

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

FDNT 663

**COURSE TITLE**

ADVANCED PASTRIES AND CAKES

**TYPE COURSE**

NON-FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

Students will learn how to produce specialty occasion cakes and pastries utilizing techniques in cake and pastry production and design. Students will incorporate beginning bakeshop skills, baking and pastry making techniques and technologies in producing a variety of advanced pastries and cakes. Topics will include: frostings, various mixing methods, working with multiple cake decorating mediums, plate presentation, petit fours, and seasonality. Students will also be taught to accurately read and measure recipes. (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 be exposed to various pastry and cake ingredients, tools, and techniques with an emphasis on cake production and decorating as well as pastry production.
2. Student will learn how to use the proper use of tools and equipment in the production of cake pastry making in the professional kitchen.
3. Students will learn how to decorate cakes using a wide variety of decorative mediums.

COURSE OBJECTIVES

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

1. Identify and compare a variety of pastry and cake ingredients and their functions in a variety of applications.
2. Demonstrate how to create a variety of cakes and pastries utilizing learned techniques.
3. Demonstrate proper use of tools and equipment.
4. Create and assemble various cakes and pastries utilizing a variety of frostings, fillings, and decorative mediums.

**SECTION II**

COURSE CONTENT AND SCOPE

1. The Cake Making Process
  - 1.1. Terminology
  - 1.2. Techniques
  - 1.3. Tools and equipment
  - 1.4. Formulas, measurement, and development
  - 1.5. Baker's percentage
2. Cake Ingredient Identification
  - 2.1. Flours
    - 2.1.1. Cake flour
    - 2.1.2. Pastry flour
    - 2.1.3. All-purpose flour
  - 2.2. Sugars

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.2.1. Granulated sugar
- 2.2.2. Powdered sugar
- 2.2.3. Inverted sugar
  - 2.2.3.1. Simple syrups
  - 2.2.3.2. Honey
  - 2.2.3.3. Molasses
- 2.3. Liquids
- 2.4. Fats
  - 2.4.1. Butter
  - 2.4.2. Oils
- 2.5. Dairy products
- 2.6. Eggs
- 2.7. Leavening agents
  - 2.7.1. Chemical vs. natural fermentation
  - 2.7.2. Eggs
  - 2.7.3. Air
- 2.8. Flavorings
  - 2.8.1. Extracts
  - 2.8.2. Compounds
- 2.9. Nuts /seeds
- 2.10. Fruits
- 2.11. Spices
- 2.12. Salt
- 2.13. Decorating mediums
  - 2.13.1. Fondant
  - 2.13.2. Marzipan
  - 2.13.3. Gum paste
  - 2.13.4. Buttercream
- 3. Baking Methods and Mixing Techniques
  - 3.1. Ingredient functions
  - 3.2. Tools assessment
  - 3.3. Scaling ingredients
  - 3.4. Formulas and conversions
  - 3.5. Baking times and temperatures
- 4. Cakes
  - 4.1. Mixing techniques
    - 4.1.1. Creaming method
    - 4.1.2. Two-stage mixing method
    - 4.1.3. Egg foam method
      - 4.1.3.1. Angel food method
      - 4.1.3.2. Cold and warm foams
      - 4.1.3.3. Separated egg sponge method
      - 4.1.3.4. Chiffon method
  - 4.2. Pan Preparation

COURSE CONTENT AND SCOPE (CONTINUED)

- 4.3. Icings, fillings, and frostings
  - 4.3.1. Fudge icing
  - 4.3.2. Royal icing
  - 4.3.3. Flat icing
  - 4.3.4. Glazes
  - 4.3.5. Buttercream
    - 4.3.5.1. Swiss
    - 4.3.5.2. French
    - 4.3.5.3. Italian
    - 4.3.5.4. American
  - 4.3.6. Ganache
- 4.4. Decorative mediums
  - 4.4.1. Sugar decoration mediums
    - 4.4.1.1. Fondant
    - 4.4.1.2. Marzipan
    - 4.4.1.3. Modeling chocolate
    - 4.4.1.4. Gum paste
  - 4.4.2. Other decoration mediums
    - 4.4.2.1. Air brush
    - 4.4.2.2. Edible image printing
  - 4.4.3. Types of decorations
    - 4.4.3.1. Sugar flowers
    - 4.4.3.2. Colorings
    - 4.4.3.3. Mirror glazes
    - 4.4.3.4. Chocolate decorations
    - 4.4.3.5. Sugar decorations
- 4.5. Classic Cake Preparations
  - 4.5.1. European tortes
- 4.6. Modern Cake Preparations
- 4.7. Decorations tools
- 4.8. Decorations techniques
- 5. Cake Assembly and Presentation
  - 5.1. Tools for assembly
  - 5.2. Assembly styles
    - 5.2.1. Stacked construction
    - 5.2.2. Tiered construction
    - 5.2.3. Satellite construction
  - 5.3. Cake standards
- 6. Cake Orders and Deliveries
  - 6.1. Cake delivery
    - 6.1.1. Assembling larger cakes offsite
  - 6.2. Contracts
  - 6.3. Mini Pastries and Petit Fours

COURSE CONTENT AND SCOPE (CONTINUED)

6.4. Types of mini pastries and petit fours

6.5. Seasonality

6.6. Menu planning

6.7. Display

6.8. Pastry techniques

6.9. Types of pastry displays

6.9.1. Buffets

6.9.1.1. Set-up

6.9.1.2. Design of tablescape

6.9.1.3. Risers

6.9.1.4. Centerpieces

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

*Baking and Pastry: Mastering the Art and Craft*, The Culinary Institute of America, Wiley,  
New Jersey, current edition

*The Elements of Dessert*, Francisco J. Migoya, The Culinary Institute of America, Wiley,  
New Jersey, current edition

WRITING ASSIGNMENTS

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

1. Students will define a list of cake making terminology, including techniques, ingredients and equipment.
2. Design and sketch a cake and pastry buffet for 50 people, incorporating the standards of menu development and design learned throughout the course.

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.

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2. Research and create a digital portfolio of presentation ideas to be current with industry trends and technology.

### OUTSIDE ASSIGNMENTS (CONTINUED)

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:

Students, as a team, will design a basic mini pastry and cake 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 layout. The students will produce the selected desserts in class.

### EVALUATION

Evaluation methods may include but are not limited to:

1. Attendance
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

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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