



## **COURSE OUTLINE CERTIFIED MASTER CHEF**

<b>COURSE NAME:</b>	<b>Baking and Pastry Arts Theory</b>
<b>PRE-REQUISITE FOR:</b>	<b>Certified Master Chef</b>
<b>PERIODS/WEEKS:</b>	<b>45 Hours online learning</b>
<b>PREPARED AND/OR REVIEWED BY:</b>	<b>Professor Micheal McFadden C.C.C.</b>
<b>APPROVED BY:</b>	<b>CCFCC – Canadian Culinary Federation</b>

### **I COURSE DESCRIPTION**

This course is designed to review managing, theoretical knowledge and practical skill sets required to oversee the operation of a Hotel Pastry Department. Reference to both skills and knowledge will be made through discussion with the opportunity to reflect on previous classical experience and current trends. An understanding of the role of the Patisserie is the focus in developing an appreciation for the craft from Artisan Breads, Chocolate and Sugar confections to exquisite dessert presentations.

### **II LEARNING OUTCOMES**

**Learning Outcomes are clear statements of the critical/essential knowledge, skills and attitudes, which, a student is, required to demonstrate to indicate successful completion of the course.**

1. Identify the function and safe use of all tools and equipment used in Baking and Pastry Department
2. Understand the characteristics and functions of the major baking and Pastry ingredients

3. Explain the factors that control the development of Gluten and the changes that take place in baked goods as they bake
4. Explain the importance of weighing baking ingredients and the use of formulas based on Bakers Percentage
5. Describe the methods used to produce yeast leavened products
6. Identify how to prepare and bake a variety of Artisan breads
7. Identify what are the alternative baking processes used to produce a variety of breads
8. Explain the mixing, fermentation, makeup, proofing and baking of Laminated and nonlaminated dough's
9. Describe the procedures used to prepare a selection of foam type cakes.
10. Describe the mixing methods, makeup and baking processes for different quick breads
11. Explain the mixing methods, makeup and baking processes for high fat cakes
12. Describe how to prepare French, Swiss and Italian meringue.
13. Explain the mixing methods used to prepare Pie Dough and Short Pastries
14. Describe the correct methods used to prepare a variety of pies, flans and tarts
15. Outline the methods used to prepare a selection of pastry fillings.
16. Identify the Lamination methods used to prepare Puff Pastry Dough
17. Describe the mixing method, makeup and baking of Choux Paste
18. Identify the eight basic types of Cookies and the three mixing methods
19. Describe the function of Ingredients and the methods used to produce syrups, creams, custards and soufflés
20. Explain the procedures used to prepare a selection of churned and still frozen desserts.
21. Describe the methods used to produce a variety of baked and stirred custards.
22. Identify the proper sanitation, hygiene and storage in relation to Syrups Custards and Creams
23. Describe the procedures used to prepare Mousse for cakes and desserts including Bavarian Cream and Fruit and Chocolate Mousse.
24. Explain the preparation of fruit desserts and sauces.

25. Describe the assembling of a variety of European-style cakes and pastries.
26. Outline the methods used to prepare a selection of fillings and glazes in the assembling of contemporary cakes and pastries.
27. Define the classical and contemporary categories of Petits Fours and the characteristics of the items.
28. Explain the assemble of contemporary specialty cakes, to include Mousse Tortes
29. Outline the production methods used to produce an assortment of Icings and how they should be applied and stored
30. Explain the correct procedure used to boil sugar for decorative sugar work
31. Explain how to prepare bubble and pulled sugar décoré for cakes, pastries and plated desserts.
- 32 Identify the different forms in which cocoa and chocolate are available
33. Explain the correct technique used to temper couverture chocolate.
34. Describe how to make and handle Marzipan, Pastillage and Nougatine
35. Explain how to make an assortment of Chocolates and Chocolate Decorations

### **III COURSE CONTENT**

**The topics, their order and length of time spent on each may vary depending on the needs of each class.**

<b><u>TOPIC</u></b>	<b><u>#PERIODS</u></b>
<b># 1 <u>Introduction to the course</u></b>	6
Baking and Pastry Profession	
Baking and Pastry Ingredients	
Baking Principles Formulas and Measurements	
Baking and Pastry Equipment, Tools and Workspace	
<b># 2 <u>Yeast leavened products</u></b>	6
Yeast Dough Production	
Artisan Breads	
Lean & Rich Dough	
Laminated Dough	
Alternative Baking Processes	

<b># 3 <u>Quick Breads &amp; Cake Mixing</u></b>	6
Quick Breads Mixing Methods & Product Line	
High-fat Cake Mixing Methods & Product Line	
Low-fat Cake Mixing Methods & Product Line	
Meringue Mixing Methods & Product Line	
<b># 4 <u>Pastries Pies and Tarts / Cookies &amp; Petits Fours</u></b>	6
Pie Dough's, Fillings & Product Line	
Short Pastries, Fillings & Product Line	
Puff Pastry & Product Line	
Choux Paste & Product Line	
Strudel, Phyllo & Product Line	
Cookies Mixing Methods& Product Line	
Petits Fours Sec	
<b># 5 <u>Dessert Production and Presentation</u></b>	6
Custards and Puddings	
Bavarian and Mousses	
Soufflés and Fruit Desserts	
Churn-Frozen Desserts & Product Line	
Still-Frozen Desserts & Product Line	
Sauces and Garnishes	
<b># 6 <u>Specialty Cakes, Gateaux, Tortes &amp; Decorative work</u></b>	6
Icings & Fillings	
Decorating Techniques	
Assembling & Decoration Cakes	
Procedure for Specialty Tortes & Gateaux	
Petits Fours & French Pastries	
<b># 7 <u>Chocolate, Sugar Techniques &amp; Modeling Pastes</u></b>	6
Chocolate Production	
Tempering Methods	
Chocolate Moulding & Decorations	
Dipping and Moulding Chocolate Candies	
Sugar Boiling and Inversion	
Poured, Pulled and Blown Sugar	
Marzipan, Nougatine & Pastillage	

**#8 Final Exam****3****IV EVALUATION PROCEDURE****Passing grade is 70%.**

<b>Final Exam</b>	<b>40%</b>
<b>Portfolio</b>	<b>60%</b>
<b>Total</b>	<b>100%</b>

**V RECOMMENDED TEXTS**

Gisslen, Wayne (2009) Professional Baking (5<sup>th</sup> ed.) John Wiley 7 Sons Inc  
ISBN 978-0-471-783448-0

Friberg, B. (2002). *The Professional Pastry Chef*. (4<sup>th</sup>ed.): John Wiley and Sons -  
ISBN 0- 471-35925-4

Suas, Michael (2009 Advanced Bread and Pastry a Professional Approach (1<sup>st</sup> ed.)  
ISBN-13:978-1-4180-1169-7

**VI DELIVERY FORMAT**

Classes will be online format for candidates to interact, chat and submit work as well perform online testing for the final exam

**VII POLICIES AND PROCEDURES**

All courses are in preparation for the Certified Master Chef Examination and under the hospice of the CCFCC Canadian Culinary Federations by-laws and delivered under the CCI Canadian Culinary Federation Rules and Guidelines

**X DISCLAIMER**

While every effort is made by the Professor/Faculty to cover all material listed in the outline, the order, content, and/or evaluation may change in the event of special circumstances (e.g. time constraints due to inclement weather, sickness, College closure, technology/equipment problems or changes, etc.). In any such case, students will be given appropriate notification in writing.