

# Virginia Western Community College

## BAK 128

### Principles of Baking

#### **Prerequisites**

Pre/Corequisite: HRI 158

#### **Course Description**

Instructs the student in the preparation of breads, pastries, baked desserts, candies, frozen confections, and sugar work. Applies scientific principles and techniques of baking. Promotes the knowledge/skills required to prepare baked items, pastries and confections.

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

#### **Required Materials**

##### **Textbook:**

*Baking & Pastry: Mastering the Art & Craft, Culinary Institute of America, 3rd Edition, John Wiley & Sons, Inc. Hoboken, New Jersey 9780470928653*

##### **Other Required Materials:**

- a. Uniform consisting of: Chef Jacket with school logo and name, black & white checkered pants, white apron, white bakers cap, black shoes (closed heel and toe, non-skid).
- b. Notebook, pen, calculator.
- c. Pocket bimetallic stem thermometer.
- d. Baking Kit

#### **Course Outcomes**

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

1. Understand early history of professional baking.
2. Have an understanding of the primary baking ingredients and their functions in baked goods.
3. Be able to demonstrate the proper use of baking tools and equipment.
4. Have an understanding of leavening (chemical, egg foam, yeast, steam).
5. Understand the mixing methods for quick breads and cakes.
6. Have an understanding of pie and tart dough.
7. Have an understanding of breakfast pastries.
8. Have an understanding of cookies.
9. Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.

10. Understand the importance of efficient work habits, proper behavior in the work environment & safety and sanitation.

- a. Understand and exemplify professionalism
- b. Demonstrate a positive work ethic
- c. Demonstrate conflict resolution skills
- d. Demonstrate integrity
- e. Demonstrate team work skills
- f. Demonstrate diversity awareness
- g. Demonstrate effective speaking and listening skills
- h. Demonstrate critical thinking and problem solving skills
- i. Demonstrate healthy behaviors and safety skills
- j. Demonstrate time, task and resource management skills
- k. Demonstrate job specific mathematic skills
- l. Read and follow a recipe
- m. Define baking terms
- n. Identify equipment and utensils used in baking
- o. Identify ingredients used in baking and their functions
- p. Prepare yeast products
- q. Prepare quick breads
- r. Prepare pies and tarts
- s. Prepare cookies
- t. Demonstrate dessert and baked goods presentation techniques

## Topical Description

Chapter 1: Professionalism

Chapter 2: Food Safety and Sanitation

Chapter 3: Equipment identification

Chapter 4: Tools and Equipment

Chapter 7: Beginner yeast breads and rolls

Chapter 9: Pastry dough and batters

Chapter 10: Quick breads and cakes

Chapter 9: Laminated doughs

Chapter 11: Cookies

Chapter 10: Cake Basics

Chapter 15: Pies, Tarts and Fruit Desserts

### **Notes to Instructors**

1. CD ROM
2. Studying cards

[ADA Statement](#) (PDF)

[Title IX Statement](#) (PDF)