

## Baking and Pastry

### Course Objectives

- Discuss the career opportunities of a professional baker;
- Demonstrate food safety and sanitation in preparing baked goods;
- Use the appropriate equipment found in a professional bake shop;
- Use *Mise en Place* in baking preparation;
- Use an assortment ingredients to make a variety baked goods;
- Accurately, measure ingredients and change formula yields;
- Apply the baking principles for yeast dough and yeast-leavened dough;
- Make a variety of baked goods using chemical and/or mechanical leavened dough and batter formulas;
- Create baked goods using laminated and steam-leavened dough;
- Make a variety of creams and custards on stove-tops and in ovens;
- Enrobe and garnish cakes and pastries;
- Demonstrate the principles of cake decorating;
- Prepare specialty cakes and pastries
- Use the appropriate mathematics to:
  - Apply metric conversion factors to recipes;
  - Convert common fractions to decimal equivalents;
  - Approximate the volume equivalents of dry foods;
  - Apply the temperature calculations for yeast dough; and
  - Accurately apply large-quality measurements.

### Current Baking section from the FCPS Culinary Curriculum

#### CT.CUL.27 Bakeshop Formulas, Equipment, and Ingredients

**CT.CUL.27.001** Explain baking formulas.

**CT.CUL.27.002** Contrast volume and weight measurements.

**CT.CUL.27.003** Properly use a balance scale. (ACF - Demonstrate proper scaling and measurement techniques unique to baking)

**CT.CUL.27.004** Convert a baking formula to a new yield

**CT.CUL.27.005** Identify and explain the function of various bakeshop equipment and tools. (ACF - Identify equipment and utensils unique to baking and discuss proper use and care)

**CT.CUL.27.006** Explain the importance of using exact amounts and ingredients.

**CT.CUL.27.007** Identify the different categories of ingredients and their roles in baking. (ACF - Identify ingredients used in baking & describe their properties and list the functions of various ingredients)

**CT.CUL.27.008** List techniques used to mix batters and dough.

**CT.CUL.27.009** Describe the impact of carryover cooking.

**CT.CUL.27.010** Explain the role of flavorings, chocolate & cocoa, additives, and nuts in baking.

**CT.CUL.27.011** Define all baking terminology. (ACF - Define baking terms)

(ACF – Utilize standard weights and measures to demonstrate proper scaling and measurement techniques)

### **CT.CUL.28 Yeast Dough Production**

- CT.CUL.28.001** Describe the characteristics of quality yeast products.
- CT.CUL.28.002** Identify, contrast, and bake with multiple types of yeast.
- CT.CUL.28.003** Distinguish products made from regular and rolled-in fat yeast dough.
- CT.CUL.28.004** Explain proper methods of preparing yeast breads and rolls.
- CT.CUL.28.005** Describe the process of fermentation in yeast dough.
- CT.CUL.28.006** Identify common causes of failure in yeast bread production.
- CT.CUL.28.007** Prepare a variety of yeast raised dough and products. . (ACF - Participate in the production of crusty, soft and specialty yeast products)

### **CT.CUL.29 Quick Breads, Biscuits, and Muffins**

- CT.CUL.29.001** Identify the quality characteristics of quick breads, biscuits, and muffins.
- CT.CUL.29.002** Explain the function of quick bread ingredients.
- CT.CUL.29.003** Compare quick bread dough and batters.
- CT.CUL.29.004** Explain the biscuit, blending and creaming methods of mixing.
- CT.CUL.29.005** Prepare quality quick breads, biscuits, and muffins. (ACF - Participate in the production of quick-breads)

### **CT.CUL.30 Cookies, Cakes, Pies, and Specialty Desserts**

- CT.CUL.30.001** Identify characteristics and types of cookies
- CT.CUL.30.002** Mix, pan, and bake cookies.
- CT.CUL.30.003** Cool, serve, and store cookies properly.
- CT.CUL.30.004** Describe five types of cakes and their mixing methods.
- CT.CUL.30.005** Demonstrate how to scale and pan cakes.
- CT.CUL.30.006** Bake, cool, ice, decorate, and plate cakes. (ACF - Participate in the production of cakes and icings)
- CT.CUL.30.007** Prepare mealy and flaky pie dough.
- CT.CUL.30.008** Describe the different types of pie fillings.
- CT.CUL.30.009** Prepare a variety of pie crusts and pie fillings. (ACF - Participate in the production of a variety of pies and tarts)
- CT.CUL.30.010** Demonstrate proper pie storage.
- CT.CUL.30.011** Explain how ice cream desserts differ.
- CT.CUL.30.012** Prepare a variety of custards and puddings. (ACF - Participate in the production of creams, custards, puddings and related sauces)
- CT.CUL.30.013** Store and serve desserts properly.
- CT.CUL.30.014** Prepare mousse & gelatins. (ACF – prepare mousse & gelatins)