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*The American  
University of Florence*

**SYLLABUS**

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Academic Affairs

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Florence University of the Arts (FUA) is an academic institution for study abroad in Florence, Italy. FUA collaborates with The American University of Florence (AUF), an international university offering US-style undergraduate and graduate degrees, in a cooperation to offer study abroad programs with a diverse breadth and depth of academic curriculum.

FUA study abroad programs may include AUF offerings, which are US-aligned in terms of higher education standards as per the university's institutional structure. Common courses offered by FUA and AUF have been jointly selected by both institutions as eligible for mutual recognition and delivery. As such, equal academic standards, credibility, and outcomes are vetted by the Academic Offices of the institutions for all courses and syllabi offered in the study abroad program.

## **SCHOOL OF FOOD AND WINE STUDIES**

### **DEPARTMENT OF BAKING AND PASTRY**

#### **COURSE TITLE: ITALIAN CONFECTIONERY ART**

#### **COURSE CODE: FWBPIC440**

**3 semester credits**

### **1. DESCRIPTION**

Since it was invented, sugar has played a fundamental role in the evolution of pastry as we know it today. Its intriguing and complex chemistry is by far one of the most significant challenges of pastry arts. This course revolves around this fundamental pastry art ingredient, sugar, and its applications in confectionery. Students will experience a full immersion into the world of sugar, sugar preserves and small pastry decorations. Lessons will focus on the chemistry of sugars, on the suitable sugars for different types of preparations, and on traditional and contemporary confectionery art. Upon the successful completion of this course, students will be able to produce marmalade and jams, chutneys and Italian mostarda, candied fruits, and fruits preserved in syrup. Emphasis will be placed on candies and caramelized fruit production, sugared nuts (pralines) and a wide variety of torrone (nougat).

### **2. OBJECTIVES**

By the end of the course, students will be able to identify and properly use the advanced tools and equipment used in baking and pastry; describe the properties and functions of various ingredients used in the production of pastry items; recognize, produce, preserve, and use a variety of jams, marmalades, conserves, gelée, gelatin, pectin etc.

Students will produce basic confectionery products with an emphasis on a sound understanding of mixing methods, ingredient functions and cooking methods. They will also learn the structure of the pastry brigade and become confident using pastry tools and equipment.

The course objective is to provide students with a deep knowledge of Italian confectionery art. Students will be able to properly use tools and equipment used for producing and decorating candies, fondants, and small pastries. Through lectures and hands-on work, students will learn how to make different kinds of confectionery and to develop their ability in sugar works and decoration techniques.

### **3. REQUIREMENTS**

Baking Techniques I or equivalent.

### **4. METHOD**

This course consists of lectures, class discussions, and projects. Mediums for instruction used will include, but are not limited to, interactive and hands-on activities which challenge thought processes, academic texts and studies, videos, slides, guided problem solving, and experiential and/or field learning activities where applicable.

### **5. TEXTBOOK – FURTHER READINGS – RESOURCES**

TEXTBOOK (Copy available at the university library):

**The art of the confectioner** - Edwald Nötter - Wiley

The textbook is mandatory for successful completion of the course.

Where applicable, additional materials, handouts and/or notes will be provided by the instructor.

## **FURTHER READINGS**

On Baking: A Textbook of Baking and Pastry Fundamentals - 3th edition - Pearson

On Food and Cooking (*Sugars and confectionery Chapter*) - Harold McGee

The Art of the Chocolatier - Edwald Notter - Wiley

How Baking Works: Exploring the Fundamentals of Baking Science, Paula I. Figoni

Frinberg B. The Professional Pastry Chef, Wiley

Gisslen W. Professional Baking, 3rd Edition

Bruni Benson A. Solo Dolci: The Italian Dessert Cookbook

## **LIBRARIES IN FLORENCE**

Please consult the posted schedules for official opening times of the university library. Also note that the library is for consultation only and it is not possible to borrow materials. The library is equipped with a scanner and internet access so that you may save or email a digital copy of the pages needed.

Students may also utilize additional libraries and research centers within the local community:

### **BIBLIOTECA PALAGIO DI PARTE GUELFA**

Located in Piazzetta di Parte Guelfa between Piazza della Repubblica and Ponte Vecchio. Please consult the library website for hours of operation:

[http://www.biblioteche.comune.fi.it/biblioteca\\_palagio\\_di\\_parte\\_guelfa/](http://www.biblioteche.comune.fi.it/biblioteca_palagio_di_parte_guelfa/)

### **BIBLIOTECA DELLE OBLATE**

Located in via dell'Oriuolo 26. Please consult the library website for hours of operation:  
[www.bibliotecadelleoblate.it](http://www.bibliotecadelleoblate.it)

### **THE HAROLD ACTON LIBRARY AT THE BRITISH INSTITUTE OF FLORENCE**

Located in Lungarno Guicciardini 9. Please consult the library website for hours of operation. This library requires a fee-based student membership. For information: [www.britishinstitute.it/en](http://www.britishinstitute.it/en)

## **6. FIELD LEARNING**

Please consult your Official Registration for any mandatory field learning dates. Field Learning Activities cited in Official Registrations are an integral part of the course and also include an assignment that counts towards your final grade, details will be provided on the first day of class.

## **7. COURSE MATERIALS**

### **Professional Cooking Courses**

1. All students are strictly required to attend class wearing a clean uniform: the jacket provided by the institution, black pants, apron (color depending on the CA level), safety footwear, a white Chef's hat, and a set of knives. Students with long hair should tie hair back before wearing the hat. Students are not allowed to wear rings, earrings or any other visible piercings, bracelets, watches, and nail polish during lab hours. Students who are not dressed properly will not be allowed in class.
2. All students must attend class fully prepared and on time. Late students will not be accepted.
3. Carefully wash hands at the beginning of each class, before food is handled.
4. During professional cooking classes only small food tastings are allowed as the main purpose of these courses is to develop technical skills. Students are not allowed to take food out of the kitchen.
5. Students are also required to participate in a polite and responsible way. Students are not allowed to sit on the working stations. Students who disturb lessons or are disrespectful to the instructor or the other students will be asked to leave the class. Serious infractions will be evaluated by the Academic Office.
6. Cooking classes will include various tasks which all students must carry out. Classes will include all

different types of recipes and students are expected to actively participate in all lessons regardless of personal likes or dislikes.

7. Each student is responsible for washing all utensils used during class and keeping the working station clean and tidy, with all the utensils as listed in the station inventory. Two students at a time will tidy up the kitchen common areas during each class.
8. Students are responsible for kitchen utensils and maintenance of the equipment. The cost of a) any missing utensil b) damages due to student carelessness will be shared by all students.
9. No visits are allowed in class at any time.
10. The use of cellular phones is not allowed within the school building.

Should students wish to store materials or equipment, lockers are available with a deposit (given back after returning the key).

## **8. COURSE FEES**

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. The exact amount will be communicated by the instructor on the first day of class.

## **9. EVALUATION – GRADING SYSTEM**

10% Attendance

30% Class Participation and Assignments

20% Midterm Exam, Field Learning project (if applicable), Special/Research Project (if applicable), Practical Performance (if applicable)

20% Final Exam

20% Paper/Project

A = 93-100 %, A- = 90-92%, B+= 87-89%, B = 83-86%, B-=80-82%, C+ = 77-79%, C=73-76%, C-=70-72%, D = 60-69%, F= 0-59%, W = Official Withdrawal, W/F = Failure to withdraw by the designated date.

## **10. ATTENDANCE – PARTICIPATION**

Academic integrity and mutual respect between instructor and student are central to the academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

**Absences** are based on academic hours: 1 absence equals 3 lecture hours.

Two absences: 6 lecture hours, attendance and participation grade will be impacted.

Three absences: 9 lecture hours, the final grade may be lowered by one letter grade.

Four absences: 12 lecture hours, constitutes automatic failure of the course regardless of when absences are incurred.

Please note:

- The above hours refer to lecture hours. Please note that the contact / credit hour policy in the academic catalog includes additional distribution ratios according to delivery category. Ex: 1 absence equals 6 FL/SL/Lab hours or 9 EL hours.
- Hours may be distributed in different formats according to the academic course schedules.

### **LATE ARRIVAL AND EARLY DEPARTURE**

Arriving late or departing early from class is not acceptable. Two late arrivals or early departures or a combination will result in an unexcused absence. Travel is not an exceptional circumstance.

**TRAVEL (OR DELAYS DUE TO TRAVEL) IS NEVER AN EXCUSE FOR ABSENCE FROM CLASS.**

It is the student's responsibility to know how many absences are incurred. If in doubt, speak with your instructor!

**Participation:** Satisfactory participation will be the result of contributing to class discussions by putting forth insightful and constructive questions, comments and observations. Overall effort, cooperation during group work, proper care of work space and tools, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits.

## **11. EXAMS – PAPERS – PROJECTS**

**This course includes the evaluation of practical performances, that refers to all hands-on activities held during class and accounts for the 20% of the course grade.**

The final **Paper/Project** accounts for 20% of the course grade.

- Format: topic, length, guidelines, and due date will be provided on the course website
- Material for research will be available in the FUA Library in Corso Tintori 21.

**The Final exam accounts for 20% of the final course grade.**

For exam time and date consult the course website.

**The time and date of the exam cannot be changed for any reason.**

Format: the exam is divided into two sections:

- Part I: written test
- Part II: hands-on performance

The written test consists of:

- Part I: 10 Multiple choice questions. Each correct answer is worth 2 points, for a total of 20 points.
- Part II: 10 short-answer questions. Each correct and complete answer (concise explanations, main ideas, key words, names, etc.) is worth 5 points, for a total 50 points.
- Part III: two essay questions; each correct and complete answer is worth 15 points (based on content, vocabulary, detail, etc.) for a total of 30 points.

**The Final Exam is cumulative**

No pencil allowed. Blue and black pens only.

## **12. LESSONS**

Lesson 1	
Topic	<b>Introduction to the course</b> The history of confectionary art: from honey to sugar - Sugar as a preservative - Pectin gels - Focus on preservation techniques: canning, sous vide, syrup, alcohol - Definition of marmalade and jam - Storing and shelf-life - Safety and sanitation legislation
Lab	Lemon marmalade - Pear and ginger jam
Objectives	Understand the use of sugar as a preservative and how it modifies the consistency of ingredients - Learn the difference between jams and marmalades - Learn and understand the importance of sanitation in jam and marmalades production Understand the importance of pasteurization - Patogen anaerobic bacteria: understand what pasteurization is and the risks connected to botulin

Assignment	On Food and Cooking - H. McGee - Preserving fruits and vegetables / Sugar preserves
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Lesson 2	
Topic	<p><b>Chutneys</b></p> <p>Origins - Suitable ingredients and production techniques - Difference between chutney and jam - Difference between chutney and jelly - Suitable applications for sweet and savory preparations</p>
Lab	Spicy carrot and curry chutney - Tomato chutney - Mango and lime chutney
Objectives	<p>Learn the origins of chutney - Understand what pasteurization and botulin are</p> <p>Know the characteristics of a chutney - Understand how to combine the different flavors - Learn the use of natural thickeners to obtain a stable product</p> <p>Learn how to guarantee the shelf life of a product</p>
Assignment	Please refer to syllabus addendum

Lesson 3	
Topic	<p><b>Fruit “Mostarda”</b></p> <p>Origins and development of an Italian classic - Production techniques - Suitable applications and food pairing</p>
Lab	Mostarda di Cremona - Mostarda di Vicenza - Mostarda di Voghera
Objectives	<p>Know the history of “mostarda” - Learn the features and differences between “mostarde” - Understand the difference between the use of mustard seeds and powder - Learn which fruits can be used in italian “mostarda” preparation - Learn to balance the ingredients and to obtain a long shelf life</p>
Assignment	Please refer to syllabus addendum
Lesson 4	
Topic	<p><b>Fruit in syrup</b></p> <p>The importance of sugar syrup density in syrup-preserved fruit - Baume and Brix Scales - Acidulation - Choice of fruit - The importance of containers sterilization - Storing and shelf-life</p>
Lab	<p>Demo: Effects of syrup on fruit - test with three different types of syrup</p> <p>Pear and cinnamon - Apple, anise and raspberry</p>
Objectives	<p>Understand how to measure syrup density – Become confident with Baume and Brix Scales - Understand and learn the syrup balancing formulas for different textures, flavors and shelf life - Learn the production techniques</p>
Assignment	On food and cooking - H.McGee - Sugar candies and confectionery/cooking the syrup

Lesson 5	
Topic	<p><b>Candied fruit</b></p> <p>The evolution of candied fruit production - Suitable fruits for candied preparations</p> <p>Suitable techniques and sugars, depending on fruit varieties - Hot and cold candying</p> <p>- Overview of the most popular candied fruit maker in Italy: Mauro Morandin</p> <p>Storing and shelf-life</p>
Lab	Candied pear - Candied orange - Candied ginger

Objectives	Learn which types of sugar are suitable for candied fruit production - Become confident with production techniques - Learn how to choose fruit before candying - Learn how to candy citrus - Learn when it's better to apply hot or cold candying - Learn to choose when applying granulated sugar or syrup for candying
Assignment	See additional materials on course website

Lesson 6	
Topic	<p><b>Gelée de fruits</b></p> <p>The history and origin of gelée and the Italian version - The role of pectin in the production process - Survey of different types of pectin - The importance of pH for pectin action - Storing and shelf-life</p>
Lab	Pear gelée - Passion fruit gelée - Pineapple gelée
Objectives	<p>Learn the use of pectin in gelée production: application of different types</p> <p>Learn and understand the selection of suitable fruits for gelée preparation</p> <p>Learn the different effect of the texture with different pH and sugar content in fruits:</p> <p>Medium and Low pH - Learn how to balance fruit enzymes activity</p>
Assignment	<p>See additional materials on course website</p> <p>The Art of the Chocolatier pp. 86-89</p>

Lesson 7	
	Midterm Exam

Lesson 8	
	Mid-Term Break

Lesson 9	
Topic	<p><b>Caramelized fruit</b></p> <p>Sugar structure and caramelization - Suitable fruit - "Alternative" and classic sugars for caramelized fruit: glucose, inverted sugar, saccharose</p>
Lab	Caramelized: Tangerine - Red apple - Grapes
Objectives	Understand which is the most suitable fruit for caramelization - Learn the different stages of cooked sugar - Understand what types of sugar are suitable to prepare caramelized fruits - Learn how to store and preserving caramelized fruit
Assignment	<p>See additional materials on course website</p> <p>On Baking p. 653</p>

Lesson 10	
Topic	<p><b>Candies 1</b></p> <p>Definition of candies - Classic candies - Suitable sugars - Make-up methods: pouring and pulling - Suitable production process for the two different make-up methods</p>
Lab	Peppermint candies - Fruit candies - Twist candies

Objectives	Understand the suitable sugars for candies production - Learn the stages of cooked sugar and how caramelization affects color and aroma - Learn which kind of aromas are suitable for candies production - Learn the two different techniques: pouring and pulling
Assignment	On Food and Dooking - H.McGee - Sugar Candies and Confectionery

Lesson 11	
Topic	<b>Candies 2</b> The history of lollipops - The evolution of candies - Suitable methods and techniques
Lab	Lemon lollipops - Strawberry lollipops - Salty caramel lollipops - Spiral lollipops
Objectives	Learn the history of lollipops - Understand the difference between candies and lollipops - Learn how to color sugar to make lollipops
Assignment	On food and cooking - H.McGee - Sugar candies and confectionery

Lesson 12	
Topic	<b>Soaking sugar syrup (“bagna”)</b> History of liqueurs and anecdotes - Development of liqueurs in monasteries - The importance of tradition - Suitable uses and purposes - Laws on the use of alcoholics
Lab	Strawberry syrup (non-alcoholic) - Cointreau - Mint “rosolio” - Rose “rosolio”
Objectives	Learn to make alcoholic and non-alcoholic light syrups – Become confident with application to soak cakes and sponges - Understand herbs and edible flower alcoholic infusions Practice the use of Baume and Brix Scales - Learn the European laws on the use of alcoholics in pastry - Learn the traditional preparation method for Rosolio
Assignment	On Food and Cooking - H.McGee - Sugar Candies and Confectionery/Cooking the Syrup

Lesson 13	
Topic	<b>Sugared nuts (French-style pralines)</b> Famous Italian nuts and their applications in confectionary - The History of <i>croccante</i> Nut-roasting for flavor - Use of sugar or syrup
Lab	Sandy hazelnut - Sandy pistachio - Caramelized almond – Pine nuts “croccante”
Objectives	Understand the importance in the choice of dried fruit - Learn how and why roasting develops flavor of nuts - Understand when and how to make a fruit or chocolate frosted - Understand the importance of temperature and syrup density to obtain an excellent product - Learn how to prepare sandy nuts
Assignment	On Food and Cooking - H. McGee - Nuts and Other Oil-rich Seeds The Art of the Chocolatier pp. 64-66

Lesson 14	
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Topic	<b>Torrone/Nougat</b> The history of torrone - Torrone as an “aerated” candy - Method and skills Tradition and innovation - Soft and hard torrone - Focus on honey
Lab	Montelimar nougat (hard) - Soft sardinian nougat
Objectives	Learn the history of torrone - Become confident with the mixing method and the various reactions of sugars alternatives - Learn the tips for a successful torrone Learn how to make a hard or soft nougat - Become confident with the application of honey
Assignment	On Food and Cooking - H.McGee - Sugar Candies and Confectionery/Aerated Candies The Art of the Chocolatier pp. 80-82

Lesson 15	
	Final Exam