

Virginia Western Community College
BAK 284
Specialty- Spa/ Plated Dessert

Prerequisites

BAK 280

Course Description

Provides integrated study of specialty, spa and plated desserts, which possess enhanced value through artistic presentation.

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

Required Materials

Textbook:

Baking & Pastry: Mastering the Art & Craft 3rd edition Culinary Institute of America (ISBN: 9780470928653)

Other Required Materials:

- A. 2 (preferred) full uniforms consisting of: chef jacket with school logo and name, black & white checkered pants, white apron, and chef hat, and black closed heel and toe, nonskid shoes.
- B. Knife kit. Only the kit sold in the campus bookstore will be acceptable. &-Piece kit with knife roll and garnishing kit. Mercer Brand
- C. Notebook, pens, Sharpie Marker
- D. Pocket bimetallic stem thermometer (digital or standard).

Course Outcomes

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

- Create a WOW factor in plated desserts.
- *execute modern and classical plated dessert
- *find the science behind cooking

Topical Description

Week 1 Syllabus, safety video, pastry conversation read pg.54-89; 106-107 in text and review the desserts in the “pre-dessert” chapter

Week 2 Discuss the reading including principles of dessert and pre-dessert. Plan a simple pre-dessert as a class. Produce the pre-dessert. Plan individual pre-desserts and turn in for purchasing. Bring in a local dessert menu for next class

Week 3 Discuss sauces and dietary restrictions and local menus. Produce individual pre-desserts. Plan a fruit-based plated dessert with a dietary restriction in mind and turn in for purchasing. Work on paper analyzing the local dessert menus with regards to the principles of dessert on pg. 84-89 of *The Elements of Dessert*.

Week 4 Turn in paper. Discuss garnishes and design a whole dessert menu as a class. Produce fruit-based dessert. Plan chocolate dessert and turn in for purchasing. Begin menu rough draft.

Week 5 Discuss unique elements of dessert including savory aspects and molecular techniques. Produce chocolate dessert. Plan a unique dessert and turn in for purchasing. Finish menu rough draft. Read Dessert Buffets chapter (begins pg. 262) and Passed-Around Desserts (pg. 332)

Week 6 Turn in menu rough draft. Discuss plates and dishes. Produce unique desserts. Plan frozen dessert and turn in for purchasing.

Week 7 Quiz on material up to this point. Discuss Buffets and Passed-Around Desserts. Produce frozen dessert. Plan updated classic dessert in a buffet style and turn in for purchasing. Read chapters on Entremets (pg. 382) and Petit Fours (Mignardises) (pg. 450)

Week 8 Discuss entremets and petit fours. Produce classical dessert. Plan and prep for final dessert project.

Week 9 Practical final. Turn in menu and paper. Review for written final exam.

Week 10 Written final exam.

Notes to Instructors

1. Work as a team/ class participation
2. Think outside of the box

[ADA Statement](#) (PDF)

[Title IX Statement](#) (PDF)