

# Culinary Arts-Baking and Pastry

## MISSION VALLEY REGIONAL OCCUPATIONAL PROGRAM CULINARY ARTS/BEGINNING BAKING & PASTRY COURSE OUTLINE

### 1. Course Title:

Culinary Arts: Baking and Pastry

### 2. CBEDS Title: Food and Hospitality Services

### 3. CBEDS Number: 4420

### 4. Job Titles/DOT Codes:

Bread Maker 313.381-010  
Baker Apprentice, Pastry 313.381-018  
Baker, Bread 313.381-010  
Baker, Cake 313.381-026  
Baker, Pie 313.361-038  
Pastry Chef 313.131-022  
Pastry Decorator 524.381-010  
Confectioner 529.361-014  
Cake Decorator 524.381-010

### 5. Course Description:

This class will give future Food Service Managers, Bakers and Pastry Chef's a complete overview of quality baking. The course begins with an introduction to baking and then looks closely at breads, quick breads, basic sauces, pies, cookies, custards, fruit desserts, decoration and presentation

### 6. Hours:

Class 270  
**Total Hours 270**

### 7. Prerequisites:

MVROP classes are open to all high school students. Good reading and math skills are recommended.

### 8. Date of Revision:

January 25, 2018

### Date of Re-Approval by Advisory:

November 10, 2020

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## 9. Course Outline

### ***Career Preparation Standards***

Necessary skills for any occupation (*MVROP ESLR #1*)

#### **I. Workplace Basic Skills and Behaviors**

- A. Apply skills learned in class
- B. Analyze information and makes decisions
- C. Communicate verbally and in writing
- D. Work independently and as a team member in a diverse workplace
- E. Work reliably, responsibly, and ethically

### ***Career Technical Skills***

Occupational competencies (*MVROP ESLR #2*)

#### **Class**

#### **II. Introduction to Professional Baking 15** A. Measure ingredients using U.S. weights.

- B. Express formulas using baker's percentages.
- C. Describe how gluten develops through mixing.
- D. List and describe the steps in the baking process.
- E. Explain why baked goods become stale and how to slow staling process.
- F. List several different types of flours, meals, and starches, and describe their different uses in baking.
- G. List and describe fats commonly used in baking.
- H. List and describe sugars and sweetening agents commonly used in baking.
- I. Outline the role of milk and milk products in baking.
- J. Describe and classify eggs and outline their functions in baking.
- K. Define leavening and describe leavening agents and how they are used in baking.
- L. List ingredients used for flavoring bakery products, including fruits, nuts, chocolate, cocoa, salt, spices, and other flavorings.

#### **III. Technology 5** A. Select, operate, and maintain a variety of technologies (tools, machines, computers) for the culinary industry.

#### **IV. Safety Standards 10** A. Follow safety instructions and stay alert for conditions or hazards in the kitchen/lab.

- B. Adhere to safety laws and company policies for the culinary industry.
- C. Uses safe moving and lifting standards for heavy objects.
- D. Keep a clean and healthy workstation determined by health laws and standards.
- E. Participate in drills and follow procedures in case of injury.

#### **V. Business Functions 5** A. Identify and manage time, money, materials, facilities, and human resources within a culinary business.

- B. Recognize areas of administration, operations, personnel, finance, legal, production, distribution, services, and marketing within the culinary industry.

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### VI. Yeast Dough 30

- A. Compare yeast product types.
- B. List and describe the twelve steps in yeast dough production.
- C. List and describe the three basic dough-mixing methods.
- D. Explain how to control yeast fermentation.
- E. Discuss the causes of common bread faults.
- F. Describe the characteristics of different dough.

### VII. Quick Breads, Basic Sauces and Pies 30

- A. Describe the characteristics and mixing methods of quick breads.
- B. List the different formulas for quick breads.
- C. List and describe the procedures for pancakes, waffles, and crepes.
- D. Explain sugar cooking and the role of sugar syrups in baking.
- E. Discuss the preparation of basic creams, icings, and dessert sauces.
- F. Compare and contrast preparation of flaky and mealy pie dough.
- G. Explain how to assemble, fill and bake pies.
- H. Be able to discuss the causes of common pie faults.

### VIII. Pastries, Tarts, and Cakes 30

- A. Describe how to prepare Pâte, Brise'e, short pastry, puff pastry, Pâte à Choux and strudel and bake meringues.
- B. Describe how to prepare baked tarts and tartlets.
- C. Demonstrate basic cake mixing methods, including creaming, two-stage; flour batter, sponge, Angel Food and Chiffon.
- D. Discuss the concepts of balancing cake formulas
- E. Explain the process of scaling, panning, and baking cakes.
- F. List and describe several different types of icings.
- G. Explain assembling and icing simple cakes.
- H. Describe basic cake decoration techniques.
- I. Explain the planning and assembling of a variety of special cakes and cake based desserts.

### IX. Custards, Cookies, Frozen & Fruity Desserts 25

- A. List and describe cookie characteristics and their causes.
- B. Discuss cookie preparation and fundamentals.
- C. Explain the preparation of custards, puddings, Bavarians, Mousses, and souffles.
- D. Compare and contrast churn frozen and still frozen desserts.
- E. List and describe traditional fruit desserts.

### X. Decorations and Presentation 20

- A. Demonstrate attractive dessert presentations.
- B. Explain the process and purpose of tempering chocolate.
- C. Describe the use of chocolate in dessert recipes and as decorations.
- D. Describe how marzipan, pastillage, and nougatine are made and used as decorations, and showpieces.
- E. Demonstrate techniques for using sugar to make decorations and show pieces.

### ***Career Path Strategies***

Strategic planning for a career (MVROP ESLR #3)

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**XI. Job Employment Skills** 10 A. Develop a plan to achieve career goals.

B. Use effective job search strategies.

C. Demonstrate an awareness of the importance of lifelong learning.

**Total Approved Course Hours 180**

### 10. Additional Items:

**a. Articulation:** This course is not articulated with a college.

**b. UC/CSU A-G Requirements:** This course does not meet the UC/CSU A-G

requirements. **c. Instructional Strategies:**

- |                               |                       |
|-------------------------------|-----------------------|
| • Lecture •                   | • Hands-on Practice • |
| • Group Discussion • Projects | Demonstration         |
| • Reading Assignments         | • Team Learning •     |
| • Oral Questioning            | Role Playing •        |
| • Multi-Media                 | Simulations           |

**d. Instructional Materials:** *Introduction to Culinary Arts, 2nd Edition, Culinary Arts Institute of America*

### e. Certificate Competency List:

#### *Career Preparation Standards:*

- ◀ Use effective workplace basic skills and behaviors
- ◀ Develop job employment skills
- ◀ Use appropriate industry technology
- ◀ Practice occupational safety standards
- ◀ Identify industry functions of operation

#### Career Technical Skills:

- ◀ Use U.S. weight measurements and bakers percentages
- ◀ Describe how basic ingredients are used in baking (flour, starch, fat, sugar, milk, eggs, leavening agents, and flavorings)
- ◀ Compare yeast types, characteristics, and properties
- ◀ Describe and prepare quick breads, basic sauces and pies
- ◀ Demonstrate preparation of pastries, cakes, icings and assembly of desserts
- ◀ Prepare custards, cookies, frozen desserts and fruity desserts
- ◀ Demonstrate attractive decorations and presentations of desserts