

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: BAKE THEORY & DEMONSTRATION

COURSE NO.: FDS 235 SEMESTER: TWO

PROGRAM: CHEF TRAINING/APPRENTICE COOK

AUTHOR: REX LEESON

DATE: JANUARY 1995

PREVIOUS OUTLINE DATED: _____

New: X Revision: _____

APPROVED: Rose M. Leeson
DEAN, SCHOOL OF BUSINESS &
HOSPITALITY

95/01/14
DATE

BAKE THEORY & DEMONSTRATION

FDS235

COURSE NAME

COURSE CODE

COURSE LENGTH: 12 weeks at one hour/week

TEXT: Professional Baking by Wayne Gisslen (second edition)

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

UNIT 1

Describe a la carte cold and hot desserts

- . Distinguish between desserts utilizing ice cream preparations and discuss their uses and accompaniments:
 - . sorbets
 - . granites
 - . spooms
 - . cassata
 - . bombes
 - . souffles glaces
 - . coupes
- . Describe various hot desserts
 - . omelettes en surprise
 - . souffles (hot)
 - . deep fried ice cream
- . Discuss the use of various dessert coulis

UNIT 2

Prepare a variety of dessert items and related baked products to complement and enhance the meal served:

- utilize previous skill training such as:
- . rolling
 - . piping
 - . moulding/shaping
 - . icings etc.

UNIT 3Produce an assortment of dessert pies

- . Prepare a variety of pie doughs, know ingredients required, balance recipes for immediate and future use
- . Select ingredients with regard to time saving, cost saving, bulk buying, freezing, etc.
- . Select proper equipment and carry out proper preparation techniques
- . Demonstrate correct work sequence. Demonstrate the correct texture of fillings and toppings of pies
- . Demonstrate the correct mixing times and speeds
- . Use correct baking temperatures and time, judge correct degree of doneness
- . Present using contemporary techniques (platters and plates)

UNIT 4Prepare tarts and flans

- . Select and use tools and equipment
- . Adjust amounts of balance recipes
- . Recognize proper consistency of doughs and batters
- . Prepare and/or cook fillings to correct texture and thickness
- . Prepare tart shells by hand and/or machine
- . Use alternate recipes for flan bottom
- . Bake tarts and flans using correct temperature and timing
- . Select different icings, toppings, fruits and glazes
- . Prepare using contemporary techniques (platters and plates)

COURSE NAME

COURSE CODE

UNIT 5

Prepare choux paste type dessert e.g. Gateaux
Ste. Honore

- . Describe the uses of choux paste, its characteristics, properties, possibilities and limitations
- . Select proper ingredients
- . Prepare choux paste in correct step by step sequence
- . Recognizing proper consistency of choux paste, adjust if necessary
- . Prepare additional doughs, fillings, etc. to recipe instructions, prepare above items ready to be baked; cook caramel to correct degree of doneness
- . Make dough ready for immediate use or freezing
- . Carry out make up procedure for typical choux paste products and/or special customer requests
- . Bake choux paste using correct temperature and timing

UNIT 6

Prepare yeast raised products:

- . bread
- . dessert items
- . danish products
- . Describe the principles of fermentation
- . Select suitable recipes
- . Balance and adjust recipes
- . Select proper tools and equipment
- . Mix dough using correct time and speed
- . Efficiently carry out rounding, shaping, rolling, folding, etc.
- . Recognize degree of fermentation and proofing pertaining to different doughs and batters
- . Carry out proper finishing procedures such as soaking, filling, using glaze, decorating, etc.
- . Hold and freeze dough and baked items

COURSE NAME

COURSE CODE

UNIT 7

Prepare puff pastry and a variety of puff pastry products

- . Describe the principles of puff pastry
- . Select proper tools and equipment
- . Choose necessary ingredients
- . Balance and adjust recipe for different needs
- . Prepare "basic" dough by hand and for machine
- . Apply various "roll in" methods
- . Carry out necessary folds

UNIT 8

Prepare cheese cakes

- . Describe the different cottage cheese best suited to make cheese cakes
- . Describe how to handle egg whites
- . Select necessary tools, equipments and forms
- . Balance recipes and adjust same to create a variety of cheese cakes
- . Bake using correct temperatures and timing
- . Judge when cakes are properly cooked
- . Present in contemporary plate, style

UNIT 9

Prepare special occasion cakes

- . Describe various recipes pertaining to special occasion cakes
- . Select best suited recipes
- . Select proper tools and equipment
- . Carry out correct preparatory method
- . Prepare suitable filling, icings, decorations, material, etc.
- . Select necessary tools, etc. for make up of special occasion cakes
- . Carry out work orders to customer specifications

BAKE THEORY & DEMONSTRATION

FDS235

COURSE NAME

COURSE CODE

EVALUATION:

Theory

Students' final grade will consist of the following components:

Three essay tests will be given and will be announced one week in advance. The approximate dates are as follows:

February
March
April

Each test will be out of 100%.

Grading System

Chef Training:

A+ 90-100%
A 80-89%
B 70-79%
C 60-69%
R Repeat - under 60%

Apprentices:

A 85-100% Excellent
B 75-84% Above Average
C 60-74% Average
D 50-59% Below Average
F 0-49% Failure