

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: BAK 128 **Credits:** 3

Course Title: Principles of Baking

Course Description:

Instructs the student in the preparation of breads, pastries, baked desserts, candies, frozen confections, and sugar work. Applies scientific principles and techniques of baking. Promotes the knowledge/skills required to prepare baked items, pastries, and confections. Prerequisites or Co-requisites: HRI 115 and CUL 106 or approval by the program. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

General Course Purpose:

This course consists of the study and preparation of breads, pastries, baked desserts, chocolate, and frozen confections.

Course Prerequisites/Corequisites:

Prerequisites or Co-requisites: HRI 115 and CUL 106 or approval by the program.

Course Objectives:

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

- Select and use knives, hand tools, utensils, and equipment to decorate, weigh, measure, maintain holding temperature, bake, cook, whip, refrigerate, fold, grate, pipe, coat, or otherwise produce food in the pastry shop;
- Prepare breads, rolls, quickbreads, muffins, and other similar bakery items;
- Prepare cakes, fillings, toppings, frostings, icings, and sauces;
- Prepare appropriately decorated and garnished pies, cakes, pastries, tarts, cookies, meringues, soufflés, and other baked desserts;
- Prepare chocolate;
- Prepare ice cream, sorbet, and other frozen confections;
- Prepare assorted dessert sauces;
- Prepare basic plated desserts and appropriate accessories; and
- Discuss classical desserts and the pathway to modern desserts.

Major Topics to be Included:

- Basic scientific principles
- Ingredients
- Understanding yeast dough
- Yeast dough techniques
- Quick breads
- Crepes and fritters
- Basic syrups, creams, icings, and sauces
- Pastries
- Pies
- Cake mixing and baking

- Assembling and decorating cakes
- Cookies
- Custards, puddings, mousses
- Fruit desserts and dessert presentation
- Plated desserts and composition

Effective Date/Updated: August 1, 2024