

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

FDNT 628

**COURSE TITLE**

ADVANCED BAKESHOP SKILLS

**ALTERNATE TITLE(S):**

PROFESSIONAL BAKESHOP  
SKILLS 2;

**TYPE COURSE**

NON-FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

Learn advanced bakeshop skills, baking and pastry making. Explore the advanced 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 advanced bakeshop products. Advanced plating techniques will be highlighted. (FT)

**LECTURE/LABORTORY HOURS**

108

**ADVISORIES**

FDNT 627 Professional Bakeshop Skills; FDNT 675 Culinary Arts V; or teacher recommendation.

**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

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 classic yeast breads.
14. Identify and prepare a variety of quick breads.
15. Identify and prepare a variety of classic pies.
16. Identify and prepare a variety of advanced pastry products such as puff pastries and meringues.
17. Identify and demonstrate advanced skills in sugar cooking, cream and sauce preparation.
18. Identify and prepare a variety of low and high fat cakes.
19. Discuss factors contributing to successful cake production.
20. Identify and demonstrate advanced skill in the use of tools and small equipment used in cake decoration.
21. Demonstrate advanced techniques in pastry and cake design and decoration.
22. Identify and prepare custard and pudding products.
23. Define and prepare a soufflé dessert product.
24. List methods of preparation for frozen desserts.
25. Discuss methods of preparing fruit desserts.
26. Identify the elements of advanced dessert plate presentation.
27. Demonstrate advanced plating methods used in restaurants and bakeries.
28. Identify and demonstrate advanced dessert preparation techniques.
29. Discuss computer technology in the baking and pastry industry.
30. 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
  - 3.4. Entrepreneur information
    - 3.4.1. Licenses
    - 3.4.2. Record keeping
    - 3.4.3. Taxes
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

COURSE CONTENT AND SCOPE (CONTINUED)

- 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
  - 7.5.2. Mixing methods
- 8. Doughnuts, Fritters, Pancakes, Waffles
  - 8.1. Identification
  - 8.2. Production methods
- 9. Pies
  - 9.1. Dough
  - 9.2. Fillings
- 10. Pastry Products
  - 10.1. Pastry types
  - 10.2. Puff pastry
  - 10.3. Éclair paste
  - 10.4. Phyllo
  - 10.5. Meringues
- 11. Baking Adjuncts
  - 11.1. Sugar cooking
  - 11.2. Creams
  - 11.3. Sauces
- 12. Cake Products
  - 12.1. Types
    - 12.1.1. High fat/shortened cakes
    - 12.1.2. Low fat/foam-type cakes
  - 12.2. Mixing techniques
  - 12.3. Ingredient functions
  - 12.4. Formulas
  - 12.5. Baking times and temperatures
- 13. Pastry and Cake Decorations
  - 13.1. Tools and small equipment
  - 13.2. Icings
  - 13.3. Glazes
  - 13.4. Cake assembly
  - 13.5. Basic techniques
  - 13.6. Advanced techniques
    - 13.6.1. Color flow
    - 13.6.2. Air brush
    - 13.6.3. Stenciling
    - 13.6.4. Technology: computer photographs
- 14. Custards and Puddings
  - 14.1. Types
  - 14.2. Methods of preparation
- 15. Soufflés
  - 15.1. Types
  - 15.2. Methods of preparation

COURSE CONTENT AND SCOPE (CONTINUED)

16. Frozen Desserts
  - 16.1. Types
  - 16.2. Methods of preparation
17. Fruit Desserts
  - 17.1. Types
  - 17.2. Methods of preparation
18. Desserts Presentation
  - 18.1. Advanced plate presentation
19. Advanced Dessert Techniques
  - 19.1. Chocolate
  - 19.2. Marzipan
  - 19.3. Pastillage
  - 19.4. Nougatine
  - 19.5. Sugar work

APPROPRIATE READINGS

*Professional Baking 4<sup>th</sup> Edition*, Wayne Gisslen, Wiley, latest edition

*The Advanced Pastry Chef*, Bo Friberg, Wiley, latest edition

*Baker's Manual, 5<sup>th</sup> Edition*, Joseph Amendola, Wiley, latest edition

*Baking and Pastry: Mastering the Art and Craft By The Culinary Institute of America*, Wiley, latest edition

*Bread: A Baker's Book of Techniques and Recipes*, Jeffrey Hamelman, Wiley, latest edition

*Cakes to Dream On: A Master Class in Decorating*, Colette Peters, Wiley, latest edition

WRITING ASSIGNMENTS

1. A written project evaluating bakeshop products available. The project would include wholesale and retail products.
2. A written project detailing industry trends in the culinary industry with regard to bakeshop products.

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 an advanced 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. Field trips.

This course, or sections of this course, may be offered through distance education.

### TEXTS AND SUPPLIES

Professional Baking 4<sup>th</sup> Edition by 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.

ADVANCED BAKESHOP SKILLS  
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PREPARED BY Donna Namdar DATE August 4, 2003

REVISED BY Donna Namdar DATE February 13, 2007

REVISED BY Instructional Services, SLOs Added DATE February 2, 2017

REVISED BY Megan Leppert DATE May 6, 2020

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