

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 662

COURSE TITLE

BAKING AND ARTISANAL BREADS

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

This course provides an overview of how to produce yeasted and non-yeasted breads and doughs. Topics will include studying and create breads from around the world, analysis of their cultural origins, and beginning bakeshop skills. Students will also 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 bread products, learn to accurately read and measure recipes, and learn the how baking ingredients interact with each other. (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

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

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.

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, with an emphasis on traditional and alternative flours, leaveners, and flavoring agents.
2. Students will gain an understanding of the history behind the bread making process.
3. Student will learn how to use proper tools and equipment used in the bread making process in professional kitchens.

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 breads utilizing learned techniques.
3. Compare and contrast the different bread making techniques used in different cultures throughout history.
4. Identify and demonstrate the proper use of bakeshop tools and equipment.

SECTION II

COURSE CONTENT AND SCOPE

1. Baking Industry
 - 1.1. Culinary careers in the baking/pastry industry
 - 1.2. Skills required
 - 1.3. Resources

COURSE CONTENT AND SCOPE (CONTINUED)

2. Introduction to the Bakeshop: Baking and Pastry-Making
 - 2.1. Basic principles
 - 2.1.1. Measurements and measuring devices
 - 2.1.2. Volume and weight measurements
 - 2.1.3. Recipe conversions in Metric and US
 - 2.1.4. Equipment ID and usage
 - 2.1.5. Ingredient functions in baking
3. Ingredients
 - 3.1. Identification of ingredients
 - 3.1.1. Flours
 - 3.1.2. Sugars
 - 3.1.3. Liquids
 - 3.1.4. Fats
 - 3.1.5. Dairy products
 - 3.1.6. Eggs
 - 3.1.7. Leavening agents
 - 3.1.7.1. Yeast types
 - 3.1.7.1.1. Fresh or compressed
 - 3.1.7.1.2. Active dry
 - 3.1.7.1.3. Instant
 - 3.1.7.2. Chemical vs. natural fermentation
 - 3.1.7.3. Eggs
 - 3.1.8. Flour alternatives
 - 3.1.8.1. Gluten free baking
 - 3.1.9. Flavorings
 - 3.1.9.1. Extracts.
 - 3.1.9.2. Compounds
 - 3.1.10. Nuts/seeds
 - 3.1.11. Fruits
 - 3.1.12. Spices
 - 3.1.13. Salt
4. Baking Methods and Mixing Techniques
 - 4.1. Ingredient functions
 - 4.2. Tools assessment
 - 4.3. Scaling ingredients
 - 4.4. Formulas and conversions
 - 4.5. Baking times and temperatures
5. Quick Breads
 - 5.1. Mixing techniques
 - 5.2. Chemical leaveners
 - 5.2.1. Baking soda
 - 5.2.2. Baking powder
 - 5.3. Ingredient functions
 - 5.4. Equipment and quick bread production

COURSE CONTENT AND SCOPE (CONTINUED)

- 5.5. Baking procedures
- 6. Crepes
 - 6.1. Techniques of batter production
 - 6.2. Use of proper equipment
 - 6.3. Storage of product
 - 6.4. Application in food preparation
- 7. Pate a Choux
 - 7.1. Technique of choux paste production
 - 7.2. Applications of choux paste
 - 7.2.1. Eclairs
 - 7.2.2. Cream puffs
 - 7.2.3. Paris Brest
 - 7.2.4. Croquembouche
 - 7.2.5. Bon bons
 - 7.2.6. Gougeres
 - 7.3. Equipment used in production
- 8. Fried Doughs and Batters
 - 8.1. Yeasted fried doughnuts and batters
 - 8.2. Non-yeasted fried doughs and batters
 - 8.3. Use of deep fryer
- 9. Laminated Doughs
 - 9.1. Yeasted laminated dough
 - 9.1.1. Croissant
 - 9.1.2. Danish
 - 9.2. Non-yeasted laminated dough
 - 9.2.1. Puff pastry
 - 9.3. Production of doughs and products
 - 9.4. Storage of doughs and products
 - 9.5. Baking of laminated doughs
 - 9.6. Use of proof box
- 10. Yeasted Breads
 - 10.1. Starters, polish, and pre-dough
 - 10.2. Fermentation
 - 10.3. Flatbreads
 - 10.4. Enriched doughs
 - 10.5. Lean doughs
- 11. Alternative Baking
 - 11.1. Gluten Free
 - 11.2. Sugar Substitutes
 - 11.3. Vegan

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
Advanced Bread & Pastry, Michel Suas, Cengage Learning, Massachusetts, current edition
Baking and Pastry: Mastering the Art and Craft, The Culinary Institute of America, Wiley, New Jersey, current edition

WRITING ASSIGNMENTS

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

1. A written project researching a specific bread and its origins.
2. Students will define a list of breadmaking terminology, including techniques, ingredients and equipment.

OUTSIDE ASSIGNMENTS

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

1. Employment portfolio; collection of sources reflecting the student's preparation for employment.
2. Research and create a digital portfolio of presentation ideas to be current with industry trends and technology.
3. Math equivalency worksheet to familiarize student with the concept of weight vs. volume and measurement conversions in recipes.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

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

1. Students, as a team, will prepare and feed a starter base, to be maintained throughout the course for the utilization of bread production. The processes of fermentation will be analyzed and discussed as a class.

EVALUATION

Evaluation methods may include but are not limited to:

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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