

## Course Syllabus

**School:** Crook County High School

**Course Title:** Introduction to Baking  
(PROSTART 2)

**Instructor:** Macy Hagensee

**Contact Phone:** 541-416-6900 ext: 3161 **Contact Times:** 7:45am – 3:15pm

**E-mail Address:** [macy.hagensee@crookcounty.k12.or.us](mailto:macy.hagensee@crookcounty.k12.or.us)

**Semester:** 1 and 2

### Course Description:

**Intro to Baking** is a beginning baking class where students will begin to acquire the skills necessary to enter into an entry level baking position in the food service and hospitality industry which include: Tool and equipment recognition, baking weights and measurement, menu descriptions and formula conversions for recipe development, baking ingredients, baking techniques, baking terminology, and basic kitchen math. In this class students will learn the rules and standards of proper kitchen safety and sanitation which has been carefully aligned with core professional restaurant industry standards. In addition to learning proper food handling and safety the students also begin to underline the basic principles associated with good nutrition, and the importance of how and why food is produced and processed. By the end of this class students will be able to plan, cost, order, process, prepare and present multiple, artistically designed, bakery products in a manner that is timely, well coordinated, and consistent with the highest culinary standards and expectations.

### Learning Standards: (Based on Industry Validated Student Outcomes and High Desert ESD Culinary Outcomes)

1. Students will learn basic kitchen safety and proper sanitation.
2. Students will pass with a 75% or better grade the test associated with the sanitary standards set by the State of Oregon and purchase an **Oregon Food Handlers Card** allowing the student to legally work around food and in the food service industry.
3. Students will learn the proper baking skills associated with the various tasks and techniques practiced in the food service industry.
4. Students will demonstrate various techniques for prepping, baking, garnishing, and serving food safely, and consistently. This includes: aesthetics, taste, smell, proper preparation, eye appeal, set-up, texture, time management, ect...
5. Students will plan, creatively design, prepare, and cook breads, pies, cakes, quick breads, cookies, tarts, custards and chocolate items that are

compatible with our classroom kitchen capabilities, food possibilities and potential guest preferences.

6. Students will prepare baked products using cost and portion controls and weight and measurement formulas.

7. Students will demonstrate basic baking techniques including, yeast breads, flatbreads, cookies, cakes, custards, pies and candies.

8. Students will demonstrate proper work ethics, etiquette, vocabulary, management and courtesy during a variety of interpersonal tasks.

### **Materials:**

**Texts:** *Professional Baking, Third edition. Gisslen, Wayne. John Wiley & Son 2001, New York*

**Film, Videos/ Other Electronic Media:** *Food Inc* by filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. This video features interviews with such experts as Eric Schlosser (*Fast Food Nation*), Michael Pollan (*The Omnivore's Dilemma, In Defense of Food: An Eater's Manifesto*) along with forward thinking social entrepreneurs like Stonyfield's Gary Hirshberg and Polyface Farms' Joel Salatin, *Food, Inc.* reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation and where we are going from here.

### **Notification of the Right to Object to the Use of Materials**

Any resident of the district may raise objection to instructional materials used in the district's educational program despite the fact that the individuals selecting such materials were duly qualified to make the selection and followed the proper procedure and observed the criteria for selecting such material.

The first step in expressing objection is consultation with the classroom teacher or library staff and providing a brief written complaint. The staff member receiving a complaint regarding instructional materials shall try to resolve the issue informally through the discussion of the original assignment or the opportunity for an alternative assignment.

If not satisfied with the initial explanation or an alternative assignment, the person raising the questions will meet with a building administrator who, if unable to resolve the complaint, will provide a Request for Reconsideration form which will be given to the superintendent for action.

**Goals:** By the end of the Semester 1 and 2, 2012/2013, 100% of students will meet or exceed subject level learning standards in *Intro to Baking* as measured by a score of 71% or better on all graded and monitored assignments.

### **Citizenship and Evaluations:**

Attendance

- Attendance is critical to passing this class.

Participation

- Take part in classroom discussion.
- Complete all assignments, projects, presentations.

### Behavior

- Follow all rules and procedures.
- Treat everyone with kindness and respect.

### **Evaluation (grading):**

Grades may be comprised from scores in any of the following:

- Daily Opener
- Daily Assignment/Homework
- Lab Work
- Projects
- Presentations
- Quizzes
- Exams
- Class Participation

**Grading Scale:** Grading is based a point system. The points are totaled to determine the grade earned for each grading period. The scale is as follows: 100-90% **A**, 89-80% **B**, 79-70 **C**, 69-60 **D**, 59 or below **F**.

### **Makeup Policy:**

- All school policies apply. See Handbook.
- It is the responsibility of the student to make up all missed work and as soon as possible after returning to school.
- Upon return to school it is the student's responsibility to contact the teacher before 8:00am or after 2:45pm to receive makeup work.
- A student missing two days or more will be given an extra two days to make up missed work.
- Remember there is no late work in the real world! This policy is extremely generous and should not be taken advantage of.

**Extra Credit Policy:** Up to 20 Extra credit points are available to all students that volunteer for culinary afterschool projects.

### **Course Content:**

**Week 1:** Introductions, class bonding, expectations, rules and basic instructions for the class procedures followed by an in-depth exploration into the history and art of baking.

**Week 2:** Begin the introduction to Kitchen Safety and Sanitation. This includes food storage, methods for defrosting/thawing food, the concept of FIFO (First in-First out) Rotation of new products, proper hand-washing techniques, cross-contamination, kitchen and workplace safety and food allergies.

**Week 3: Lesson One “Introduction to Professional Baking”** Read text Chapter 1, *Basic Principles of Baking*

1. Explain the importance of weighing baking ingredients.
2. Use a digital baker’s scale.
3. Use formulas based on baker’s percentages.
4. Explain the factors that control the development of gluten in baked products.
5. Explain the changes that take place in a dough or batter as it bakes.
6. Prevent or retard the staling of baked items.

**Week 4: Lesson One continued.** Read text Chapter 2, *Introduction to Baking Ingredients*

1. Understand the characteristics and functions of the major baking ingredients.
2. Make appropriate adjustments in formulas when substituting ingredients, such a milk, or dry yeast for cake yeast.
3. Indentify the main types of wheat flours by sight and feel.

**Week 5: Lesson Two “Yeast breads”** Read Chapter 3, *Understanding Yeast Dough*

1. List and describe the twelve basic steps in the production of yeast goods.
2. Explain the three basic mixing methods used for yeast dough’s.
3. Understand and control the factors affecting dough fermentation.
4. Recognize and correct faults in yeast products.

**Week 6: Lesson Two continued.** Read Chapter 4, *Lean Yeast Dough*

1. Prepare lean straight dough’s and sponge dough.
2. Prepare natural starters and yeast starters, and mix sour dough’s using them.
3. Make up a variety of loaf and roll types using lean dough.
4. Prepare a variety of specialty bread items with nonstandard makeup and baking techniques, including bagels.

**Week 7: Lesson Two Continued.** Read Chapter 5, *Rich Yeast Dough*

1. Produce simple sweet dough’s.
2. Produce rolled-in yeast dough’s.
3. Produce a variety of toppings and fillings for a rich yeast dough.
4. Make up a variety of products using sweet dough’s and rolled-in dough’s, including Danish pastry and croissants.

**Week 8:** Movie “*Food Inc.*,” by filmmaker Robert Kenner lifts the veil on our nation’s food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government’s regulatory agencies, USDA and FDA. This video features interviews with such experts as Eric Schlosser (*Fast Food Nation*), Michael Pollan (*The Omnivore’s Dilemma*, *In Defense of Food: An Eater’s Manifesto*) along with forward thinking social entrepreneurs like Stonyfield’s Gary Hirshberg and Polyface Farms’ Joel

Salatin, *Food, Inc.* reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation and where we are going from here.

**Week 9: Lesson 3 “Quick breads, Doughnuts, Basic Sauces, and Pie”**  
Read Chapter 6, *Quick Breads*

1. Prepare baking powder biscuits and variations of them.
2. Prepare muffins, loaf breads, coffee cakes, and corn breads.
3. Prepare popovers.

**Week 10: Lesson 3 continued.** Read Chapter 7, *Doughnuts, Fritters, Pancakes, and Waffles*

1. Prepare doughnuts and other deep-fried desserts and pastries.
2. Prepare pancakes and waffles.
3. Prepare crepes, and crepe desserts.

**Week 11: Lesson Three continued.** Read chapter 8, *Basic Syrups, Creams, and Sauces*

1. Cook sugar syrups to various stages of hardness.
2. Prepare whipped cream, meringues, custard sauces, and pastry cream variations.

**Week 12: Lesson Three continued.** Read Chapter 9, *Pies*

1. Prepare pie dough.
2. Roll pie dough and line pie pan.
3. Fill, assemble, and bake single-crust, double-crust, and lattice-topped pies.
4. Form and bake pie shells for unbaked pies.
5. Prepare fruit fillings.
6. Prepare custard filling.
7. Prepare cream filling.
8. Prepare chiffon filling.

**Week 13: Lesson 4 “Pastries, Tarts, and Cakes”** Read Chapter 10, *Pastry Basics*

1. Prepare pastry dough.
2. Prepare pate a choux (éclair paste).
3. Prepare strudel dough, handle commercial phyllo (strudel dough)
4. Bake meringue and assemble desserts using meringues.

**Week 14: Lesson 4 continued.** Read Chapter 11, *Tarts and Special Pastries*

1. Prepare baked and unbaked tarts and tartlets.

**Week 15: Lesson 4 continued.** Read Chapter 12, *Cake Mixing and Baking*

1. *Perform basic cake mixing methods*
2. Produce high-fat or shortened cakes, including high-ratio cakes and cakes mixed by creaming.
3. Produce foam-type cakes, including sponge, angel food, and chiffon cakes.
4. Scale and bake cakes correctly.
5. Correct cake failures and defects.

**Week 16: Lesson 4 continued.** Read Chapter 13, *Assembling and Decorating Cakes*

1. Prepare Icings.
2. Assemble and ice simple layer cake, sheet cakes and cupcakes
3. Make and use a paper decorating cone.
4. Use a pastry bag to make simple icing decorations.

**Week 17:** Finals Week. Design, plan, and prepare samples for new trendy downtown restaurant management team tasting. Students will design, plan, cost out, control portion size and prepare 1 hard crust bread, 1 soft dough bread (Flat Bread), 1 signature cake, 1 signature pie, and 1 custard or pudding, 1 confectionery (ex. Fudge, divinity, ect...).

**Week 18:** Sanitation and Kitchen cleaning. Missed work make up.