

Syllabus

Introduction to Baking and Pastry

Fall 2008

Course: CSST 9650 CRN 85068

Hours: Monday-Friday 6am – 12noon Kitchen

Instructor: Elizabeth (Betsy) Riehle

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Prerequisites:

Verbal reading and math skills at or above the 7th grade level.

Course Description:

This course will provide students with the basic skills required for entry level work in a bakery or the pastry shop of a restaurant or hotel. These skills include: working in a safe and sanitary manner; working as part of a team; reading and accurately following a recipe; proper mixing, make-up and baking of yeast raised breads, laminated doughs, cookies, cakes, pies and tarts; cake icing; basic decorating techniques using a pastry bag; plating techniques.

Required Material:

- Text: *Baking and Pastry Mastering the Art and Craft* by the Culinary Institute of America, 2004
- Notebook (3-ring binder would be best) and pen or pencil that you bring to class everyday
- Clothing: Black or checked cook's pants, chef's jacket, head covering, sturdy, closed toe shoes (e.g. no sandals, flip flops, etc.), apron
- Baking and Pastry Tools: (see attached supply list)

Attendance Policy

Attendance is vital for your success in this class. Because of the nature of our production, there will be very little lecture. As a result, and to your benefit, your learning will be almost entirely hands-on. Class will start at 6:00 sharp, and you should be dressed and ready for class. A roll call will be taken at this time. If you arrive late, you will lose credit for 1 hour of class time. If you leave early, you will lose credit for one hour of class time.

Grading Policy

- A. 80% of your grade will come from your daily work in the bakery. The factors making up this part of the grade are:
- Attendance and punctuality
 - Ability to work well with others
 - Accurately reading and following a recipe
 - Working in a safe and sanitary manner
 - Motivation to use instructor feedback to improve technique

- B. 10% of your grade will be for assigned homework and periodic quizzes. (There will definitely be a quiz over safety and sanitation, and another one about weights and measures.) Each Friday there will be a lecture/demo, about which there will be homework assignment. That assignment will be due the following Friday.
- C. 10% of your grade will be a final exam.

Objectives

By the end of the course, each student should be able to:

- Understand the basic elements of a plated dessert, and be able to prepare and attractively assemble a dessert item, sauce and garnish
- Understand and execute a laminated dough: mixing, laminating, make-up, proofing, baking and finishing
- Mix and form several varieties of yeast-raised doughs, including: pan bread, boule, baguette and individual rolls
- Scale, mix, pan and bake a cookie dough, a muffin batter, a scone dough
- Mix, bake, ice and decorate a cake

To be most successful in this class:

- Read each recipe all the way through before beginning to scale. Many times you can prevent an error or save yourself clean-up time by understanding the entire process before starting, or asking questions if something is unclear.
- Because we must provide specific items for the restaurant and the coffee shop daily, each station has essential production that must be completed. When that production is completed, however, each station has the freedom, and is encouraged, to try new things.
- Because each station has an essential role to play in creating products for the restaurant and coffee shop, it is vital that you come to class everyday, and if you can't come, call. As a class, we work as a team. Our success depends upon each person taking ownership and responsibility for his or her part of the production.
- Make sure to clean each bench or mixing area immediately when you are finished using it. Each of your classmates will need to use the mixers and common scaling areas, so don't leave a mess behind when you leave.
- In order to keep all products the freshest possible, we follow a strict rotation system. First in, First out. The oldest product, the product that must be used first, is always in the front and on the top. This goes for shelves as well as racks in the freezer. When everyone follows this system, we will always serve an outstanding product!

- **Rules and Regulations of the CCST Training Program:**
 1. Keep all personal belongings in your locker, or at home, (City College is not responsible). While in the kitchen, students must be in uniform and ready to work.
 2. The cost of meals is \$3.00 / day and limited to one meal per student. NO food may be taken “to go”. No food is allowed out of the kitchen or dining area.
 3. Removal of food, beverages, or equipment from the kitchen without proper approval is prohibited. Theft of any kind will result in suspension from the program.
 4. No “playing around” in class. The kitchen can be a dangerous place. There will be another class in the kitchen at the same time as ours, so voices must also be kept at a moderate level.
 5. No physical or verbal abuse will be tolerated.
 6. No cell phone or pager use in class.
 7. No smoking, alcohol, or controlled substances allowed.
 8. Let someone know if you are going on a short break so you are accounted for. Anyone leaving before final roll call may lose credited hours for the whole class.