Baking and Pastry for secondary students is a course that provides students an opportunity to develop foundational skills needed for a seamless transition to a postsecondary program, workforce, or military. Students will develop advanced skills in safety and sanitation in addition to management and professionalism. Specialized content includes units on formulas and techniques, basic baking principles, specialized dietary baking, breads, desserts and pastries, and advanced techniques for specialty cakes, confections, piping, plate presentation, and flavor pairing. Concepts are aligned with competencies from the American Culinary Federation (ACF) Education foundation assessment, ACF Retail Commercial Baking Certification. Integration of the strategies from the Family and Consumer Sciences student organization, Family, Career and Community Leaders of America (FCCLA), provides leadership and entrepreneurship development in addition to an opportunity to compete and demonstrate technical skill attainment. Participation in the career and technology student organization, SkillsUSA, provides the students with the opportunity to compete and display professional baking techniques.

Credit: **2 or 3 units**
(240 to 360 seat time hours)

National Certification: **ACF Retail Commercial Baking Certification**
http://www.nocti.org/PDFs/2500%20ACF_Retail_Commercial_Baking.pdf

Recommended Grades: **11-12**

Class Size: **18–20**

Prerequisite: **Culinary Arts 1**

Textbook Information: (Adoption Summer 2015)

Gisslen, W. (2013) *Professional Baking*, Hoboken: John Wiley & Sons.

Labensky, S. R., Martel, P. A., Damme, E. V. (2013) *On Baking*. Boston: Pearson Education, Inc.

High School Education:	Baker, Bakery clerk, Cake decorator, Caterer, Dough mixer, Machine operator, Scaler, Artisan bread baker, Pastry sous chef
Some College, No Degree:	Bakery manager, Chocolatier, Shop owner, Assistant pastry chef, Shop owner, Commercial baking chef
Postsecondary Education:	Baking and pastry instructor, Head pastry chef, Food critic

BAKING AND PASTRY STANDARDS AND INDICATORS

B. SAFETY AND SANITATION

B.1 Demonstrate sanitary and safety procedures.

1. Exhibit personal hygiene and grooming practices.
2. Follow guidelines for food safety in the bakeshop.
3. Evaluate equipment safety and sanitation procedures.

C. MANAGEMENT AND PROFESSIONALISM

C.1 Analyze responsibilities associated with shop management and ownership.

1. Demonstrate professional conduct as related to employers, clients, and coworkers.
2. Explore baking and pastry career opportunities.
3. Analyze and describe marketing and business fundamentals.
4. Perform accounting and mathematical duties.

D. FORMULAS AND TECHNIQUES

D.1 Analyze techniques applied when working with bakeshop formulas.

1. Organize and plan work assignments.
2. Demonstrate preparation methods (mise en place).
3. Explain the purpose, cause, and effect of ingredients in a recipe.
4. Describe the name and function of bakeshop tools and equipment.
5. Demonstrate knife skills.
6. Demonstrate weighing and measuring techniques.
7. Demonstrate various mixing methods.
8. Calculate recipe conversions in standard as well as metric systems.

E. BASIC BAKING PRINCIPLES

E.1 Describe basic baking principles.

1. Analyze factors that control the development of gluten in baked products.
2. Explain the baking times and temperature relationship to methods, products, ingredients, and environment.
3. Explain procedures that will impede the staling process of baked items.
4. Evaluate the finished product.
5. Develop sensory terminology vocabulary.

F. SPECIAL DIETARY BAKING

F.1 Analyze methods of producing bakeshop products to meet special dietary needs.

1. Explain special dietary concerns and methods of addressing those needs.
2. Describe nutritional value of foods based on portion size and ingredients.
3. Develop methods of modifying bakeshop formulas to meet special dietary needs.

G. BREADS

G.1 Demonstrate basic baking techniques for different types of breads.

1. Explain techniques for quick bread preparation.
2. Describe methods and processes for yeast and laminate dough types.

H. DESSERTS AND PASTRIES

H.1 Prepare a variety of desserts and pastries.

1. Compare a variety of cookie and brownie dough and batters.
2. Differentiate pie and tart dough and fillings.
3. Describe methods and processes for a variety of pastry dough.
4. Compare techniques when preparing a variety of cakes.
5. Compare and contrast steps to prepare frosting, icing, and glaze.
6. Describe the different methods to prepare custards, creams, sauces, and related items.
7. Describe methods used to prepare ice cream and frozen desserts.
8. Explain the cooking times and temperature relationship to methods, products, ingredients, and environment.

I. ADVANCED TECHNIQUES

I.1 Demonstrate advanced preparation technique skills.

1. Prepare a variety of specialty cakes and fillings.
2. Prepare an assortment of specialty products and confections.
3. Demonstrate piping techniques.
4. Demonstrate basic plate presentation principles.
5. Explain contemporary flavor pairing concepts.