

2 BAKING TECHNOLOGY 1

Prerequisite: None **Credits:** 4

Overview

This introductory course is designed to provide the student with a basic knowledge of Cake and Pastry Making techniques and to provide practical competence while learning new skills within the patisserie department. Students will be introduced to traditional cake and pastry specialties suitable for different food outlets.

General Objectives

This course is designed to:

- 1 provide practical competence while learning new skills within the patisserie department.
- 2 develop an awareness of safe working environment and monitoring of safe practices
- 3 finish and critically assess products taking into account, design, colour, flavour and portion control.
- 4 become familiar with up-to-date food legislation affecting production and storage of products.

Learning Outcomes

Upon successful completion of this course, the learner will:

- 1 apply knowledge of pastry technology and basic techniques in pastry making.
- 2 apply the fundamentals of cake and pastry making to the preparation of a variety of products.
- 3 demonstrate and care for equipment normally found in the bake shop or baking area.

Topics

1.0 Equipment

Objective

Upon completion of the topic the student will be able to:

- 1.1 operate the various large and small equipment in the bake shop

Content

- Orientation of the bake shop
- Baking equipment and utensils

2.0 Quick Breads

Objectives

Upon completion of the topic the student will be able to:

- 2.1 identify types and characteristics of ingredients used in quick breads.
- 2.2 use the techniques for measuring, mixing, baking, and cooking
- 2.3 discuss the faults - causes and corrections.
- 2.4 prepare and serve a variety of muffins, short cakes, pancakes and waffles and local sweet bread.

Content

- Characteristics of ingredients used in quick breads
- Methods of measuring ingredients
- Mixing and baking techniques
- Faults, causes and corrections in the baking of quick breads
- Methods of preparation of quick breads

3.0 Basic Batters and Doughs

Objectives

Upon completion of the topic the student will be able to:

- 3.1 identify the ingredients and principles for making pastry.
- 3.2 outline characteristics and functions of ingredients

- 3.3 discuss the need for accuracy in measuring ingredients.
- 3.4 distinguish between batters and doughs.
- 3.5 describe advantages and disadvantages of mixing and rolling dough by machine or hand
- 3.6 discuss the methods and techniques of baking and decorating.
- 3.7 relate the necessity and purpose of using formulas
- 3.8 prepare, present and serve a variety of pastry items using short, sweet and choux pastry.
 - Short Crust Pastry
 - Sweet Pastry
 - Blitz Puff Pastry
 - Choux
 - Flans
 - Tarts
- 3.9 discuss and apply the techniques of mixing, preparation baking, testing, temperature and time control.
- 3.10 identify the faults, causes and corrections in pastry making.
- 3.11 prepare and serve a number of batters, cakes and cookies.

Content

- Principles of pastry making
- The measuring of ingredients

4.0 Yeast Products

Objectives

Upon completion of the topic the student will be able to:

- 4.1 describe the techniques related to yeast activity, preparation and proofing of dough.
- 4.2 select and prepare pans for baking.
- 4.3 identify the functions and use of ingredients.
- 4.4 outline the principles of mixing, proofing and baking
- 4.5 prepare a variety of breads and rolls
 - white bread
 - whole wheat bread
 - crisp rolls
 - soft rolls
 - local bread
- 4.6 prepare and serve a variety of yeast products.
 - Doughnuts
 - Savarins
 - Rum Babas

Content

- Characteristics of yeast
- The functions and use of ingredients for yeast products

5.0 Puddings

Objectives

Upon completion of the topic the student will be able to:

- 5.1 discuss the types, preparation and procedures, using fruits and nuts.
- 5.2 outline the methods of steaming and time required.
- 5.3 discuss the types, purpose and use of various starches and sweetening agents.
- 5.4 emphasize techniques of garnishing and methods of serving.
- 5.5 prepare and serve a variety of puddings.
 - Steamed
 - Starch thickened
 - Self thickened

Content

- Characteristics of pudding
- Methods of cooking puddings
- Methods of garnishing and serving a variety of puddings

6.0 Cream Pie Fillings and Pasty Cream

Objectives

Upon completion of the topic the student will be able to:

- 6.1 discuss and record the types and methods of preparing various fillings.
- 6.2 describe the portioning and techniques of filling pie shells.
- 6.3 prepare a variety of pies and desserts using cream pie filling and pastry cream.

Content

- The preparation of pie fillings and pastry creams
- Methods of portioning
- Techniques of filling pie shells

7.0 Simple Desserts

Objectives

Upon completion of the topic the student will be able to:

- 7.1 describe methods of preparation for the named dessert.
- 7.2 identify the fresh fruit in season.
- 7.3 describe the methods and techniques of preparing fruit including:
 - Slicing
 - Peeling
 - Skinning
 - Dicing
 - Pureeing
- 7.4 prepare, present and serve a variety of simple desserts.
 - Jellies
 - Egg Custard
 - Ice cream desserts
 - Trifle
 - Fruit and other sweets

Content

- Preparation techniques for fresh fruit
- Preparation techniques for jellies
- Preparation techniques For egg custards desserts
- Preparation techniques for trifle
- Preparation techniques for ice cream desserts

8.0 Sponge Cakes

Objectives

Upon completion of the topic the student will be able to:

- 8.1 discuss the importance of types and characteristics of ingredients.
- 8.2 describe the kinds of additives used to produce various sponges.
- 8.3 outline the techniques for mixing and special methods for obtaining maximum yield including:
 - oven loading techniques
 - kinds of filling and topping
- 8.4 prepare a variety of sponge cakes including:
 - Sponge sandwich
 - Swiss Roll
 - Chocolate Log

- Butter Sponge
- Sponge Drops and fingers
- Victoria Sponge Sandwich

Content

- The characteristics of ingredients using sponge cakes
- Additives used to produce a variety of sponges
- Techniques of mixing sponges
- Types of fillings used in sponges

9.0 Frostings

Objectives

Upon completion of the topic the student will be able to:

- 9.1 discuss the reasons and techniques of sifting.
- 9.2 discuss and record the effect of heat on various ingredients.
- 9.3 describe the types and purposes of various liquids used in frostings.
- 9.4 describe methods and techniques for mixing and applying frosting and fillings.
- 9.5 prepare and apply
 - Fondants
 - Butter Icing
 - Decorative icings

Content

- Characteristics of frostings
- Techniques for mixing and applying frostings and fillings

Instruction Methods

Lecture
Demonstration
Practical

Assessment and Evaluation

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

Recommended Text

The Professional Pastry Chef, Bo Friberg

Professional Patisserie 2013, Chris Barker, Mick Burke & Neil Rippington; published by Hodder Education

On Baking, 3rd Edition 2012; Sarah R Labensky, Priscilla A Martel & Eddy Van Damme; published by Prentice Hall

Resources

Patisserie, 2nd Edition. L J Hannemann; published by Butterworth Heinemann.

New Professional Chef, 7th Edition, Editor L G Conway; published by Culinary Institute of America (Van Nostrand Reinhold).

Text

Handouts

Attendance

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

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