

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 627

COURSE TITLE

PROFESSIONAL BAKESHOP SKILLS

ALTERNATE TITLE(S):

BEGINNING BAKESHOP SKILLS;
PROFESSIONAL BAKESHOP
SKILLS 1

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

Learn beginning bakeshop skills, baking and pastry making. Explore the basic culinary skills in the baking industry from baking theory and techniques to hands-on production techniques used in working kitchens and bakeries. Students will prepare a variety of bakeshop products. Basic plating techniques will be highlighted. (FT)

LECTURE/LABORTORY HOURS

108

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.

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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

The goals of the course are to learn bakeshop skills, baking and pastry making and to recognize the vocational application of those skills in the culinary industry.

COURSE OBJECTIVES

Upon successful completion of this course, the student will be able to:

1. Explain fire safety regulations in a kitchen.
2. Identify equipment and small wares used in bakeshop preparation.
3. Demonstrate food safety and sanitation practices in the preparation of baked product and desserts.
4. Explain good personal hygiene practices.
5. Discuss guidelines for proper pest control.
6. Discuss food pyramids and the nutritional contribution of baked products and desserts.
7. Identify careers in the baking/pastry industry.
8. List skills required for bakeshop employment.
9. Detail information necessary to be an entrepreneur in the baking industry.
10. Discuss gluten development in baked products.
11. List and explain the function of bakeshop ingredients.
12. Explain yeast dough production.
13. Identify and prepare a variety of basic yeast breads.
14. Identify and prepare a variety of quick breads.
15. Identify and prepare a variety of basic pies.
16. Identify and demonstrate basic skills in sugar cooking, cream and sauce preparation.
17. Identify and prepare a variety of basic cookies.
18. Identify and prepare basic custard and pudding products.
19. Define and prepare a mousse.
20. Discuss basic methods of preparing fruit desserts.
21. Identify the elements of simple dessert plate presentation.
22. Demonstrate simple plating methods used in restaurants and bakeries.
23. Identify and demonstrate basic dessert preparation techniques.
24. Discuss computer technology in the baking and pastry industry.
25. Create an original dessert using bakeshop skills.

SECTION II

COURSE CONTENT AND SCOPE

1. Safety
 - 1.1. Fire safety
 - 1.2. Equipment identification, use and storage
 - 1.3. Knife skills
 - 1.4. Food safety and sanitation
 - 1.4.1. Identification of food-borne illness
 - 1.4.2. Storage of food items
 - 1.4.3. Kitchen, work area and personal cleanliness
 - 1.4.4. Control of insects and rodents
2. Nutrition
 - 2.1. Food pyramid and nutritional guidelines
 - 2.2. Food label interpretation
3. Baking Industry
 - 3.1. Culinary careers in the baking/pastry industry
 - 3.2. Skills required
 - 3.3. Resources
4. Introduction to the Bakeshop: Baking and Pastry-Making
 - 4.1. Basic principles
 - 4.1.1. Measurement
 - 4.1.2. Gluten development
5. Ingredients
 - 5.1. Identification of ingredients
 - 5.1.1. Flour
 - 5.1.2. Sugars
 - 5.1.3. Liquids
 - 5.1.4. Fats
 - 5.1.5. Leavening agents
 - 5.1.6. Gelatin
 - 5.1.7. Additions
 - 5.1.7.1. Nuts
 - 5.1.7.2. Chocolate
 - 5.1.7.3. Salt and spices
6. Yeast Dough Production
 - 6.1. Types of yeast products
 - 6.2. Fermentation
7. Types of Dough
 - 7.1. Lean Yeast dough
 - 7.2. Rich Yeast dough
 - 7.3. Flaky dough: yeast and non-yeast
 - 7.3.1. Pie dough
 - 7.3.2. Phyllo-filo dough
 - 7.4. Steam leavened dough
 - 7.5. Quick bread dough
 - 7.5.1. Identification

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COURSE CONTENT AND SCOPE (CONTINUED)

- 7.5.2.
- 7.5.3. Mixing methods
- 8. Doughnuts, Fritters, Pancakes, Waffles
 - 8.1. Identification
 - 8.2. Production methods
- 9. Pies
 - 9.1. Dough
 - 9.2. Fillings
- 10. Baking Adjuncts
 - 10.1. Sugar cooking
 - 10.2. Creams
 - 10.3. Sauces
 - 10.4. Mixing techniques
- 11. Cookies
 - 11.1. Types
 - 11.2. Methods of mixing
 - 11.3. Baking techniques
- 12. Custards and Puddings
 - 12.1. Types
 - 12.2. Methods of preparation
- 13. Mousses
 - 13.1. Types
 - 13.2. Methods of preparation
- 18. Fruit Desserts
 - 18.1. Types
 - 18.2. Methods of preparation
- 19. Desserts Presentation
 - 19.1. Simple plate presentation

APPROPRIATE READINGS

Professional Baking, 4th Edition, Wayne Gisslen, Wiley, latest edition
The Advanced Pastry Chef, Bo Friberg, Willatest, latest edition
Baker's Manual, 5th Edition, Joseph Amendola, Wilatest, latest edition
Baking and Pastry: Mastering the Art and Craft, The Culinary Institute of America, Willatest, latest edition

WRITING ASSIGNMENTS

1. A written project evaluating wholesale and retail bakeshop products.
2. Composition or written paper on current high profile bakers, industry experts or baking operations, or industry experts.

OUTSIDE ASSIGNMENTS

1. Interview portfolio; a collection of interviews of industry professionals.
2. Employment portfolio; collection of sources reflecting the student's preparation for employment.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Critical thinking assignments may include but are not limited to the following:

Students will design a basic plated dessert of their own. The dessert's recipe will be created on paper with recipe details and techniques including a photo, sketch, or description of the dessert and garnish. As an optional requirement the students may bring their finished desserts to class. The students are also to include a basic cost breakdown of their materials used, for a total dessert food cost.

EVALUATION

Evaluation methods may include but are not limited to:

1. Attendance.
2. Class participation.
3. Lab projects and demonstrations.
4. Written instruments.
5. Field trips.
6. Project papers.
7. Term projects.

Upon successful completion of each individual course a Certificate of Course Completion will be issued. Upon successful completion of all courses included in the program a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Instruction may include, but is not limited to:

1. Lectures.
2. Demonstrations.
3. Laboratory.
4. Audiovisual presentations.
5. Computer – assisted instruction.
6. Textbooks.
7. Guest speakers.
8. Group Assignments
9. Field trips.

TEXTS AND SUPPLIES

Text: Professional Baking, 4th Edition, Wayne Gisslen, Wiley, latest edition, or teacher's choice

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.

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PREPARED BY Donna Namdar DATE August 4, 2003

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Instructor 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