**Virginia Western Community College**

**HRI 283**

**Custards and Creams**

**Prerequisites**

HRI 280

**Course Description**

Provides an integrated study of classical and contemporary custards and crèmes as menu items and recipe ingredients.

**Semester Credits:** 3 **Lecture Hours:** 2 **Lab/Clinical/Internship Hours:**  3

**Required Materials**

**Textbook:**

Frozen Desserts/[The Culinary Institute of America (CIA)](http://www.wiley.com/WileyCDA/Section/id-302475.html?query=The+Culinary+Institute+of+America+%28CIA%29), [Francisco J. Migoya](http://www.wiley.com/WileyCDA/Section/id-302475.html?query=Francisco+J.+Migoya) (ISBN: 978-0-470-11866-5)

**Other Required Materials:**

1. Pen, notebook
2. 2 full uniforms, consisting of: Chef Jacket with school logo and name, black & white checkered pants, neckerchief, slide, white apron, white chef hat, black socks, black closed heel and toe, non-skid shoes. Uniforms can be purchased directly from the VWCC bookstore.

**The following supplementary materials are available:**

1. Baking & Pastry: Mastering the Art and Craft / Culinary Institute of America – 3rd ed. (ISBN 978-0-4709-28653)
2. In class handouts

**Course Outcomes**

**At the completion of this course, the student should be able to:**

1. Understand proper selection, handling and storage of dairy items.
2. Understand the importance of maintaining a clean and organized work environment.
3. Learn the basic skills for stabilizing a chilled dessert with gelatin.
4. Understand how to properly baked custards and puddings
5. Understand the techniques and principles of frozen custards, creams and purees.
6. Learn to properly make molded and churned ice creams and custards.
7. Understand how to make and present a soufflé.
8. Have experience in incorporating Custards and Creams into finished desserts.
9. Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.

**Topical Description**

Week 1 Introduction/syllabus/safety video

Syllabus Quiz

The science of eggs

Overview of lab

Lab - Sauce Anglaise

Week 2 Chapter 1: A Brief History of Frozen Desserts

Chapter2: Ingredients

Chapter3: Equipment, Machines and Tools

The science of gelatin

Lab – Bavarian Cream and Pots de Crème

Week 3 Quiz #1

Chapter 4: Dairy Based Frozen Desserts

Lab – Eggless Method and Custard Method

Caramel Cream Sauce and Madeleines

Week 4 Chapter 5: Non-Dairy Frozen Desserts

Week 5 Chapter 6: Aerated Still-Frozen Desserts

Week 6 Baked Custards

Lab Crème Caramel and Crème Brulee

Week 7 Cheesecakes

Week 8 Mousses, Chibouste and Cremeux

SPRING BREAK NO CLASSES

Week 9 Stirred Custards

Lab - Boston Cream Pies and Banana Flips

Week 10 Puddings (stirred and baked)

Lab – Rice pudding and Bread Pudding

Week 11 Soft Cheeses and Dessert Plating techniques

Week 12 Guest Lecturer

Week 13 Out of class assignment (Formulate an Ice Cream, Gelato or Sorbet)

Week 14 Chapter 7: Finished Items

Lab: Student challenge

Week 15 Collect out of class assignment

Review for Final Exam

Lecture- Soufflés (supplement materials)

Lab - Soufflés

Week 16 Final written exam

**Notes to Instructors**

1. Course is comprised of solo lab work of various Custards and Cremes and basic pastry recipes to complete desserts and plated presentations.
2. There are many quality video demos online to enhance lecture.