

**Strand 1: Consistently demonstrate workplace safety, food safety, and sanitation techniques**

**Standard 1: Review established safety rules and guidelines in a work environment**

**Standard 2: Review health and hygiene requirements for food handling**

**Standard 3: Review food-borne illness and prevention**

**Strand 2: Explore the baking and pastry industry, education, and career opportunities**

**Standard 1: Explore the baking and pastry educational opportunities**

American Culinary Federation (ACF)

Retail Baking of America (RBA)

Certifications ranges from novice to master's level, with a variety of specializations

**Standard 2: Analyze the career opportunities available in the baking and pastry industry**

Entrepreneurship

Restaurants

Gourmet Shop

Cafes

Specialized confectioners

Corporation

Wholesale bakeshops

Hotels Grocery

Stores

Commercial

**Strand 3: Apply necessary skills for baking and pastry production.**

**Standard 1: Employ proper measuring techniques**

Utilize weights and measures by demonstrating proper scaling and measurement

Compare and contrast volume and weight measurements

Select the appropriate tools for the task

Apply the baking formulas

Bakers' Percentage

Examine the difference between standardized recipes and traditional recipes

**Standard 2: Define terms related to baking and pastry methods, processes, and techniques**

Docking: Pricking a pie crust to allow steam to escape while baking

Blind Baking: baking a pie crust or pastry without the filling

Tempering: Bringing two liquids together to a similar temperature by combining them completely

Fold in: incorporating two mixtures together delicately. Mix by cutting down the center of the mixture

Cut in: Using a solid fat worked into flour until the pieces of fat are very small

Cream: Using a solid fat beaten together with sugar to form a web of air between the fat and sugar. Light

Blooming: soften gelatin in cool liquid before using. Ensures a smooth texture in the final product

Caramelization: Browning of sugars by heat. Creating a complex flavor

Leavening: Process of baked goods rising. Three categories are, Chemical leaveners (Baking soda or powder)

Gelatinization: Process by which starch granules absorb water and swell in size

Proof: Final rise of a yeast bread product prior to baking

Oven Spring: Final burst of rising just after a yeast product is put in the oven before crust hardens

Gluten: Protein in wheat, barley, and rye. Found in the endosperm of the grain

Batter: Semi- liquid mixture containing a flour or other starch that provides structure

Dough: Thick, malleable, often elastic mixture that is stiff enough to knead or roll

Meringue: Delicate, frothy mixture made with beaten egg whites and sugar

Swiss: Sugar and egg heated together, to 160F and then whipped to desired peaks

Italian: Made with boiling sugar syrup

French: Whisk the egg whites, then adding granulated sugar until the desired peaks are reached

Pasteurized: process of heating a food to a certain temperature for a certain amount of time to reduce c

Streusel: Crumbly topping for baked goods made of flour, fat, sugar, and flavoring(s)

Puree: Cooked food usually fruits or vegetables that have been ground, pressed, or blended to a paste o

Review mise en place techniques

Prepare a sequence and prioritized timeline

Discuss the importance of planning and preparation in baking and pastry

Inventory (Ingredients, equipment)

### **Standard 3: Explore the equipment utilized by the baking and pastry industry**

Explore oven types and benefits of use

Explore large production equipment utilized in baking and pastry

## **Strand 4: Demonstrate yeast bread preparation skills**

### **Standard 1: Discuss the types of flours and yeasts used in baking and pastry**

Review common baking ingredients

Compare and contrast the variety of flours and uses for each

Dietary needs

Celiac & Gluten intolerance

End Product

Crumb

Compare and contrast types of yeasts used in baking

Dry yeast

Active & Instant

Cake Yeast (fresh)

Preferments

### **Standard 2: Analyze the difference between the types of yeast dough and mixing methods**

Enriched Dough (challah, brioche, crescent, sweet dough)

Adding fat and/or sugar.

Lean Dough (french bread, sandwich bread, pizza crust, bagels, pita).

Practice the stages of proper mixing.

Pick up period

Blending of ingredients

Clean up

Dough begins to come together

Initial Development

Gluten beginning to develop

Final Period

Gluten developed, dough is smooth and elastic

Straight Mixing Method

Ingredients added together all at once. As a result, the dough can lack flavor and shelf-life.

Sponge Mixing Method

Yeast is mixed with a portion of the flour and water then allowed time to develop (sponge) prior to mixing

Brioche Mixing Method

Sponge method with butter added as the last ingredient.

Completion of dough preparation.

Fermentation

Shaping

Panning

Proofing

Baking

Finishing

**Standard 3: Discuss proper holding and storage of yeast breads**

Cooling

Packaging

Paper

Plastic

Refrigeration vs. Freezing

Sustainability

Usable waste (bread pudding, croutons)

**Strand 5: Explore and produce a variety of fillings**

**Standard 1: Demonstrate the production and use of a cream filling**

Stirred Custard/Pudding

Curd

Flavored custard that contains butter and acidic fruit.

Pastry cream

Explore the fillings that can be produced from a pastry cream.

Mousse

Bavarian Cream

Ice Cream

Baked Custard

Pie filling

Bread Pudding

Crème Brûlée

Flan

**Standard 2: Demonstrate the production and use of a fruit filling**

Whole fruit filling  
Apple Pie  
Macerated fruit filling  
Compote  
Jam/jelly

**Standard 3: Demonstrate the production and use of baking and pastry finishes**

Icing  
Glazes  
Sauces  
Ganache  
Marzipan

**Strand 6: Explore a variety of pastry doughs**

**Standard 1: Differentiate between the four types of pastry doughs**

Short Dough (tart crust, short bread)  
High percentage of fat produces a tender and crumbly crust.  
Flaky Dough (traditional pie crust)  
Cut in doughs using a solid fat, leaves flakes of visible fat.  
Pâte à Choux (eclairs, cream puff)  
Cooked batter, that expands when baked. Liquid, fat, flour, and eggs.  
Laminate Dough (danish, puff pastry, croissant)  
Layers of fat folded and rolled into dough.

**Strand 7: Explore a variety of cake preparations and finishes**

**Standard 1: Explore the preparation techniques of cake batters**

Mixing methods  
Blending method  
Combine the dry and wet ingredients separately then add wet to dry ingredients together.  
Creaming method  
Cream together sugar and fat, add eggs followed by the rest of the ingredients.  
Two stage method (muffin method)  
Dry ingredients mixed with the liquid added in stages.  
Foaming method  
Eggs whipped and beat to incorporate air before it is mixed into a batter. Eggs used as the leavening agent

**Standard 2: Explore assembling and finishing techniques of cakes**

Layered  
Filled  
Glazed  
Iced/frosted/decorated

**Standard 3: Discuss proper holding and storage of cakes**

Cooling  
Packaging

Paper  
Plastic  
Storage  
Sustainability  
Reuses of cake (cake pops, trifle)

## Strand 8: Explore a variety of cookies

### **Standard 1: Differentiate between the six mixing methods for cookies**

Drop (chocolate chip, oatmeal)

Made from dough firm enough to be spooned or scooped onto a baking sheet.

Bar/Sheet (lemon bar, brownie)

Baked in large sheets and portioned after baking.

Rolled/Cut Out (sugar, gingerbread cookie)

Dough prepared, chilled and rolled then cut into desired shape before cooking.

Molded (Spritz, almond crescent)

A dough stiff enough to be formed by hand, stamped, pressed or piped.

Twice baked (biscotti)

Prepared in a log or loaf, baked then cooled, sliced and re-baked.

Piped (Macarons)

Batter is placed in a piping bag and piped into shapes on a sheet pan.

### **Standard 2: Discuss proper holding and storage of cookies**

Cooling

Packaging

Paper

Plastic

Storage

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