

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 675

COURSE TITLE

CULINARY ARTS V

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

This course provides an introduction into the principles of baking. The identification of ingredients and products will be studied with a special emphasis on breakfast cookery. (FT)

LECTURE/LABORATORY HOURS

108

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

Eighth grade reading level; ability to communicate effectively in the English language, knowledge of general math; basic computation skills; 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
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 this course focus on the identification of bakeshop terminology and equipment. Other course goals include knowledge and application of the baking process and knowledge and preparation of breakfast cookery.

COURSE OBJECTIVES

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

1. Define baking terms.
2. Identify and demonstrate baking tools and equipment.
3. Identify baking ingredients.
4. Identify and prepare quick breads.
5. Identify and prepare yeast breads.
6. Identify and prepare a variety of cakes.
7. Identify and prepare a variety of cookies, pies and pastries.
8. Identify and demonstrate a variety of cooking methods used in egg cookery.

SECTION II

The following topics may be included in the framework of the course but are not intended as limits on content. The order of the presentation and relative emphasis may vary with each instructor.

COURSE CONTENT AND SCOPE

1. Baking
 - 1.1. Introduction to baking
 - 1.1.1. The baking process
 - 1.1.1.1. Terminology
 - 1.1.1.2. Ingredients
 - 1.1.1.3. Techniques
 - 1.1.1.4. Tools and equipment
 - 1.1.1.5. Formulas, measurement and development
2. Product Types
 - 2.1. Yeast products
 - 2.1.1. Production stages for yeast breads
 - 2.1.1.1. Regular yeast
 - 2.1.1.2. Straight and modified Methods
 - 2.1.1.3. Sponge methods

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.1.2. Standard techniques in yeast dough production
- 2.2. Quick breads
 - 2.2.1. Production stages for quick breads
 - 2.2.1.1. Types of dough
- 3. Cakes, Cookies Pies and Pastries
 - 3.1. Cakes
 - 3.1.1. Types
 - 3.1.2. Mixing methods
 - 3.1.3. Formulas
 - 3.1.4. Icings
 - 3.1.5. Decorating
 - 3.1.6. Baking and cooling
 - 3.1.7. Assembly
 - 3.2. Cookies
 - 3.2.1. Identification and characteristics
 - 3.2.2. Mixing methods
 - 3.2.3. Recipes
 - 3.2.4. Baking and cooling
 - 3.3. Pies and pastries
 - 3.3.1. Pies
 - 3.3.1.1. Dough's
 - 3.3.1.2. Crusts
 - 3.3.1.3. Fillings
 - 3.3.1.4. Assembly
 - 3.3.1.5. Baking and cooling
 - 3.3.2. Pastries
 - 3.3.2.1. Puff pastries
 - 3.3.2.2. Éclairs
 - 3.3.2.3. Meringues
 - 3.3.2.4. Fruit desserts
- 4. Breakfast Cookery
 - 4.1. Eggs
 - 4.1.1. Composition and identification
 - 4.1.1.1. Grading
 - 4.1.1.2. Storage
 - 4.1.1.3. Substitutes
 - 4.1.2. Cooking methods and styles
 - 4.1.2.1. Dry heat methods
 - 4.1.2.1.1. Baking
 - 4.1.2.1.2. Sautéing
 - 4.1.2.1.3. Omelets
 - 4.1.2.1.4. Frittatas
 - 4.1.2.1.5. Pan frying
 - 4.1.2.2. Moist heat cooking methods
 - 4.1.2.2.1. Simmering
 - 4.1.2.2.2. Poaching
 - 4.1.2.3. Recipes
 - 4.2. Breakfast breads, cereals and meats

COURSE CONTENT AND SCOPE (CONTINUED)

- 4.2.1. Breads
 - 4.2.1.1. Waffles
 - 4.2.1.2. Pancakes
 - 4.2.1.3. Crepes
 - 4.2.1.4. Blintzes
 - 4.2.1.5. Toast
- 4.2.2. Cereals
 - 4.2.2.1. Cooked
 - 4.2.2.2. Whole, cracked and flaked
 - 4.2.2.3. Cold cereals
- 4.2.3. Meats
 - 4.2.3.1. Bacon, ham and sausage

APPROPRIATE READINGS

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

- Professional Cooking*, 6th Edition, Chapters 26, 27, 28, 29, 30, 31, 32, Wayne Glisslen, Wiley and Sons Publishing, New York
- On Cooking, Techniques from Expert Chefs*, 3rd Edition, Chapters 2, 5, 6, Sarah R. Labensky, Alan M Hause, Prentice Hall Publishing, New Jersey
- Cooking Essentials for the New Professional Chef*, 8th Edition, Chapters 2, 4, Wiley and Sons Publishing, New York
- The Professional Chefs Knife Kit*, The Culinary Institute of America Wiley and Sons Publishing, New York

Information obtained on the Internet.

V.E.S.L. Food Service Training Manuals, San Diego Community College District.

WRITING ASSIGNMENTS

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

Designing a baked goods portfolio that includes:

1. Project outlining the steps involved in baking.
2. Statements describing methods of bakery goods.

OUTSIDE ASSIGNMENTS

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

The student will prepare a written and oral presentation on a food trend in the baking industry.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

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

The student will analyze the quality of a variety of baked products, prepared in an institution food kitchen.

EVALUATION

Evaluation methods may include but are not limited to:

1. Attendance.
2. Class participation.
3. Lab projects and demonstrations.
4. Quizzes and exams.
5. Field trip.
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 6 courses in the program a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Methods of instruction may include but are not limited to:

1. Lectures.
2. Demonstrations.
3. Laboratory.
4. Field trips.
5. Audiovisual presentations.
6. Textbooks.
7. Computer assisted instruction.

TEXTS AND SUPPLIES

Texts:

Professional Cooking, 6th Edition, Wayne Glisslen, Wiley and Sons Publishing, New York
Professional Cooking, 6th Edition Study Guide, Wayne Glisslen, Wiley and Sons Publishing,
New York

PREPARED BY: Donna Namdar DATE: 05-01-02

DATA REVISED BY: Lee Blackmore DATE: 02-14-07

DATA REVISED BY: Instructional Services/SLOs Added DATE: February 2, 2017

Instructors 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