

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: BAK 280 **Credits:** 3

Course Title: Principles of Advanced Baking and Pastry

Course Description:

Reviews foundation principles of classical and modern baking/pastry methods. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

General Course Purpose:

The goal of this course is to reinforce knowledge and skills, and enhance the ability to produce and present a full spectrum of baked items, pastries, confections and showpieces.

Course Prerequisites/Corequisites:

Prerequisite: BAK 128 or program head approval.

Course Objectives:

Upon completing the course, the student will be able to:

- Explain the differences between chemically, mechanically and naturally leavened products.
- Produce chemically, mechanically and naturally leavened products.
- Identify and differentiate between different types of production methods for breads.
- Identify and differentiate the differences between flour types and their uses in baking kitchens.
- Describe the various mixing methods and their uses for pastries and bread production.
- Describe, explain correct baking and pastry terminology.
- Explain the differences in production of the various styles of rolls and loaves.
- Utilize basic formulae for bread production.
- Create simple flavored bread from start to finish.
- Understand the difference between sour dough and regular dough.
- Explain the differences between a quick bread and leavened bread.
- Explain cultural influences on breads.
- Design and plate specialty desserts utilizing painted plates and garnishment.
- Explain and create garnishment for pastry items.
- Describe and demonstrate the proper methods of production for the various meringues.
- Calculate and explain ratios for custards and mousse.
- Explain and demonstrate proper ice cream production.

Major Topics to be Included

- Baking and pastry terminology
- Characteristics of various flours
- Quickbreads
- Leavening
- Baking formulae

- Mixing methods
- Regular and sour doughs
- Production methods for bread loaves and rolls
- Plated desserts
- Garnishments
- Savory and sweet pies
- Ice creams
- Sorbets
- Dessert Sauces
- Mousse
- Introduction to chocolate techniques
- Chocolate tempering
- Garnishment

Effective Date/Updated: August 1, 2024