

# **Culinary Arts 2: Baking, Pastry and More! Course Syllabus**

## **What you will learn in this course**

### **Culinary Arts 2: Baking, Pastry, and More!**

Whether you aspire to be a world-class chef or just want to learn the skills needed to create your own dishes, Culinary Arts 2 will help you build a strong foundation and grow your knowledge of this exciting industry. In this course, you will explore baking and desserts, learn how to prepare proteins, and study nutrition and safety in the kitchen. You will also enhance your understanding of sustainability in the food industry, learn to prepare meals from a global perspective, and dissect the business of cooking, from managing a kitchen to successfully running a catering company. Discover the delights that await you on this delicious culinary adventure!

### **Unit 1: The Basics of Baking**

Although there are many specialties in the culinary arts, baking is among the most popular and versatile. Building a career in this field requires knowing some kitchen basics, including having a working knowledge of baking. After all, not only is baking the key to many delicious dishes, but it is also a great way to learn important skills such as how to measure properly, convert recipes, and maintain equipment. And once you've got these skills under your belt, you'll be ready to delve into the wonders of baking!

#### **What will you learn in this unit?**

- Trace the origins of commercial baking
- Apply common equivalents and abbreviations
- Scale recipes to make desired quantities
- Describe basic kitchen equipment and its uses
- Detail the cleaning and care of kitchen equipment

### **Unit 2: Bread**

Walk into your local bakery or the bakery section of your local supermarket and you will find many different kinds of bread. Some will be dark while others are light and fluffy. Others will be made of multiple grains or have a thick crust. But what creates these differences? And what makes them all bread? It all comes down to the ingredients, from the type of flour used to the amount of butter in the batter. We'll explore the elements of bread and the chemistry that happens when they come together. Whether a time-consuming yeast bread or a basic quick bread, there is a lot to learn about this bakery staple!

#### **What will you learn in this unit?**

- Store and handle bread baking ingredients
- Identify ingredients used in baking bread

- Differentiate how distinct types of crust are formed
- Discuss the differences between hard, soft, and enriched doughs
- Prepare yeast and quick breads

### **Unit 3: Pies and Pastries**

When you think about dessert, what comes to mind? Freshly baked pies? Fancy French pastries? Crisp cookies with gooey centers? A talented baker can make any of these with ease. Like bread, these desserts are all about the dough. They represent other ways in which bakery staples like flour, butter, eggs, and sugar can be arranged. But these baked goods are not just for dessert; there are plenty of meat-filled pies and pastries that make a hearty meal. Pies and pastries are great vehicles for fillings, particularly fruit and creams. Cookies can also take on many different flavors and textures, making them a diverse dessert category of their own. There are a lot of possibilities for dessert when baking!

#### **What will you learn in this unit?**

- Compare different types of pie crust and fillings
- Identify qualities of different pastry dough
- Prepare pies and cookies
- Determine the elements of a cookie's texture
- Differentiate among types of cookie dough

### **Unit 4: Cake**

Are you one of those people who thinks that cake is all about the frosting? Or are you the one eating your cake plain, fresh out of the pan? Or is a festive cupcake your go-to snack? When it comes to cake, there are a lot of choices and preferences. Whether it is making that perfect, moist, cake or creating a filling that takes the cake to the next level, a lot of ingredients go into making the perfect cake. From the basics of batter to the icing on the cake, we'll explore them all. With so many flavors and ways to combine them, it's no wonder there is a cake for every occasion!

#### **What will you learn in this unit?**

- Identify the techniques to make different cake batters
- Discuss several different kinds of cake fillings
- Differentiate between types of frosting
- Demonstrate basic cake decorating techniques
- Prepare cakes and frostings

### **Unit 5: Desserts**

There is more to dessert than baked goods! Whether they are the star of the show or an important accent, knowing how to make dessert basics like custards and ice cream is an important part of any chef's repertoire. Similarly, a working knowledge of chocolate in its various forms prepares

you to make any number of tasty treats. Dessert elements like chocolate and caramel need a skilled touch because the chemical processes that give them the right taste and texture are easily derailed. But with a little practice, you'll be on the path to making and presenting your desserts like professionals do!

### **What will you learn in this unit?**

- Temper chocolate
- Serve attractively plated desserts
- Prepare dessert sauces, syrups, and coulis
- Compare and contrast the chemical reactions in food
- Identify the role of chocolate, custards, mousses and other desserts

## **Unit 6: Building a Career Around Dessert**

Have you ever wondered how celebrity chefs got their start? Today, they play an important role in shaping the American culinary landscape. This has been true for decades and their innovations still define what is served everywhere from elite restaurants in Europe to your corner bakery. But shifts in the culinary world come from many places and identifying trends can be a great way to build a business, particularly in the baking and pastry arts. Having a trendy product is not enough though – it also takes a lot of business savviness. And, for those who do not necessarily want all the risks that come with owning a business, there are plenty of other career paths as well!

### **What will you learn in this unit?**

- Discuss key milestones in American culinary history
- Define molecular gastronomy
- Identify key trends in baking and pastry arts
- Explore various career paths in baking and the pastry arts
- Recognize some of the key requirements for building a successful business in baking and the pastry arts

## **Culinary Arts 2 Midterm Exam**

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from the first six units in this course (Note: You will be able to open this exam only one time.)

## **Unit 7: Nutrition in the Kitchen**

How healthy is the food on your plate? For culinary arts professionals, that's an important question! Nutrition comes from food, but how you store and prepare it has a lot to do with how healthy it is. Preparing healthy meals also requires knowing what good nutrition should be and how to adjust dishes to maximize the benefits. With some simple adjustments, even those with restricted diets can enjoy the full range of foods. When health meets flavor, it's a winning combination!

### **What will you learn in this unit?**

- Identify factors contributing to cost and quality of ingredients
- Analyze the role of nutrients in food choice
- Develop products to meet dietary restrictions
- Recognize foods with gluten and those that are gluten free
- Discuss the appropriate substitutions for those with dietary restrictions

## **Unit 8: Farm-to-Table and Sustainability**

Have you ever wondered exactly where your food comes from? Most of us have a general sense that food comes from farms, but where exactly are these farms? What kinds of techniques do they use to grow their crops? How do these techniques impact the environment? A career in the culinary arts will require considering these kinds of questions. Fortunately, there is a lot that culinary arts professionals can do to be mindful of the environment and good global citizens.

### **What will you learn in this unit?**

- Evaluate conservation practices across the food service industry
- Identify waste management options and promote sustainability
- Explain global issues around the production of common products
- Describe the significance of sustainability movement
- Recognize emerging trends in sustainable dining

## **Unit 9: Working with Proteins**

What's the difference between a skirt steak and a ribeye? Is the dark meat really the best part of the chicken? What is a fish fillet, anyway? With some basic understanding of animal proteins, these become easy questions to answer. But getting it right is not just about the cut. It also requires knowing the right way to prepare it. Some meats need to be slow cooked and seasoned to shine on the plate. Others require a short time over dry heat to bring out their best. Once you have the basic cuts of meat and seafood down, it becomes pretty simple to know which to choose and how to prepare it to get it just right.

### **What will you learn in this unit?**

- Assess different grades and cuts of meat
- Identify primal, sub-primal, and retail cuts
- Model appropriate cooking techniques for proteins
- Categorize classifications of fish and shellfish
- Evaluate the effects of cooking methods on product presentation

## **Unit 10: Global Perspectives**

Are you one of those people that can't stand mushrooms? Or does the smell of onions make you turn away? A lot of what we eat comes down to taste, but there is a lot more to it than what we

put in our mouths! It engages all of the senses. But taste also comes from culture, and we grow up liking the flavors around us. Cooking techniques also vary among cultures, offering another level of variety to flavors. Innovative chefs are always looking for new ideas and techniques, and there are plenty to try. As a nation of immigrants, the United States has a lot of flavors to offer!

### **What will you learn in this unit?**

- Replicate advanced moist and dry cooking techniques from global cuisines
- Synthesize indigenous ingredients from global cuisines to create innovative dishes
- Understand the difference and relationship of American and Classical cuisine
- Compose an entire meal appealing to a variety of senses
- Create a chart to do a food sensory analysis

## **Unit 11: Catering and Running a Kitchen**

How does a restaurant know how much to charge for a dish? Which costs can be adjusted when times are slow? What sets a restaurant apart from its competition? These are just a few of the questions that those in culinary arts need to answer to run a successful business. Understanding the rules of pricing, whether in restaurants or catering, makes sure that the costs are covered. Once you've got the menu down, marketing helps you reach potential customers and tell them what to expect. By being professional, you can ensure that the customers keep coming back!

### **What will you learn in this unit?**

- Differentiate among major costs in food service
- Determine pricing strategies for menus
- Identify methods for creating a marketing identity
- Understand the requirements of catering jobs
- Demonstrate professional behavior

## **Unit 12: Kitchen Safety**

When you work in the culinary arts, you have people's health in your hands. This is why it is so important to keep the workplace safe. Everything from storing food properly to putting it away before bacteria forms is part of being a good employee. While there is a bit to learn about food handling, picking up these basic skills is not just good for customers. It also keeps the staff of the restaurant safe and healthy, and that is good for business! Whether it is education about appropriate practices or exchanging information about the business, communication is key when building a career in the culinary arts.

### **What will you learn in this unit?**

- Determine the basics of safety in the culinary arts
- Assess the risks of food borne illness
- Explain proper cleaning and sanitation techniques
- Apply proper knife skills

- Demonstrate strategies for good communication in the culinary arts

### **Culinary Arts 2 Final Exam**

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from units seven to twelve in this course – the last six units. (Note: You will be able to open this exam only one time.)

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