

MISSION VALLEY REGIONAL OCCUPATION PROGRAM

Baking and Pastry

Course Outline

Course Title:

Culinary Arts: Baking and Pastry

CTE Career Sector and Pathway:

Hospitality, Tourism, and Recreation Sector (HOS), [*Multiple Pathways \(Pathway 999\)*](#)

CALPADS Number:

8000

Job Titles:**DOT Codes*****Entry Level***

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

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

Integrated throughout the course are career preparation standards, which include workplace basic skills and behaviors, career technical skills, and job employment skills.

Course Length:

270 hours of class instruction

Prerequisites:

None

Date of Revision: July 2023

Approved by Advisory:

Articulation:

None

Academic Credit: 20 units of High School credit**UC/CSU Eligibility:** This course is not UC/CSU eligible**Instructional Materials***Introduction to Culinary Arts 2nd edition Culinary Institute of America Publisher Pearson 2019***Course Outline:**

Upon successful completion of this course, students will be able to demonstrate the following skills necessary for entry-level employment.

Unit	Content Area
Integrated throughout the course	<p><u>Workplace Basic Skills & Behaviors</u> (Necessary skills for any occupation – MVROP SLO #1) Learner Outcomes: A. Apply skills learned in class. B. Analyze information and make decisions. C. Communicate verbally and in writing</p>
Integrated throughout the course	<p><u>Job Employment Skills</u> (Occupational competencies – MVROP SLO # 3) Learner Outcomes: A. Develop a plan to achieve career goals. B. Use effective job search strategies. C. Demonstrate an awareness of the importance of lifelong learning.</p>
	<p style="text-align: center;">Baking and Pastry (Occupational competencies – MVROP SLO #2)</p>
1	<p><u>Introduction to Professional Baking</u> Learner Outcomes: 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 the 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</p>

	<p>J. Describe and classify eggs and outline their functions in baking</p> <p>K. Define leavening and describe leavening agents and how they are used in baking</p> <p>L. List ingredients used for flavoring bakery products, including fruits, nuts, chocolate, cocoa, salt, spices, and other flavorings.</p>
2	<p><u>Technology</u> Learner Outcomes:</p> <p>A. Select, operate, and maintain a variety of technologies (tools, machines, computers) for the culinary industry.</p>
3	<p><u>Safety Standards</u> Learner Outcomes:</p> <p>A. Follow safety instructions and stay alert for conditions or hazards in the kitchen/lab.</p> <p>B. Adhere to safety laws and company policies for the culinary industry.</p> <p>C. Use safe moving and lifting standards for heavy object</p> <p>D. Keep a clean and healthy workstation determined by health laws and standards.</p> <p>E. Participate in drills and follow procedures in case of injury.</p>
4	<p><u>Business Functions</u> Learner Outcomes:</p> <p>A. Identify and manage time, money, materials, facilities, and human resources within a culinary business.</p> <p>B. Recognize areas of administration, operations, personnel, finance, legal, production, distribution, services, and marketing within the culinary industry.</p>
5	<p><u>Yeast Dough</u> Learner Outcomes:</p> <p>A. Compare yeast product types.</p> <p>B. List and describe the twelve steps in yeast dough production.</p> <p>C. List and describe the three basic dough-mixing methods.</p> <p>D. Explain how to control yeast fermentation</p> <p>E. Discuss the causes of common bread faults.</p> <p>F. Describe the characteristics of different dough.</p>
6	<p><u>Quick Breads, Basic Sauces and Pies</u> Learner Outcomes:</p> <p>A. Describe the characteristics and mixing methods of quick breads..</p> <p>B. List the different formulas for quick breads.</p> <p>C. List and describe the procedures for pancakes, waffles, and crepes.</p> <p>D. Explain sugar cooking and the role of sugar syrups in baking.</p> <p>E. Discuss the preparation of basic creams, icings, and dessert sauces.</p> <p>F. Compare and contrast preparation of flaky and mealy pie dough.</p> <p>G. Explain how to assemble, fill and bake pies.</p> <p>H. Be able to discuss the cause of common pie faults.</p>

7	<p><u>Pastries, Tarts, and Cakes</u> Learner Outcomes:</p> <ul style="list-style-type: none"> A. Describe how to prepare Pâte, Brise'e, short pastry, puff pastry, Pâte'a 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
8	<p><u>Custards, Cookies, Frozen and Fruity Desserts</u> Learner Outcomes:</p> <ul style="list-style-type: none"> 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.
9	<p><u>Decorations and Presentation</u> Learner Outcomes:</p> <ul style="list-style-type: none"> 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.

Instructional Strategies

Lecture
group discussion
hands-on practice
projects
reading assignments
multimedia

guided practice
demonstration
role playing
simulation
oral questioning

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 US weight measurements and baker's percentages
- Describe how basic ingredients are used in baking (flour, starch, fat, sugar, milk, eggs, leavening agents,
- 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 dessert
- Demonstrate attractive decorations and presentations of desserts