



## SYLLABUS

# PALAZZI FLORENCE ASSOCIATION FOR INTERNATIONAL EDUCATION FLORENCE UNIVERSITY OF THE ARTS APICIUS - INTERNATIONAL SCHOOL OF HOSPITALITY

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SCHOOL OF FOOD AND WINE STUDIES  
DEPARTMENT OF BAKING AND PASTRY  
**COURSE TITLE: ITALIAN CLASSICAL CAKES AND TARTS**  
**COURSE CODE: FWBPBC310**

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3 Semester Credits

### **1. DESCRIPTION**

Students will study the history and background of various national and regional desserts starting from a focus on the most important and typical Italian ingredients. Special attention will be paid to a detailed analysis of DOP and IGP products that are traditionally used in Italian pastry and their fundamental role for the identity of Italian cakes and tarts. The course will cover the origin of classical desserts and eventual variations from classical methods. Students will study a variety of doughs, batters, fillings and glazes with an emphasis on a thorough understanding of the techniques and proper skills for the execution of classic Italian desserts.

### **2. OBJECTIVES**

This course aims at teaching students the fundamentals of Italian traditional cakes production. Students will gain confidence with DOP and IGP Italian products used in traditional Italian pastry, with a focus on the most representative and commonly used ingredients. The course will offer a complete overview of Italian specialty ingredients, their features and applications. Students will have the opportunity to experience traditional preparations and learn methods, secrets and tips. Because Italian folklore, festivities and ingredients have a fundamental role in Italian gastronomic identity, the course will also highlight the symbolical meaning that is a part of many creations.

Upon successful completion of this course students will be able to:

- Produce Italian classic cakes, tarts and famous classic desserts
- Learn the alternative combinations of ingredients in classic desserts
- Express how Italian DOP and IGP ingredients used in traditional pastry, their origins, development and cultural relevance
- Understand the distinguishing features of Italian pastry creations and its close connections with people, places and ingredients

### **3. REQUIREMENTS**

Baking Techniques I or equivalent.

### **4. METHOD**

This course consists of lectures, class discussions, and projects. Mediums for instruction used may 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. TEXT BOOK – FURTHER READINGS – RESOURCES**

### **TEXT BOOK**

Cresci - Massari, Zoia - Chiriotti Editore

**On Baking: A textbook of baking and pastry fundamentals** - 3rd ed. - Pearson

The Textbooks are pre-ordered and available at: Paperback Exchange in Via delle Oche 4r or la Feltrinelli Via dei Cerretani 40R.

Textbooks may also be available for purchase online or in e-book format.

The text book is mandatory for successful completion of the course.

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

### **FURTHER READINGS**

*(Books listed below are available in the FUA library)*

Complete Italian food - A. & P. Carluccio - Quadrille Publishing

Gillian Riley - The Oxford Companion to Italian Food - Oxford University Press

C. Ingram - The World Encyclopedia - Cooking ingredients - Annes London 2002

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

Bruni Benson A. Solo Dolci: The Italian Dessert Cookbook

### **LIBRARIES IN FLORENCE**

The FUA library is located in Corso Tintori 21. Please consult the posted schedules for official opening times. 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 school, 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 FUA academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

On the **second absence** the attendance and participation grade will be impacted. Please note that missing certain field learning activities may count for more than one absence.

On the **third absence** the instructor may lower the final grade by one letter grade. (Example: Final grade average of 93% or A will become a B).

**The fourth absence constitutes automatic failure of the course. Students with excessive absences will be asked to withdraw with a W (if before the deadline) or leave the course with a WF.**

### **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 always the student's responsibility to know how many absences he or she has in a course. 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 and in-class activities, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits if applicable.

## **11. EXAMS – PAPERS – PROJECTS**

**This course includes the evaluation of practical performances, which 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: short-answer and/or multiple choice questions
- Part II: hands-on performance

**The Final Exam is cumulative**

No pencil allowed. Blue and black pen are the only acceptable.

## **12. LESSONS**

Lesson 1	
Topic	<b>Introduction to the course</b> Origins and development of Italian pastry art from South to North: distinctive features related to specific macro-areas - IGP and DOP Italian products commonly used in pastry - The identification of traditional cakes with specific products
Field learning activity	Field learning: visit to a local pastry shop & tasting
Objective	Understand the difference between DOP and IGP - Understand the origins of Italian pastry art – Gain confidence with the features of traditional Italian pastry recipes
Readings	See additional material on the course website

Lesson 2	
Topic	<b>Liqueurs in Italian traditional pastry</b> Description and purpose of liqueurs commonly used in Italian pastry - History of liqueur production - Focus on alchermes and rum - History of Babà and Torta Fedora
Lab	Torta Fedora - Babà napoletano - Torta Diplomatica Fiorentina
Objective	Learn the features of Italian traditional liqueurs and suitable applications - Learn to balance the amount of liqueur and how to dilute it to match recipes - Learn the features of Torta Fedora and its history - Know the origins and features of Babà - Understand the type of flour used for Babà preparation and the characteristics of the dough
Readings	Cresci Text Book read pg. 293/296 See additional material on the course website Complete Italian Food Ch. Wines & Drinks

Lesson 3	
Topic	<b>Nuts 1 - Hazelnuts &amp; Pinenuts</b> Nocciola tonda gentile del Piemonte IGP, Nocciola Viterbese, Nocciola di Giffoni, Pinoli di San Rossore Distinctive features and suitable uses of these top-quality nuts The use of nuts as part of the dough structure and as decorative patterns
Lab	Hazelnut cake -Torta della Nonna - <i>Prepare Genoise for Torta Delizia on lesson 3</i>
Objective	Gain confidence with the different types of nuts and their different features Learn to apply nuts in traditional cakes production - Understand the importance of traditional mixing methods - Comprehend the tips on how to make a custard-filled cake retain its characteristic dome shape and not collapse
Readings	See additional material on the course website Complete Italian Food Ch. Fruit & Nuts

Lesson 4	
Topic	<b>Nuts 2 - Almonds</b> Mandorla di Avola & Presidi Slow Food Pugliesi (Toritto e Ceglie Messapica) - Armellina Origins and development of almonds - Suitable application to traditional Italian pastry - Almond paste
Lab	Torta Delizia - Torta Salentina - <i>Prep. Spongecake for Cassata</i>
Objective	Understand the origins and importance of almond application in southern Italian pastry – Gain confidence with the different types of almonds and their flavors - Understand why almonds give ta characteristic sweet-soft texture - Gain confidence with the use of the piping bag and with various types of tips - Understand and learn to use different fats in pastry
Readings	See additional material on the course website Complete Italian Food Ch. Fruit & Nuts

Lesson 5	
Topic	<b>Cheese in Italian pastry</b> Focus on ricotta - Ricotta cheese production - Effects of ricotta on batter texture Almond application: Pasta Reale / Marzapane History of marzipan, production method, preservation and storage

Lab	Cassata Siciliana - Cannolo Siciliano
Objective	Know the history of Sicilian Cannoli and Cassata - Gain confidence with ricotta application in pastry preparations - Understand how ricotta affects texture - Learn how to use and prepare marzipan - Learn how to guarantee shelf-life for both cannoli and marzipan
Readings	See additional material on the course website Complete Italian Food pp. 246-247

Lesson 6	
Topic	<b>Alternative fats in traditional pastry: strutto and extra virgin olive oil</b> Application and effects of lard and olive oil in pastry preparations - Schiacciata alla Fiorentina: history, tricks and secrets - The difference between Schiacciata alla Fiorentina and Focaccia Pisana - Baking method and time - Potato starch as a substitute of wheat flour
Lab	Schiacciata alla Fiorentina tradizionale - Torta all'olio
Objective	Learn the tricks and secrets to prepare a quality Schiacciata alla Fiorentina - Learn to use alternative fats and their effects on the finished products - Understand the effect of starches on the dough - Understand the variation of shelf-life when using alternative fats
Readings	Cresci Text Book pg. 314 See additional material on the course website

Lesson 7	
	Mid-Term Exam

Lesson 8	
	Mid-Term Break

Lesson 9	
Topic	<b>Typical Italian fruits</b> Focus on: Mela della Val di Non DOP - Limone Costa d'Amalfi IGP Apple and Lemon structures and characteristics - Short crust dough applications: pasta frolla - Mixing method application: egg foam - Application of apples and lemons in traditional pastries
Lab	Crostata di mele all'Italiana - Delizia al limone
Objective	Learn the features and uses of fruits in traditional Italian pastry – Understand how fruit influence structure and texture - Learn to balance dairy products in presence of acidic fruit - Learn how fruit defines the seasonality of tarts and cakes
Readings	Cresci Text Book pg. 352 See additional material on the course website Complete Italian Food Ch. Fruit & Nuts

Lesson 10	
Topic	<b>Alternative sugars: honey</b> History and production process - Honey classification and features Effects of honey in a dough - Different shelf-life and natural preservative purpose - Effects of honey on final product texture History of Spongata cake and medieval heritage in Italian traditional pastry

	products
Lab	Spongata di Sarzana - Cavallucci o <i>Biriquocoli</i>
Objective	Learn the history of Spongata cake - Understand the influence of traditions in Italian traditional pastry - Learn how to use honey in traditional pastry preparations - Understand the features of honey - Understand how honey helps keep texture soft and increases shelf-life
Readings	Complete Italian Food pp. 215 See additional material on the course website

Lesson 11	
Topic	<b>Chestnuts and marrons</b> Italian IGP and DOP products and classification <b>Alternative flours 1</b> Farina di Neccio della Garfagnana DOP - Farina di castagne della Lunigiana DOP Applications of chestnut flour in pastries and effects on the dough structure Traditional Italian specialties for daily consumption and for celebrations
Lab	Monte Bianco - Castagnaccio - Necci con la ricotta
Objective	Understand the difference between Marrone and Chestnuts - Understand the importance of sustaining the past - Learn about the diffusion of these products in Italian traditions - Gain confidence with chestnut flour application - Learn suitable mixing and cooking methods for chestnut-based batter
	See additional material on the course website Complete Italian Food pp. 263-264

Lesson 12	
Topic	<b>Alternative flours 2 - Corn</b> Classification of corn varieties - Corn flour production - Influence of corn flour on cakes texture Application to Italian traditional pastry - Nuts applications in corn flour-based cakes
Lab	Sbrisolona - Amor Polenta (Torta di Varese)
Objective	Understand the history and features of Sbrisolona and Torta di Varese - Learn the diffusion and importance of corn in modern Italy - Understand the influence of corn on cakes texture - Learn mixing methods applied to the two cakes - Understand the reasons for their long shelf-life
Readings	Cresci Text Book pg.131 See additional material on the course website

Lesson 13	
Topic	<b>Cakes for Italian festivities: Christmas</b> The history of sweet breads and their symbolical meaning - Cultural and technical reasons for the presence of spices, nuts and candied fruits in many traditional Italian sweet preparations - The importance of spices from medieval gastronomy to present days
Lab	Panforte - Zelten
Objective	Learn the evolution of Panforte production - Learn how to apply and balance nuts and fruits in a mixture – Gain confidence with the use of spices in traditional pastry - Understand how spices, nuts and candied fruits can affect

	shelf-life - Understand why these desserts are offered all year long
Readings	See additional material on the course website

Lesson 14	
Topic	<b>Cakes for Italian festivities: Easter</b> History and features of Pastiera Napoletana - The symbolic use of cereal grains in pastry preparations - The use and purpose of floral essences in traditional pastry - Influence of religion and folklore on pastry creations: Pinza Triestina
Lab	Pastiera Napoletana - Pinza Triestina
Objective	Learn the history of traditional Easter cakes : Pastiera Napoletana and Pinza Triestina Understand the cultural differences between southern and northern Italian traditions Gain confidence with suitable proofing and cooking times in Pinza production - Understand the influence of religion and folklore on celebrating cakes
Readings	See additional material on the course website

Lesson 15	
	Final Exam