly, the baking oven got burnt due to electrical power fluctuation, and it had to be transported all the way to Thimphu to get it repaired. On top of that, the school did not have a proper bakery shed, which hampered its proper use. The turnover of the trained staff, some of who left the school, also affected the functioning of the bakery. The frequent power breakdown and fluctuation in the voltage of the power supply posed very serious challenges to the school in making good use of the bakery equipment effectively.

The school authorities should to be commended for their efforts in securing government funding to construct a dedicated bakery shed at a huge cost of Nu 750,000.00, which was completed in 2017, and the bakery equipment comfortably shifted to the new building in September 2017.

To overcome the above challenges, the Principal had requested for further support from the Societies as follows:

1. Training to school staff in baking bread,
2. Supply of bakery accessories since the ones supplied in 2014 were out of use,
3. Supply of a diesel generator to beat the power supply breakdowns,
4. Training in making cakes at the school, and
5. Support for dedicated staff to run the bakery.

The Society Switzerland-Bhutan had released a sum of Nu 200,000.00 to Bhutan-Switzerland Society towards end of 2017 to support the request of Bjoka Primary School to conduct a training for its staff in making bread and cakes, supply of baking equipment accessories, and supply of a portable diesel generator to overcome the frequent power outage in their area especially during summer months. It was however made clear that this support was going to the last and final and that with this input the school authorities should ensure that the bakery is not only put into effective use but it is run on a sustainable basis.

Following the joint BSS-SSB Boards Meeting in Thimphu on 21 April 2018, the focal person of BSS, the President of BSS, spoke with the Principal of the school to find out if they could send their staff for training in baking to Thimphu, when the Principal asked for the trainer to be sent down to their school so that the trainer could train as many staff as possible. Subsequently, the President requested M/S Green Kitchen and Bakery Equipment to:
1. Depute a suitable trainer to Bjoka PS to conduct a week-long training in making bread and cakes,
2. To quote for the bakery accessories, and
3. To quote for a suitable diesel generator based on the power requirement of the equipments they had supplied in 2014.

Accordingly, Ms. Sonam Lhamo, who had trained the Bjoka PS staff earlier, who is currently a freelance trainer, was recruited to go down to Bjoka, well before the long summer break, to conduct the training since she had just left her job at the Le Meridien, to go to work in the Middle East. She said she could also teach them to make different types of cakes with the same equipment.

The quotation for the bakery accessories was accepted after comparing with the prices of 2014, and accordingly, Ms. Sonam Lhamo was requested to pick these equipments up from M/S Green Kitchen and Bakery Equipment and deliver it to the Principal of Bjoka PS.

The quote for the diesel generator was not forthcoming but on my repeated follow-up it was conveyed verbally over the phone, which was way beyond our budget (Nu 5-6 hundred thousand). So, I suggested to the Principal if he could request his Dzongkhag Administration for an old generator, which may be lying around somewhere after electric power supply had reached almost the length and breadth of Zhemgang Dzongkhag which used to depend upon portable diesel generators for many important activities. So, on 8 June 2018, the Principal informed me that we could forget the generator set since he had managed to get one from the Dzongkhag Administration.

The break-up of the cost incurred so far for the above activities is as follows:

1. Bakery accessories from M/S Green Kitchen and Bakery Equipment – Nu 16,450.00
2. Ingredients for required for training the staff in making cakes – Nu 4,359.00
3. Cost of travel, hotel, food expenses and training fees paid to Ms. Sonam Lhamo – Nu 44,441.00.

So, the total expenditure incurred so far is Nu 65,250.00, out of the allocated fund of Nu 200,000.00.

Ms. Sonam Lhamo had informed that the Plenatry Mixer (dough kneader) supplied earlier at a cost of Nu 65,000.00 was in a bad shape and may need replacement soon. So, the President of BSS, had suggested to the Meeting of BSS Board and Ms. Marienne Frei, President of SSB, and Mr. Claudio Zingg, on 28 August at Thimphu, that the balance funds should not be re-appropriated till he had visited the school later this year when he would be able to discuss the satisfactory closure of the project with the school authorities. A final decision should be taken before end of 2018.

**ATTACHMENT:** Reflective Report of Ms. Sonam Lhamo on the training she had conducted at Bjoka PS from 13-19 June 2018.
Reflective Report on

BAKING TRAINING

Bjoka Primary School, Zhemgang

June 13 – 19, 2018

Name of the Trainer: Ms. Sonam Lhamo
Email Address: sonam93jazz@gmail.com
The Bhutan-Switzerland Society asked me to go to Bjoka and organize a training in baking which was conducted from 13th June – 19th June at Bjoka Primary School in Panbang under Zhemgang Dzongkhag. I felt privileged to be conducting the training for the 14 participants who were both teaching and non-teaching staff from Bjoka Primary School. The seven-day training commenced every day at 9 am in the morning till 5 pm in the evening.

The following participants from the Bjoka Primary School took active part in learning baking skills:

- Mr. Leki, Principal
- Mr. Chimmi Dorji, Teacher
- Ms. Tshering Lhamo, Teacher
- Mr. Pema Wangdi, Teacher
- Mr. Ugyen Dorji, Teacher
- Mr. Sonam Tenzin, Teacher
- Ms. Dechen Wangmo, Teacher
- Ms. Gaki Tenzin, Admin Assistant
- Ms. Kinley Wangmo, Care giver
- Mr. Tshering Tashi, Care giver
- Mr. Karma Dupchu, Care taker
- Mr. Rinchen Jatsho, Sweeper
- Mr. Gyem Dorji, Cook
- Mr. Penjor, Cook

Throughout the seven days, participants were taught how to make donuts, pannacotta, chocolate ganache, white bread, mudcake, muffins, banana cake, burger buns, fruit cake, milk crumble, mud cake, cookies, whipped cream and also technical skills like how to cut and layer cakes. Each day focused on at least three different types of baked goods.

**DAY I AND II:**

**Developing skills in making donuts, pannacotta and chocolate ganache**

*Participants kneading, frying, glazing and tasting the donuts they have made*
**Skills on making donut:**

The session began with the introduction of the ingredients required in making donuts. The session continued with the detailed procedure of making donuts. Some of the key skills in baking that were highlighted were:

- **Measurement of right amount of ingredients**
- **Kneading of dough:** The participants were taught how to find out whether the dough is ready or not for sheeting.
- **Sheeting of dough:** The thickness of the dough should be 1 cm – 1.5 cm.
- **The dough should be kept untouched and covered with cling wrap for 10 minutes to 15 minutes.**
- **The dough is be cut and shaped into the shape of donut.**
- **The donuts are kept for proofing until its size has been doubled.**
- **The participants were taught how to keep the right amount of temperature for frying the donuts.**
- **They were taught how to make chocolate ganache which will be coated over donuts.**

**Skills on making pannacotta:**

The session began with the introduction of the ingredients required in making pannacotta. The session continued with the detailed procedure of making pannacotta.

- **Measurement of right amount of ingredients**
- **The ingredients were boiled and gelatin was added to it.**
- **The mixture was poured into a bowl and made to cool until it became firm and jelly-like.**

**Skills on making chocolate ganache:**

The session began with the introduction of the ingredients required in making ganache. The session continued with the detailed procedure of making ganache.

- **Measurement of right amount of ingredients**
- **All the ingredients were put together in a bowl and the bowl was kept on double boiling until all the ingredients melted.**
2. DAY III

**Developing skills in making white bread, mud cake and muffins**

*White bread, mud cake and muffins after baking. And learning to knead dough for bread*

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**Skills on making white bread**

The session began with the introduction of the ingredients required in making white bread. The session continued with the detailed procedure of making white bread.

- Measurement of right amount of ingredients
- Kneading of dough: The participants were taught how to find out whether the dough is ready or not.
- Shaping of dough: The dough should be shaped and put back in the bread mould.
- The dough is kept for proofing until its size has been doubled.
- The bread is put in the pre-heated (200°C) oven for 40 – 45 minutes.

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**Skills on making mud cake**

The session began with the introduction of the ingredients required in making mud cake. The session continued with the detailed procedure of making mud cake.

- Measurement of right amount of ingredients
- The dry and the wet ingredients should be separated.
- The wet ingredients should be boiled.
- The chocolate should be double boiled.
- The dry ingredients are added to the above ingredients.
- The mixture is poured in a cake mould and baked in preheated (170°C) oven for 40-45 minutes.

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**Skills on making muffins**
The session began with the introduction of the ingredients required in making muffins. The session continued with the detailed procedure of making muffins.

- Measurement of right amount of ingredients
- Creaming method was taught.
- The batter was poured in muffin cups.
- The muffins were baked in a preheated (180°C) oven for 20 minutes.

3. DAY IV

**Developing skills on making banana cake, burger bun and white bread**

**Skills on making banana cake**

The session began with the introduction of the ingredients required in making banana cake. The session continued with the detailed procedure of making banana cake.

- Measurement of right amount of ingredients
- They were taught the Whisking Method.
- The batter was poured in a bread mould
- The bread was baked in a preheated (180°C) oven for 40 - 45 minutes.

**Skills on making burger bun**

The session began with the introduction of the ingredients required in making burger bun/soft roll. The session continued with the detailed procedure of making burger bun/soft roll.

- Measurement of right amount of ingredients
- Kneading of dough: The participants were taught how to find out whether the dough is ready or not.
- Cutting of dough: The dough should measured 30gms and shaped round shape.
- The dough is kept for proofing until its size has been doubled.
- The rolls are put in the pre-heated (200°C) oven for 12-13 minutes.

**Skills on making white bread**

The session began with the introduction of the ingredients required in making white bread. The session continued with the detailed procedure of making white bread.

- Measurement of right amount of ingredients
- Kneading of dough: The participants were taught how to find out whether the dough is ready or not.
- Shaping of dough: The dough should be shaped and put back in the bread mould.
- The dough is kept for proofing until its size has been doubled.
- The bread is put in the pre-heated (200°C) oven for 40 – 45 minutes.

4. DAY V

Developing skills on making fruit cake, milk crumble and white bread.

Skills on making fruit cake
The session began with the introduction of the ingredients required in making fruit cake. The session continued with the detailed procedure of making fruit cake.
- Measurement of right amount of ingredients
- Creaming method was taught.
- The batter was poured in bread mould.
- The fruit cake was baked in a preheated (180°C) oven for 40 – 45 minutes.

Skills on making milk crumble
The session began with the introduction of the ingredients required in making milk crumble. The session continued with the detailed procedure of making milk crumble.
- Measurement of right amount of ingredients
- Creaming method was taught.
- The batter was poured in cake mould.
- The milk crumble was baked in a preheated (180°C) oven for 30 – 35 minutes.

Skills on making white bread
The session began with the introduction of the ingredients required in making white bread. The session continued with the detailed procedure of making white bread.
- Measurement of right amount of ingredients
Kneading of dough: The participants were taught how to find out whether the dough is ready or not.

Shaping of dough: The dough should be shaped and put back in the bread mould.

The dough is kept for proofing until its size has been doubled.

The bread is put in the pre-heated (200°C) oven for 40 – 45 minutes.

5. DAY VI

Developing skills on making donut, white bread and cookies

Skills on making donut:

The session began with the introduction of the ingredients required in making donuts. The session continued with the detailed procedure of making donuts.

- Measurement of right amount of ingredients
- Kneading of dough: The participants were taught how to find out whether the dough is ready or not for sheeting.
- Sheet ing of dough: The thickness of the dough should be 1cm – 1.5 cm.
- The dough should be left untouched and covered with cling wrap for 10 minutes to 15 minutes.

Glazing donuts and making chocolate and vanilla cookies

Skills on making white bread

The session began with the introduction of the ingredients required in making white
bread. The session continued with the detailed procedure of making white bread.

- Measurement of right amount of ingredients
- Kneading of dough: The participants were taught how to find out whether the dough is ready or not.
- Shaping of dough: The dough should be shaped and put back in the bread mould.
- The dough is kept for proofing until its size has been doubled.
- The bread is put in the pre-heated (200°C) oven for 40 – 45 minutes.

Skills on making cookies

The session began with the introduction of the ingredients required in making cookies. The session continued with the detailed procedure of making cookies.

- Measurement of right amount of ingredients
- Creaming method was taught.
- The cookie dough was measured 20gms and round.
- The cookie was baked in a preheated (180°C) oven 20-25 minutes.

6. DAY VII

Developing skills on making donut, white bread, cookies, mud cake, milk crumble, how to whip cream, how to layer a cake, how to cut the sponge and muffins.

Skills on making cookies

The session began with the introduction of the ingredients required in making cookies. The session continued with the detailed procedure of making cookies.

- Measurement of right amount of ingredients
- Creaming method was taught.
- The cookie dough was measured 20gms and round.

Skills on making white bread

The session began with the introduction of the ingredients required in making white bread. The session continued with the detailed procedure of making white bread.

- Measurement of right amount of ingredients
- Kneading of dough: The participants were taught how to find out whether the dough is ready or not.
- Shaping of dough: The dough should be shaped and put back in the bread mould.
- The dough is kept for proofing until its size has been doubled.
- The bread is put in the pre-heated (200°C) oven for 40 – 45 minutes.

**Skills on making donuts**

The session began with the introduction of the ingredients required in making donuts. The session continued with the detailed procedure of making donuts.

- Measurement of right amount of ingredients
- Kneading of dough: The participants were taught how to find out whether the dough is ready or not for sheeting.
- Sheetling of dough: The thickness of the dough should be 1 cm – 1.5 cm.
- The dough should be left untouched and covered with cling wrap for 10 minutes to 15 minutes.
- The dough is be cut and shaped into the shape of donut.
- The donuts are kept for proofing until its size has been doubled.
- The participants were taught how to keep the right amount of temperature for frying the donuts.
- They were taught how to make chocolate ganache which will be coated over donuts.

**Skills on making milk crumble**

The session began with the introduction of the ingredients required in making milk crumble. The session continued with the detailed procedure of making milk crumble.

- Measurement of right amount of ingredients
- Creaming method was taught.
- The batter was poured in cake mould.
- The milk crumble was baked in a preheated (180°C) oven for 30 – 35 minutes.
- Skills on making muffins

The session began with the introduction of the ingredients required in making muffins. The session continued with the detailed procedure of making muffins.

- Measurement of right amount of ingredients
- Creaming method was taught.
- The batter was poured in muffin cups.
- The muffins were baked in a preheated (180°C) oven for 20 minutes.

**Skills on making mud cake**

The session began with the introduction of the ingredients required in making mud cake. The session continued with the detailed procedure of making mud cake.

- Measurement of right amount of ingredients
- The dry and the wet ingredients should be separated.
- The wet ingredients should be boiled.
- The chocolate should be double boiled
- The dry ingredients are added to the above ingredients.
- The mixture is poured in a cake mould and baked in preheated (170°C) oven for 40-45 minutes.

**Skills on making whipped cream**

The session began with the introduction of the ingredients required in making whipped cream. The session continued with the detailed procedure of making whipped cream.

- Measurement of right amount of ingredients
- Whisked the powder and water until the color changed and the liquid mixture became light, fluffy and had soft peaks

Skills on how to cut a sponge

The session began with the introduction of the type of knife required in cutting a sponge. The session continued with the detailed procedure of in cutting a sponge

The sponge was cut into three layers
The knife used was a bread knife

The sponge was cut only after it was cooled

Skills on how to layer a cake

The session began with the introduction of the type of pallet knife required in layering a sponge. The session continued with the detailed procedure of in layering the cake and finishing the cake.

The cut sponge was layered with the whipped cream, one by one
And the finishing was also done by whipped cream

Last day of training for the participants
CHALLENGES AS THE TRAINER

Over the course of the training, there were a few challenges I faced as the trainer. The following are some of the challenges I faced during the training:

The attendance of the participants was very irregular and not up to the expectation perhaps since the school was still in session. Ms. Gaki, a non-teaching staff was the only participant who gave 100% attendance and committed interest towards learning till the end of the training.

The frequent cut-off in the power supply was quite a challenge and an obstacle towards smooth and functional teaching and learning.

Unavailability of regular public transport between Gelephu and Panbang and beyond, and roadblocks between Zhemgang and Gelephu due to heavy rain posed huge difficulty thus having to resort to expensive transportation by taxi services. In fact, I had to wait for 2 nights in Panbang on my return trip as taxis were also not available. Due to roadblock as mentioned above, I had to finally come via India from Panbang to Gelephu.

ADVANTAGES OF THE TRAINING

While there were many challenges I have had to face during the training, it also provided an opportunity for me to learn how to work using different alternatives where there was a lack of any facilities that I would normally use. For instance, with the lack of availability of butter, I managed to use dalda (hydrogenated vegetable oil) as the replacement and the outcome was still up to standard. It was a challenge to find refined sugar so we managed with the normal grain sugar. These are some of ways in which I learned to improvise and manage things in cases where some of the required resources were lacking.

ADVANTAGES FOR THE PARTICIPANTS:

I feel very positive that the participants learned more than the required skills. These skills not only gave them the idea and exposure to a different type of skill set but also helped them become well equipped with skills that that can help them earn their own bread and butter anywhere they go.

PERSONAL EXPERIENCE

As a whole, I felt that this training was a mind blowing personal experience and worth giving it my all. I had conducted a similar training to different groups of people in the year 2014 at the same school but this experience was much better compared to that year. I feel it was also because of the experience level. Now that I’m more experienced and have better ideas, it was more enjoyable to teach them more skills.

CONCLUDING REMARKS

Except for the frequent power failure, the bakery could do well in not only being able to supply the school children and staff with a regular source of bread, cookies, cakes and muffins, but it could also become a regular and good source of income through sales to the local population who seem to like
it very much. Panbang town is also a potential market for the bakery and the trial sales were encouraging.

I would like to pay my highest gratitude to Bhutan-Switzerland Society and Society Switzerland-Bhutan for the opportunity and experience. As desired by Lyonpo, I was very glad to collect and transport the bakery accessory equipments from Green Kitchen and Bakery Equipment in Thimphu to Bjoka Primary School which came in handy during the training since the earlier supplied equipments had completely worn out. I was also glad to purchase the basic materials required for making cakes, muffins, donuts, etc., during the imparting of training to the staff from Thimphu. I have advised Ms. Gaki, Admin Assistant of the school on where they can source such materials in the future.

RAIN WATER HARVEST PROJECT & ELECTRIC FENCING PROJECT

Cost Estimate for Rain Water Harvest Project Proposal

As instructed by honorable Lyonpo Kinzang Dorji, I requested the principal of the school to give me the revised estimate for the above project since Lyonpo had told the Principal to revise the cost estimate since it was felt to be quite high. But the Principal asked me to go to Panbang and get all the required documents related to rain water harvest from Mr. Tek Bdr Gurung, the Assistant Engineer of Panbang Dungkhag office. (Instead of reducing the cost estimate through revision of the rates of items, they had reduced it to cover 2 buildings instead of the original 3 buildings to show a lower cost.)

Photos of Electric Fencing Project

Lyonpo had also asked me to take pictures of the electric fencing works done in Bjoka Gewog through support from the Society. The photos of the electric fences installed at Bjoka under funding support by Bhutan-Switzerland Society and Society Switzerland-Bhutan have been submitted.

My Itinerary

11 June 2018: Thimphu to Gelephu by public bus
12 June 2018: Gelephu to Panbang by taxi
13-19 June 2018: Training in baking and cakes making conducted
20-21 June 2018: Stranded at Panbang due to lack of any bus or taxi facility
22 June 2018: Panbang to Gelephu via India
23 June 2018: Gelephu to Thimphu