



Module Description 2019/20

Module Title:	Pastry And Baking Essentials		
Module Code:	CAPM 121		
Programme of Study/ Year of Study:	Culinary Arts/ Year 1		
Group:	CA I	Semester:	Spring
Number of Hours Taught:	2 theory and 4 lab per week	ECTS:	5

Instructor:	Christina Georgiadi		
Office Hours:	Wednesday: 15:30 - 16:30		
Office No:	210	Office Tel:	22404842
E-mail:	cgeorgiades@hhic.mlsi.gov.cy		

Pre-requisite

None

Module Rationale

This module is designed to introduce the students in basic skills and techniques related to the production of an assortment of bakery and confectionary goods.

Aims

This course provides the fundamental theories, skills and techniques related to introductory baking and pastry. Emphasis is placed on applying the basic pastry and baking principles related to mixing methods, piping techniques for cake decoration and exposure to classical and traditional culinary applications.

Intended Learning Outcomes

On successful completion of this module the students will be able to:

- Work collaboratively and independently within the baking and pastry workshop.
- Adopt correct usage of baking and pastry laboratory equipment in accordance to safety regulations.
- Develop a strong foundation using basic baking and pastry skills and techniques.
- Produce a range of classical bakery and confectionary items by incorporating a wide range of ingredients.
- Recognise faults and apply the appropriate correction procedures.
- Apply proper storing and handling practices of prepared baking and pastry products



Methods of Teaching/Learning:

1. Lectures
2. Class Discussions
3. Workshop Demonstrations
4. Workshop Assignments

Assessment:

The students will be assessed in both theoretical and practical aspects of the module. It should be noted that in order for the students to succeed in these module, they should achieve **at least** a score of **50% in the theoretical part** and **50% in the practical part** of the subject.

Theoretical: 40 %

• Coursework	30 %	} 100%
• Quizzes / Tests	30 %	
• Final Written Examination	40 %	

Practical: 60 %

• Continuous Workshop Assessment (Individual and Group Work)	60 %	} 100%
• Final Practical Assessment	40 %	

Module Requirements:

Refer to the Students' Manual Appendix I Culinary Arts Workshop Requirements.



Module Plan and Content

Week	Dates	Topics to be Covered	Reference Chapter / Material
1.	27/01– 31/01	<p><u>Introduction & Pastry Batters</u></p> <p>Theory:</p> <ul style="list-style-type: none"> • Baking and Pastry Essentials • Tools and Equipment Identification • Weights and Measures • Basic Baking Ingredients <p>Demonstration and Practice:</p> <ul style="list-style-type: none"> • French Crêpes • American Pancakes • Waffles 	<ul style="list-style-type: none"> • Chapter 15 Page: 537 • Instructor's Notes
2.	03/02-07/02	<p><u>Flan and Pies</u></p> <p>Theory:</p> <ul style="list-style-type: none"> • Flan and Pie Doughs Theory <p>Demonstration:</p> <ul style="list-style-type: none"> • Pâte Brisée (Rubbing in method) • Pastry Cream • Quiche Loraine • English Type Apple Pie • Tarte aux Fruits Au Crème Patisserie • Pâte Sucrée (Creamy Method) • Frangipane • Tarte Aux Fruits Au Crème Frangipane 	<ul style="list-style-type: none"> • Chapter 14 Pages: 446 – 458 Pages: 476 – 479 • Instructor's Notes
3.	10/02-14/02	<p>Theory</p> <ul style="list-style-type: none"> • Flan and Pie Doughs Theory • Practice Analysis <p>Practical Assessment</p> <ul style="list-style-type: none"> • Flan and pies 	<ul style="list-style-type: none"> • Chapter 14 Pages: 446 – 458 • Instructor's Notes
4.	17/02-21/02	<p><u>Choux Pastry</u></p> <p>Theory:</p> <ul style="list-style-type: none"> • Choux Pastry Theory • Theory Related to Basic Pastry Creams <p>Demonstration:</p> <ul style="list-style-type: none"> • Pâte à Choux • Ganache, Pastry Cream • Chocolate Sauce, Chantilly Cream • Choux à la Crème, Éclairs au Chocolat • Profiteroles au Chocolat 	<ul style="list-style-type: none"> • Chapter 14 Pages: 459 – 462 Pages: 476 – 480 • Instructor's Notes
5.	24/02-28/02	<p>Theory:</p> <ul style="list-style-type: none"> • Pâte à Choux Theory • Practice Analysis 	<ul style="list-style-type: none"> • Chapter 14 Pages: 459 – 462 Pages: 476 – 480



Week	Dates	Topics to be Covered	Reference Chapter / Material
		Practical Assessment: <ul style="list-style-type: none"> • Choux à la Crème • Éclairs au Chocolat • Pastry Cream 	<ul style="list-style-type: none"> • Instructor's Notes
6.	03/03-06/03	Cakes Theory: <ul style="list-style-type: none"> • Chemical Raising Agents • Quick Breads Demonstration and Group Work: <ul style="list-style-type: none"> • Scones • Crumpets • English Muffins • American Muffins 	<ul style="list-style-type: none"> • Chapter 14 Pages: 497 • Instructor's Notes
7.	09/03-13/03	Theory: <ul style="list-style-type: none"> • Theory Related to The English Type Cakes • Sponge Cake Theory Demonstration And Group Work: <p><u>Pound Cake</u></p> <ul style="list-style-type: none"> • Cake Marbré • Cake aux Fruits • Carrot Cake <p><u>Pâte à Genoise (Sponge Cakes)</u></p> <ul style="list-style-type: none"> • Vanilla Genoise • Chocolate Genoise • Nut Genoise 	<ul style="list-style-type: none"> • Chapter 15 Pages: 491 – 494 • Instructor's Notes
8.	16/03-20/03	<u>Tortes & Gâteaux</u> Theory: <ul style="list-style-type: none"> • Torte & Gâteaux Theory • Assembling and Decorating Tortes and Gâteaux Demonstration: <ul style="list-style-type: none"> • Gâteau Mocha • Gâteau au Chocolat • Trifle Gâteau 	<ul style="list-style-type: none"> • Chapter 15 Pages: 491 – 494 Instructor's Notes
9.	23/03-27/03	Theory: <ul style="list-style-type: none"> • Torte & Gâteaux Theory • Assembling and Decorating Tortes and Gâteaux • Practice Analysis Practical Assessment: <ul style="list-style-type: none"> • Gâteau Mocha • Gâteau au Chocolat • Gâteau Trifle 	<ul style="list-style-type: none"> • Instructor's Notes



Week	Dates	Topics to be Covered	Reference Chapter / Material
10.	30/03-03/04	Cyprus Sweets Theory: <ul style="list-style-type: none"> • Traditional Cyprus Sweets Demonstration and Group Work: <ul style="list-style-type: none"> • Daktyla/Bourekia Paste • Daktyla • Bourekia • Pites tis Satzis • Bourekia tis Satzis 	• Instructor's Notes
11.	06/04-10/04	Theory: <ul style="list-style-type: none"> • Project Presentation Demonstration and Group Work: <ul style="list-style-type: none"> • Baklavas, Galaktoboureko • Kateifi, Folies • Flogeres, Saragli 	• Instructor's Notes
12.	13/04-14/04 & 22/04-24/04	Theory: <ul style="list-style-type: none"> • Project Presentation Final Practical Assessment (Group A)	
	15/04-21/04	EASTER HOLIDAYS	
13.	27/04-30/04	Theory: <ul style="list-style-type: none"> • Project Presentation Final Practical Assessment (Group B)	
14.	04/05-08/05	Revision	

Essential Reading

- Campbell, J., Farrelly, G., Foskett, D., Paskins, P. and Rippington, N., 2012. *Practical Cookery*, 12th ed. London: Hodder Education.
- Lecturer's handouts based on the course content

Additional Reading

- Gisslen, W., 2012. *Professional Baking*. 6th Ed. Hoboken: Wiley
- Gisslen, W., 2013. *The Professional Bakeshop*. Hoboken, New Jersey: John Wiley & Sons, Inc.
- Labenskey, S., Martel, P. And Van Damme, E., 2012. *On Baking*. 3rd ed. New Jersey: Prentice Hall
- The Culinary Institute of America, 2009. *Baking & Pastry: Mastering the Art and Craft*. 2nd ed. New Jersey: John Wiley & Sons, Inc.
- Αμερικάνικό Ινστιτούτο Μαγειρικής (CIA), 2010. *Το Βιβλίο του Σεφ*. 8^η εκδ. Θεσσαλονίκη: Μιλιάρης – Παιδεία, Α.Ε.

