

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 625

COURSE TITLE

PASTRIES AND DESSERTS

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

Learn the art of perfectly baked pastries and desserts. Tips on recipe and ingredient selection, methods of obtaining flaky, light dough, attractive appearance, and time-saving techniques, as well as baking, shaping, and storage tips. (FT)

LECTURE HOURS

1 hour per week
(for 1 – 9 weeks)

LABORATORY HOURS

2 hours per week
(for 1 – 9 weeks)

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

1. Basic skills in pastry and/or dessert making.
2. An awareness of the terms, concepts, and materials used in the production of pastries and desserts.
3. An awareness of current food controversies.
4. An awareness of the time and energy management and decision-making skills used when purchasing and preparing food items.
5. An awareness of the options available when selecting and purchasing ingredients and equipment used in pastry/dessert making.
6. An awareness of the need for practicing proper sanitation when handling food items and cooking equipment.
7. An awareness of resource management and safety in the home and workplace.
8. An awareness that the course serves a dual purpose – preparation for the vocation/occupation of homemaking and pre-preparation for gainful employment.

COURSE OBJECTIVES

At the end of the course the student will demonstrate an ability:

1. To perform the basic skills used in the production of pastries and/or desserts made in class.
2. To recognize and use the terms, concepts, and equipment used in the home and commercial production of pastries and desserts.
3. To select ingredients and explain how these ingredients contribute to successful baking and a satisfactory product.
4. To select and purchase ingredients and equipment economically.
5. To discuss current food controversies and investigate the role of food additives in today's food supply.
6. To identify time and energy management and decision-making skills used in the purchase, preparation, and storage of pastries/desserts
7. To prepare baked items using preparation and storage techniques that ensure proper sanitation.
8. To identify and eradicate common insects and rodent problems in the kitchen or commercial work area.
9. To identify the skills acquired in the classroom that are transferable to the job market.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction to Pastry Making
 - 1.1. Types of dough
 - 1.1.1. Flaky dough – yeast and non-yeast
 - 1.1.2. Sweet dough
 - 1.1.3. Steam leavened dough
 - 1.2. Techniques for flaky pastry
 - 1.3. Terminology and concepts of pastry making
 - 1.3.1. Gluten
 - 1.3.2. Fat/flour ratio
 - 1.4. Techniques for attractive appearance
 - 1.4.1. Glazes
 - 1.4.2. Shaping
 - 1.4.3. Garnishing
2. Pastry Skills Development
 - 2.1. Selection of ingredients
 - 2.2. Preparation techniques
 - 2.2.1. Mixing
 - 2.2.2. Rolling/shaping
 - 2.2.3. Filling preparation
 - 2.2.4. Baking
 - 2.3. Serving and storage of pastries
3. Selection of Food Supplies and Equipment
 - 3.1. New products available in the marketplace
 - 3.2. Sources of food supplies and equipment
 - 3.3. Label interpretation
4. Sanitation
 - 4.1. Food-borne illnesses
 - 4.1.1. Identification
 - 4.1.2. Prevention
 - 4.2. Care and storage of food items
 - 4.3. Food preparation and storage techniques
 - 4.4. Kitchen, work area and personal cleanliness
 - 4.5. Efficient control of insect and rodents
5. Resource Management and Safety
 - 5.1. Time and energy saving techniques used in the home or commercially in a bakery
 - 5.2. Energy saving equipment available in the marketplace
 - 5.3. Safety
 - 5.3.1. Fire safety
 - 5.3.2. Equipment use and storage
6. Marketing Your Home Economic Skills and Products
 - 6.1. Identification of skills and products
 - 6.2. Market need survey
 - 6.3. Sources of employment

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COURSE CONTENT AND SCOPE (CONTINUED)

- 6.3.1. Bakeries and delicatessens
- 6.3.2. Restaurants
- 6.3.3. Coffee shops and cafeterias
- 6.3.4. Caterers
- 6.4. Food service industry
- 6.5. Own business

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

The student and the teacher will evaluate the success of the course using student evaluations of the course content and the teacher in addition to one or more of the following:

1. The student will demonstrate the ability to select the ingredients and perform the skills used in the production of pastries and desserts made in class.
2. The student will set goals and evaluate the achievement of these goals upon completion of the course.
3. Student attendance and participation in class activities.

METHOD OF INSTRUCTION

Lectures, demonstration, hands on experiences, films, guest speakers, and field trips.

TEXTS AND SUPPLIES

The instructor will provide a copy of recipes used in class and all relevant handouts.

The student will provide pen/pencil, notebook, and food supplies necessary to learn specific food preparation techniques for each class/session (approximately \$3.00 per class/session).

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PREPARED BY Marjorie Howe/Judith Ewing DATE September, 1988

DATA REVISED BY Instructional Services DATE February 2, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog