

# Baking & Pastry (2020): Grades 9-12

Consistently demonstrate workplace safety, food safety, and sanitation techniques. 1

- 1 Review established safety rules and guidelines in a work environment. 1.1
- 2 Review health and hygiene requirements for food handling. 1.2
- 3 Review food-borne illness and prevention. 1.3

Explore the baking and pastry industry, education, and career opportunities. 2

- 1 Explore the baking and pastry educational opportunities 2.1
  - 1 American Culinary Federation (ACF) 2.1.1
  - 2 Retail Baking of America (RBA) 2.1.2
  - 3 Certifications range from novice to master's level, with a variety of specializations. 2.1.3
- 2 Analyze the career opportunities available in the baking and pastry industry. 2.2
  - 1 Entrepreneurship 2.2.1
  - 2 Restaurants 2.2.2
  - 3 Gourmet Shops 2.2.3
  - 4 Cafes 2.2.4
  - 5 Specialized confectioners 2.2.5
  - 6 Corporations 2.2.6
  - 7 Wholesale Bakeshops 2.2.7
  - 8 Hotels 2.2.8
  - 9 Grocery Stores 2.2.9
  - 10 Commercial 2.2.10

## Apply necessary skills for baking and pastry production. 3

### 1 Employ proper measuring techniques. 3.1

- 1 Utilize weights and measures by demonstrating proper scaling and measurement. 3.1.1
  - 2 Compare and contrast volume and weight measurements. 3.1.2
  - 3 Select the appropriate tools for the task. 3.1.3
  - 4 Apply the baking formulas (Bakers' Percentage) 3.1.4
  - 5 Examine the difference between standardized recipes and traditional recipes. 3.1.5
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### 2 Define terms related to baking and pastry methods, processes, and techniques. 3.2

- 1 Docking 3.2.1
  - 2 Blind Baking 3.2.2
  - 3 Tempering 3.2.3
  - 4 Fold in 3.2.4
  - 5 Cut in 3.2.5
  - 6 Cream 3.2.6
  - 7 Blooming 3.2.7
  - 8 Caramelization 3.2.8
  - 9 Leavening 3.2.9
  - 10 Gelatinization 3.2.10
  - 11 Proof 3.2.11
  - 12 Oven Spring 3.2.12
  - 13 Gluten 3.2.13
  - 14 Batter 3.2.14
  - 15 Dough 3.2.15
  - 16 Meringue 3.2.16
  - 17 Pasteurized 3.2.17
  - 18 Streusel 3.2.18
  - 19 Puree 3.2.19
  - 20 Review mise en place techniques 3.2.20
  - 21 Prepare a sequence and prioritized timeline. 3.2.21
  - 22 Discuss the importance of planning and preparation in baking and pastry (Inventory of ingredients and equipment) 3.2.22
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### 3 Explore the equipment utilized by the baking and pastry industry. 3.3

- 1 Explore oven types and benefits of use. 3.3.1
  - 2 Explore large production equipment utilized in baking and pastry. 3.3.2
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**Demonstrate yeast bread preparation skills.** 4

**1 Discuss the types of flours and yeasts used in baking and pastry.** 4.1

- 1 Review common baking ingredients. 4.1.1
  - 2 Compare and contrast the variety of flours and uses for each. 4.1.2
    - 1 Dietary needs (Celiac & Gluten intolerance) 4.1.2.1
    - 2 End Product (Crumb) 4.1.2.2
  - 3 Compare and contrast types of yeasts used in baking. 4.1.3
    - 1 Dry yeast (Active & Instant) 4.1.3.1
    - 2 Cake Yeast (fresh) 4.1.3.2
    - 3 Preferments 4.1.3.3
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**2 Analyze the difference between the types of yeast dough and mixing methods.** 4.2

- 1 Enriched Dough (challah, brioche, crescent, sweet dough) 4.2.1
  - 2 Lean Dough (French bread, sandwich bread, pizza crust, bagels, pita) 4.2.2
  - 3 Practice the stages of proper mixing. 4.2.3
    - 1 Pick up period 4.2.3.1
    - 2 Blending of ingredients 4.2.3.2
    - 3 Clean up 4.2.3.3
    - 4 Initial Development 4.2.3.4
    - 5 Final Period 4.2.3.5
  - 4 Straight Mixing Method 4.2.4
  - 5 Sponge Mixing Method 4.2.5
  - 6 Brioche Mixing Method 4.2.6
  - 7 Completion of dough preparation. 4.2.7
    - 1 Fermentation 4.2.7.1
    - 2 Shaping 4.2.7.2
    - 3 Panning 4.2.7.3
    - 4 Proofing 4.2.7.4
    - 5 Baking 4.2.7.5
    - 6 Finishing 4.2.7.6
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**3 Discuss proper holding and storage of yeast breads.** 4.3

- 1 Cooling 4.3.1
  - 2 Packaging (Paper, Plastic) 4.3.2
  - 3 Refrigeration vs. Freezing 4.3.3
  - 4 Sustainability (Usable waste - bread pudding, croutons) 4.3.4
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**Explore and produce a variety of fillings. 5**

**1 Demonstrate the production and use of a cream filling. 5.1**

- 1 Stirred Custard/Pudding 5.1.1
  - 2 Curd 5.1.2
  - 3 Pastry cream (Explore the fillings that can be produced from a pastry cream) 5.1.3
    - 1 Mousse 5.1.3.1
    - 2 Bavarian Cream 5.1.3.2
    - 3 Ice Cream 5.1.3.3
    - 4 Baked Custard 5.1.3.4
    - 5 Pie filling 5.1.3.5
    - 6 Bread Pudding 5.1.3.6
    - 7 Crème Brûlée 5.1.3.7
    - 8 Flan 5.1.3.8
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**2 Demonstrate the production and use of a fruit filling. 5.2**

- 1 Whole fruit filling (Apple Pie) 5.2.1
  - 2 Macerated fruit filling (Compote, Jam/jelly) 5.2.2
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**3 Demonstrate the production and use of baking and pastry finishes. 5.3**

- 1 Icing 5.3.1
  - 2 Glazes 5.3.2
  - 3 Sauces 5.3.3
  - 4 Ganache 5.3.4
  - 5 Marzipan 5.3.5
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**Explore a variety of pastry doughs. 6**

**1 Differentiate between the four types of pastry doughs. 6.1**

- 1 Short Dough (tart crust, short bread) 6.1.1
  - 2 Flaky Dough (traditional pie crust) 6.1.2
  - 3 Pâte à Choux (eclairs, cream puff) 6.1.3
  - 4 Laminate Dough (danish, puff pastry, croissant) 6.1.4
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**Explore a variety of cake preparations and finishes. 7**

**1 Explore the preparation techniques of cake batters. 7.1**

- 1 Mixing methods 7.1.1
  - 1 Blending method 7.1.1.1
  - 2 Creaming method 7.1.1.2
  - 3 Two-stage method (muffin method) 7.1.1.3
  - 4 Foaming method 7.1.1.4

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## **2 Explore assembling and finishing techniques of cakes. 7.2**

- 1 Layered 7.2.1
  - 2 Filled 7.2.2
  - 3 Glazed 7.2.3
  - 4 Iced/frosted/decorated 7.2.4
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## **3 Discuss proper holding and storage of cakes. 7.3**

- 1 Cooling 7.3.1
  - 2 Packaging (Paper, Plastic) 7.3.2
  - 3 Storage 7.3.3
  - 4 Sustainability (Reuses of cake - cake pops, trifle) 7.3.4
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## **Explore a variety of cookies. 8**

### **1 Differentiate between the six mixing methods for cookies. 8.1**

- 1 Drop (chocolate chip, oatmeal) 8.1.1
  - 2 Bar/Sheet (lemon bar, brownie) 8.1.2
  - 3 Rolled/Cut Out (sugar, gingerbread cookie) 8.1.3
  - 4 Molded (Spritz, almond crescent) 8.1.4
  - 5 Twice baked (biscotti) 8.1.5
  - 6 Piped (Macarons) 8.1.6
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### **2 Discuss proper holding and storage of cookies. 8.2**

- 1 Cooling 8.2.1
- 2 Packaging (Paper, Plastic) 8.2.2
- 3 Storage 8.2.3