

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

FDNT 661

**COURSE TITLE**

BAKING & PASTRY ESSENTIALS

**TYPE COURSE**

NON-FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

This course provides an overview of beginning bakeshop skills and 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 and will be taught to accurately read and measure recipes. Students will also be introduced to a variety of baking ingredients and will learn to interact effectively in a team-based environment. Basic math skills will be covered along with recipe equivalencies. (FT)

**LECTURE/LABORTORY HOURS**

112.5

**ADVISORIES**

FDNT 501 INTRO TO HOSPITALITY CAREERS

**RECOMMENDED SKILL LEVEL**

Eight grade reading level: ability to communicate effectively in the English language, knowledge of general math; basic computation skills and basic computer skills.

**INSTITUTIONAL STUDENT LEARNING OUTCOMES**

1. Social Responsibility  
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

SDCE students demonstrate effective communication skills.

3. Critical Thinking

SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

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. Students will gain knowledge of bakeshop ingredients and techniques used in the baking and pastry industry.
2. Student will learn how to use proper tools and equipment found in professional kitchens.
3. Students learn standards of professionalism and safety in the hospitality industry.

COURSE OBJECTIVES

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

1. Identify and explain a variety of bakeshop ingredients and their uses in recipes.
2. Demonstrate how to create a variety of pastries utilizing learned techniques.
3. Identify and demonstrate the proper use of bakeshop tools and equipment.
4. Demonstrate soft skills to work together in teams to effectually produce daily products.

**SECTION II**

COURSE CONTENT AND SCOPE

1. Safety
  - 1.1. Equipment identification, use and storage
  - 1.2. Knife skills
  - 1.3. Food safety and sanitation
    - 1.3.1. Storage of food items
    - 1.3.2. Kitchen, work area and personal cleanliness
    - 1.3.3. Standards for tools and equipment
2. Baking Industry
  - 2.1. Culinary careers in the baking/pastry industry
  - 2.2. Skills required
  - 2.3. Resources
3. Introduction to the Bakeshop: Baking and Pastry-Making
  - 3.1. Basic principles
    - 3.1.1. Measurements and measuring devices
    - 3.1.2. Volume and weight measurements

COURSE CONTENT AND SCOPE (CONTINUED)

- 3.1.3. Recipe conversions in metric and US
- 3.1.4. Equipment ID and usage
- 3.1.5. Ingredient functions in baking
- 4. Ingredients
  - 4.1. Identification of ingredients
    - 4.1.1. Flours
    - 4.1.2. Sugars
    - 4.1.3. Liquids
    - 4.1.4. Fats
    - 4.1.5. Dairy products
    - 4.1.6. Eggs
    - 4.1.7. Leavening agents
      - 4.1.7.1. Air
      - 4.1.7.2. Steam
      - 4.1.7.3. Yeast
      - 4.1.7.4. Chemical
        - 4.1.7.4.1. Baking soda
        - 4.1.7.4.2. Baking powder
        - 4.1.7.4.3. Baking ammonia
    - 4.1.8. Thickeners
      - 4.1.8.1. Gelatin
      - 4.1.8.2. Agar-Agar
    - 4.1.9. Flavorings
      - 4.1.9.1. Extracts
      - 4.1.9.2. Compounds
    - 4.1.10. Nuts & seeds
    - 4.1.11. Fruits
    - 4.1.12. Spices
    - 4.1.13. Salt
  - 5. Baking Methods and Mixing Techniques
    - 5.1. Ingredient functions
    - 5.2. Tools assessment
    - 5.3. Scaling ingredients
    - 5.4. Formulas and conversions
    - 5.5. Baking times and temperatures
  - 6. Cookie Production
    - 6.1. Category types
    - 6.2. Methods of mixing
    - 6.3. Pan preparation
    - 6.4. Baking times and temperatures
    - 6.5. Cooling and storage techniques
  - 7. Quick Breads
    - 7.1. Mixing techniques
    - 7.2. Chemical leaveners

COURSE CONTENT AND SCOPE (CONTINUED)

- 7.3. Ingredient functions
- 7.4. Equipment
- 7.5. Baking procedures
- 8. Pastry Crust Production
  - 8.1. Pie and tart dough methods
    - 8.1.1. Cutting in technique
    - 8.1.2. Creaming method
    - 8.1.3. Crumb crusts
    - 8.1.4. Phyllo dough
  - 8.2. Ingredients
  - 8.3. Sweet and savory applications
  - 8.4. Blind baking
- 9. Sauces
  - 9.1. Custard based sauces
    - 9.1.1. Crème anglaise
    - 9.1.2. Pastry cream
    - 9.1.3. Sabayon
  - 9.2. Fruit sauces
  - 9.3. Chocolate sauce
  - 9.4. Caramel sauce
  - 9.5. Syrups
  - 9.6. Infusions
- 10. Mousses
  - 10.1. Types of mousses and uses
  - 10.2. Thickening agents
  - 10.3. Stabilizers
  - 10.4. Whipping and folding techniques
  - 10.5. Modern molding techniques
- 11. Creams and Custards
  - 11.1. Types of creams and custards and uses
  - 11.2. Cold custard techniques
  - 11.3. Baked custard techniques
- 12. Frozen Desserts
  - 12.1. Ice creams
  - 12.2. Frozen custards
  - 12.3. Gelato
  - 12.4. Sorbet
  - 12.5. Applications and presentation
  - 12.6. Use of proper equipment
- 13. Menu Development
  - 13.1. Seasonality
  - 13.2. Writing a dessert menu
  - 13.3. Design elements: textures, colors, shapes
  - 13.4. Introduction of recipe costing

## BAKING & PASTRY FUNDAMENTALS

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### APPROPRIATE READINGS

Reading assignments may include, but are not limited to, various articles, videos, and peer reviewed journals provided by instructor and information obtained on the Internet.

Recommended readings:

*On Baking: A Textbook of Baking and Pastry Fundamentals*, Sarah R. Labensky, Priscilla A. Martel, and Eddy Van Damme, Pearson, New Jersey, current edition  
*The Advanced Professional Pastry Chef*, Bo Friberg, Wiley, New Jersey, current edition  
*How Baking Works: Exploring the Fundamentals of Baking Science*, Paula Figoni, Wiley, New Jersey, current edition

### WRITING ASSIGNMENTS

Writing assignments may include, but are not limited to, the following:

1. A written project evaluating product and recipe costing.
2. Math equivalency worksheet to familiarize student with the concept of weight vs. volume and measurement conversions in recipes.

### OUTSIDE ASSIGNMENTS

Outside assignments may include but are not limited to the following:

1. Students will define a list of bakeshop terminology, including techniques, ingredients and equipment.
2. Employment portfolio; collection of sources reflecting the student's preparation for employment.
3. Research and create a digital portfolio of presentation ideas to be current with industry trends and technology.

### APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

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

Students, as a team, will design a basic dessert menu of their own. The menu will be created on paper and displayed with details and techniques including a photo, sketch, or description of one of the desserts on the menu. The students will produce the selected dessert in 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

EVALUATION (CONTINUED)

2. Class participation
3. Daily lab projects and demonstrations
4. Quizzes and exams
5. 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 lecture, laboratory, demonstrations, and student-centered approach that utilizes a variety of strategies that may include research projects, group discussions, peer instructions, audiovisual presentations, computer assisted instruction, textbooks, speakers, and field trips.

TEXTS AND SUPPLIES

*On Baking: A Textbook of Baking and Pastry Fundamentals*, Sarah R. Labensky, Priscilla A. Martel, and Eddy Van Damme, Pearson, New Jersey, current edition

The instructor will provide a copy of recipes used in class and all relevant handouts, which may be accessed by each student through a learning management system (LMS) portal.

The student will provide pen/pencil, notebook, and be required to pay a materials fee to be used to purchase all necessary food supplies used in the production of each class/session.

PREPARED BY Sara Polczynski and Lee Blackmore DATE March 4, 2020

REVISED BY \_\_\_\_\_ DATE \_\_\_\_\_

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

