

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: BAK 299 **Credits:** 3

Course Title: Supervised Study: Capstone Study in Pastry Arts

Course Description:

Assigns problems for independent study incorporating previous instruction and supervised by the instructor. Provides the student and instructor an opportunity to work together to identify the critical areas of need in the student's repertoire. An individualized plan will be developed to address the student's weaknesses and to lead progressively to a group demonstration of critical skills. Individual assessment constitutes the majority of this course. Lab, lecture, research, and out-of-class projects will be utilized. Prerequisites: BAK 281, BAK 286, BAK 288, HRI 25. Laboratory 15 hours. Total 15 hours per week. 3 credits

General Course Purpose:

This is a skills-based course designed to certify competency in a defined skill set. The student's areas of strength and weakness will be identified, and individual strategies will be developed to assist the student in demonstrating proficiency in the competencies.

Course Prerequisites/Corequisites:

Prerequisites: BAK 281, BAK 286, BAK 288, HRI 251

Course Objectives:

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

- Use common culinary tools and equipment;
- Discuss the role of nutrition in cuisine;
- Prepare classical and modern sauces;
- Prepare classical, modern, international, and cold soups;
- Demonstrate proficiency in the basic cooking methods, including sautéing, pan searing, pan frying, deep frying, roasting, baking, poaching, steaming, simmering, boiling;
- Apply principles of safe and sanitary food production;
- Plan cost effective menus;
- Prepare food items for all meal periods;
- Present food in buffet and plated styles;
- Demonstrate effective job-seeking skills, including interviews, portfolio preparation, résumé building, and other essential topics to securing a position and career progression tracks;
- Identify common ingredients through taste, touch, sight, and smell;
- Prepare focused menus with proper costing, menu price, preparation, and sanitation practices;
- Work effectively with a team and operate an effective service; and
- Participate in community service events.

Major Topics to be Included:

- Product identification

- Cooking techniques
- Menu planning and costing
- Safe, sanitary, and efficient kitchen behavior
- Mise en place technique and organization
- Food presentation techniques

Effective Date/Updated: August 1, 2024