Degree Applicable

Glendale Community College
March, 1990
(Revised) May 2009

COURSE OUTLINE

Culinary Arts 124
Introduction to Baking and Pastry Arts

I. Catalog Statement

Culinary Arts 124 is a basic approach to fundamental aspects of the pastry kitchen as related to the food service industry. The course emphasizes basic baking technology in preparation of quick breads, creams, custards, pastries, cookies and frozen desserts. It also covers American and European style pies and tarts and their various fillings. The course stresses how ingredients and culinary processes affect product outcome.

Units - 5.0
Lecture Hours - 3.0 hours
Laboratory Hours – 6.0 hours
(Faculty Laboratory Hours 6.0 + Student Laboratory Hours 0.0 = 6.0 Total Laboratory Hours)

Prerequisite: None

II. Course Entry Expectations

Skill Level Ranges: Reading 5; Writing 5; Listening/Speaking 5; Math 3

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

1. recognize and operate bakery equipment: ovens, balance scales, proof boxes, ice cream machines, food processors and mixers;
2 describe the proper utilization of raw material used in various baking processes and products;
3. produce quick breads, fried goods, custards and creams;
4. explain and demonstrate proper production methods relating to short dough varieties;
5. explain and demonstrate the proper methods of various cookie preparations;
6. produce basic dessert sauces.

7. Explain the production of pastries, pies and tarts.
8. Explain the production of frozen desserts such as ice cream, sorbets and parfaits.

IV. Course Content

A. Basic Principles — 3 hours
   1. Formulas and measurement
   2. Measuring by weight and volume
   3. Baker's percentages

B. Baking and Pastry equipment — 3 hours
   1. Function and use of power driven equipment
   2. Function and use of hand tools
   3. Equipment maintenance
   4. Sanitation and safety in the pastry kitchen

C. Ingredients — 6 hours
   1. Identification and application of ingredients
   2. Flours, meals and starches
   3. Sugar and sweeteners
   4. Fats and shortenings
   5. Milk and dairy products
   6. Shell eggs and egg products
   7. Leavening agents
   8. Gelling agents
   9. Fruits and nuts
   10. Chocolate and cocoa

D. Quick Breads — 16 hours
   1. Muffins
   2. Biscuits
   3. Scones
   4. Soda breads

E. Doughnuts, Fritters, Pancakes and Waffles — 12 hours
   1. Yeast-raised doughnuts
   2. Cake-type doughnuts
   3. French doughnuts
   4. Doughnut glaze
   5. Fritter batter
   6. American and French waffles
   7. American pancakes
   8. Crepes and their fillings

F. Basic Syrups, Creams and Sauces — 16 hours
   1. Sugar cooking and its stages
   2. Dessert syrups

3. Chantilly cream
4. Pastry cream
5. Chiboust cream
6. Chocolate cream
7. French/Swiss/Italian meringue
8. Dessert sauces and coulis

G. Pies and Tarts — 24 hours
1. Pie dough
   a. Flaky pie dough
   b. Mealy pie dough
2. Tart dough
   a. Pate brisee
   b. Pate sable
   c. Pate sucree
3. Fruit Fillings
4. Cream pie filling
5. Chiffon Pie filling

H. Pastry Basics — 16 hours
1. Pate a choux
2. Puff pastry
3. Strudel and filo dough
4. Baked meringues

I. Cookies — 12 hours
1. Characteristics
2. Mixing method
3. Makeup methods

J. Custard, Pudding & Soufflés — 18 hours
1. Custard varieties
2. Puddings
3. Soufflés
4. Bavarians

K. Frozen desserts — 12 hours
1. Ice cream
2. Sorbet
3. Still-frozen desserts

L. Fruit desserts — 6 hours
1. Fresh fruit selection and preparation
2. Traditional and specialty fruit desserts
3. Poached fruit and fruit compotes
4. Jam and marmalade

V. Methods of Presentation

The following instructional methodologies may be used in the course

1. Lecture
2. Demonstration
3. Class participation

VI. Assignments and Methods of Evaluation

1. Homework assignments and projects
2. Laboratory assignments
3. Written tests
4. Lab examination
5. Class participation
6. Final examination

VII. Textbooks

Gisslen W. Professional Baking. Current Edition
Hoboken, N. J.: John Wiley and Sons.
10th Grade Textbook Reading Level. ISBN: 978-0-471-78349-7