

Virginia Western Community College

BAK 281

Artisan Breads

Prerequisites

Pre/Corequisite: BAK 280

Course Description

Provides an integrated study of both classical and modern baking methods. Focuses on craft baking using simple ingredients to create superior products

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

Required Materials

Textbook:

The Bread Baker's Apprentice: Mastering the Art of Extraordinary Bread By Peter Reinhart First Edition or current. Ten Speed Press ISBN#: 978-158008-268-6

Other Required Materials:

- a. 2 (preferred) Uniforms consisting of: Chef Jacket with school logo and name, black & white checkered pants, white apron, white chef hat, black closed heel and toe, non-skid shoes.
- b. Notebook, PEN, calculator, Sharpie Marker.
- c. Pocket bimetallic stem thermometer. Digital is ok, but standard will do. Can be purchased at any kitchen type store, department store, Bed, Bath and Beyond.

The following supplementary materials are available:

1. CD ROM
2. Studying cards

Course Outcomes

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

- Identify and understand equipment and materials in the industry
- Comprehend the different qualities and applications of ingredients used for baking
- Be able to formulate recipes using baker's percentages
- Know how to hand mix, shape, and bake dough into traditional and decorative loaves.
- Understand the process of dough fermentation and be able to detect when dough is ready for shaping and baking.

- Produce natural leavened bread without the aid of commercial yeast.
- Distinguish the difference between making rye and wheat breads.

Topical Description

Week 1

Introduction

Safety Video

Syllabus Quiz #1

Reading assignment Text – Introduction (discussion)

Assumptions and Rationales pg 27 - 45

Bakers Math

Lab – Anadama Bread pg 108) and Portuguese Sweet Bread

Week 2

Quiz #2

The Twelve Stages of Bread pg 48 - 101

Lab – Marbled Rye Loafs and Bagels

Week 3

Quiz #3

Bakers Math

Pre ferments pg 104 - 107

Lab – French Bread (baguettes)

Week 4

Bakers Math

Lab – Pain a l'Ancienne (baguettes) and Cranberry Walnut Celebration Bread

Week 5

Guest lecturer – Breads of the World

Lab – To be announced

Week 6

Quiz #4

Lab - Focaccia and Lavash Crackers

Week 7

Bakers Math

Ciabatta and Potato, Cheddar and Chive Torpedoes

Week 8

Final Exam

Practical Exam

Notes to Instructors

- None

[ADA Statement](#) (PDF)

[Title IX Statement](#) (PDF)