

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

**COURSE TITLE:** TECHNIQUES OF BAKING (LAB)

**CODE NO.:** FDS 137 **SEMESTER:** ONE

**PROGRAM:** CHEF TRAINING/APPRENTICE COOK

**AUTHOR:** REX LEESON

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**PREVIOUS OUTLINE DATED:** \_\_\_\_\_

New: X Revision: \_\_\_\_\_

**APPROVED:** DEAN, SCHOOL OF BUSINESS & HOSPITALITY **DATE** \_\_\_\_\_

TECHNIQUES OF BAKING (LAB)

FDS 137

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COURSE NAME

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COURSE CODE

**OVERALL OBJECTIVE:**

To provide the student with an understanding of the techniques, requirements and skills for the baking industry, hotels, restaurants, fast-foods, and bakeries as set out by the Ministry of Skills Development of Ontario for the Trade of Cook.

**PIE DOUGH:**

Prepare a basic pie dough for rolling practice.

- use the correct proportion of the ingredients as per recipe.
- select and use tools
- select different rolling pins
- roll dough for pie bottoms
- roll dough in the fluted pie shells
- use dusting flour properly
- demonstrate the correct consistency of a pie dough

Make a refrigerated dough pliable for rolling purposes without making it tough.

- prepare dough for later use
- roll dough to rectangular, square and triangular shape
- line baking sheets
- roll dough to even thickness without sticking

Prepare a variety of fruit pies/tarts:

- select and use tools
- prepare a pie dough
- line and fill pie shells
- use lattice design cutter
- bake pies at proper temperature

**PIPING BATTERS**

Prepare a suitable cookie batter for piping with plain and star tubes.

- select piping bags and tubes for different uses
- pipe single and double rosettes
- pipe shells, hearts, crescents, using required tubes
- pipe lady fingers, spirals, and straight lines using required tubes
- correctly position piping bag using proper pressure to obtain uniformity of shapes

**TECHNIQUES OF BAKING (LAB)**

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**QUICK BREADS AND MUFFINS**

Prepare quick breads, muffins and tea biscuits. Demonstrate the theory and baking techniques of a variety of such items.

- select tools and equipment for the production of quick breads
- mix batters for muffins and tea biscuits according to recipe
- produce the correct consistency of mixture
- prepare tea biscuits under minimum handling of dough
- bake products

**CREAM DESSERTS**

Demonstrate the correct preparation of cream desserts such as a variety of bavarian creams and baked custards.

- select tools for preparation of cream desserts
- select proper ingredients such as milk, cream, eggs and flavouring materials
- prepare mixtures according to recipes
- melt sugar for caramel
- handle gelatine
- bake custards in water bath and unmould
- fill and decorate bavarian creams using contemporary concepts

**ICING**

Prepare cake and royal icings, mask and ice cakes, smoothly and evenly pipe simple decorations using paper cones.

- select tools and know the correct method to make proper paper cones
- prepare a basic cake icing, using correct methods
- mask a cake evenly
- handle palette knife correctly during icing of cakes
- fill, close and hold paper cones properly
- put simple decorations on cakes
- space writings in centre of cake

**YEAST DOUGH**

Make yeast dough by hand. Mould and shape dough into a variety of soft rolls.

- select tools and equipment. Prepare dough by hand. Bulk round dough with right, left and both hands. Divide dough by hand and bun divider
- round individual dough pieces
- shape a variety of soft and dinner rolls
- use the right amount of dusting flour
- handle yeast dough properly

## TECHNIQUES OF BAKING (LAB)

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**Bake yeast raised soft and dinner rolls.**

- select tools and equipment
- prepare doughs
- prepare different types of rolls
- describe the correct dough temperature
- shape different rolls
- proof rolls correctly by time and temperature
- bake rolls to appropriate degree of doneness and appearance

## CHOUX PASTE PRODUCTS

**Prepare a variety of choux paste products - e.g. eclairs, cream puffs**

- select tools and equipment
- prepare choux paste, smooth and free of lumps
- pipe choux paste as required
- select correct oven temperature
- bake choux paste to proper crispness
- glaze, fill and assemble choux paste products as required for pastry presentation, platter presentation and plated presentation

## PASTRIES

**Prepare a variety of pastries such as swiss rolls and other sponge-based pastries.**

- describe different types of sponge cakes
- select the proper kind of sponge for the product
- prepare the sponge cake batter correctly
- bake sponge at the proper oven temperature
- fill and roll in jelly rolls
- cut and store swiss rolls and other pastries the proper way
- make and decorate swiss rolls in various ways
- decorate sponge goods as required for classical and contemporary presentations

## CAKE PREPARATION

**Prepare a light and moist high ratio cake with proper filling and decoration.**

- select tools and equipment
- select correct ingredients
- mix the cake properly
- bake cake using correct temperature and timing
- prepare cake icing correctly
- mask and decorate cake illustrating professional skills

**TECHNIQUES OF BAKING (LAB)**

**FDS137**

**STUDENT EVALUATION:**

The lab assignment includes the following:

1. Gathering of utensils and raw materials.
2. Pre-preparation of the assigned items.
3. Preparation (cooking, baking) of the items.
4. Proper storage of the ready items including packaging, refrigeration, and freezing.
5. Cleaning of utensils, equipment, work areas, and cooking surfaces. No mark will be assigned until work areas are clean.
6. Putting all utensils and small wares into their allocated places.
7. Handing in costing sheets when requested.
8. No student is to leave the lab area until the end of the period.

Using the above student evaluation, students will be graded as follows:

Practical lab work is marked as follows:

- A - 12-15 marks depending on the excellence of the assignment
- B - 10-11 marks for above average achievement
- C - 9 marks for average achievement

15 Labs @ 15 marks each = 225 possible marks.

**CHEF TRAINING**

**APPRENTICES**

A+	203-225	A	191-225
A	180-202	B	169-190
B	158-179	C	135-168
C	135-157	D	113-134
R	156 or less	F	0-112 (Failure)

**ATTENDANCE FOR ALL LABS IS COMPULSORY.** There is no make-up work given for absenteeism. Maximum number of labs missed per semester are 3 in order to receive a passing grade.

ABOVE BELONGS TO CHRISZ-BUS

100137

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APPRENTICES	CHIEF TRAINING
A 181-225	A+ 201-225
B 151-180	A 180-200
C 121-150	B 150-179
D 91-120	C 120-149
F 0-90 (Failure)	E 150 or less

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