



SYLLABUS

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

SCHOOL OF FOOD AND WINE STUDIES

DEPARTMENT OF BAKING AND PASTRY

COURSE TITLE: BREADS OF ITALY: SPECIALTY BREADS AND PIZZA

COURSE CODE: FWBPSB350

3 Semester Credits

1. DESCRIPTION

Since ancient times, bread has had a significance that goes beyond mere sustenance. Almost every society in the world eats bread in some form, and bread has always been considered a symbol of life for all mankind. Bread celebrates life and plays a leading role in traditional celebrations and festivities. This course focuses on traditional Italian specialty breads, made with special or alternative flours, shaped by local folklore, and passed down from generation to generation like the most precious gift. Students will be introduced to natural yeast production and will learn how to keep the yeast alive, strengthening it for better leavening as well as the nutritional advantages and flavor development thanks to its use. The course offers a complete survey of traditional specialty breads, specialty flatbreads, sweet breads and rolls with an emphasis on old grain flour, alternative flours, and local folklore. In addition to this, students will be introduced to special diet baking through lessons on gluten-free bread and its complements. A special focus is dedicated to Italy's most famous baked product, pizza: through an in-depth analysis, pizza will be explained and enjoyed in all its most popular variations.

2. OBJECTIVES

The aim of the course is to complete the survey of traditional Italian breads with a focus on those products that are related to specific local traditions, folklore, and celebrations.

The course will place an emphasis on the choice of ancient grain flours for the production of traditional local breads.

In recent years, we have also seen an increase in the demand for gluten-free baked products and this course dedicates a section to bread made for these special requirements, including safety regulations for gluten-free certifications.

Upon successful completion of the course students will:

- Be able to identify a variety of traditional specialty breads
- Become confident with ancient grains flour application for rustic bread production
- Produce, refresh and apply natural yeast to bread production
- Understand the benefits of natural yeast in bread production
- Learn how to shape a variety of specialty breads, grissini and buns

- Learn how to prepare Italian traditional long shelf-life breads
- Learn all suitable methods for producing Italian pizza
- Become confident with different mixing, proofing, and baking methods for pizza production
- Understand the variety of deep-fried pizza products in Southern Italian tradition

3. REQUIREMENTS

There are no prerequisites for this course.

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

Carol Field, Ed Anderson - **The Italian Baker: The Classic Tastes of the Italian Countryside**
– Ten Speed Press

The Textbooks are pre-ordered and available at: Paperback Exchange in Via delle Oche 4r or laFeltrinelli 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)

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

On Baking: A textbook of baking and pastry fundamentals - 3th edition - Pearson

Labensky, Martel, Van Damme

Frinberg B. The Professional Pastry Chef, Wiley

Gisslen W. Professional Baking, 3rd Edition

Galli F. The Il Fornaio Baking Book: Sweet and Savory Recipes from the Italian Kitchen

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/

Biblioteca delle Oblate

Located in via dell'Oriuolo 26. Please consult the library website for hours of operation:

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

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, 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: short-answer and/or multiple choice questions
- Part II: hands-on performance

The Final Exam is cumulative

No pencil allowed. Only blue and black pen are acceptable.

12. LESSONS

Lesson 1	
Topic	<p>Starters Review of suitable starters for bread production NOTE: this part of the topic is included also in the Breads of Italy: Traditional breads, flatbreads, and rolls for the completeness of the information Focus on Natural Yeast Natural yeast: production methods, composition and controlled bacteria development – Benefits of natural yeast for flavor and shelf-life Differences among biga, polish and natural yeast Choosing the starter for the desired final texture and flavor</p>
Lab	Natural Yeast production Comparison among different methods: apple, grape, sparkling water, natural water, yogurt
Objectives	Learn the different effects of ingredients during the fermentation process Understand the right conditions for keeping the yeast alive and active Identify the effects of different sources of acidity (lactic acid and acetic acid)
Readings	https://www.researchgate.net/publication/273770032 Mother dough in bread making See additional material on the course website

Lesson 2	
Topic	<p>Natural yeast & traditional breads Bread in Italian mountain tradition: application of rustic and alternative flour Application of chestnut flour for flavor Bread structure: natural yeast as a balancing ingredient Increased bread shelf-life Refreshing Natural Yeast: suitable methods (classic, water bath, tied)</p>
Lab	Marocca di Casola - Pane Cafone (the Italian sourdough bread)
Objectives	Understand the importance of refreshing natural yeast - Learn the three different methods to refresh natural yeast - Understand how flour quality influences bread flavor - Understand how natural yeast balances the consistency and the texture of bread - Learn how natural yeast increases bread shelf life
Readings	https://www.fondazioneSlowFood.com/en/slow-food-presidia/casola-marocca/ See additional material on the course website

Lesson 3	
Topic	<p>Ancient and local organic grains New gastronomic trends: the diffusion of local grains and the recovery of cultural identity - Nutrition facts Ancient vs modern grains: definitions and characteristics Survey of ancient Italian grain varieties applicable to bread production Ancient grain strength - Application of natural yeast to add strength to bread dough</p>
Lab	Pane Verna - GranPrato: Bozza Pratese
Objectives	Learn the importance of adapting the production method to the flour Learn how to use different ancient grain flours and understand their effects on final structure and flavor Understand if and when an ancient flour needs to be mixed with a

	conventional one Identify nutritional facts about ancient grains
Readings	https://www.graniantichitoscani.com/pdf/heritage-wheat-renaissance-in-montespertoli-tuscany.pdf https://onlinelibrary.wiley.com/doi/epdf/10.1111/1541-4337.12315 https://ac.els-cdn.com/S073352101530045X/1-s2.0-S073352101530045X-main.pdf?_tid=e86025c0-e336-41bf-bd49-9e1858bd2b76&acdnat=1537786873_70403d536e3925c680532b2710c4a5e7

Lesson 4	
Topic	Special dietary requirements: wheat allergy, gluten intolerance, celiac disease Gluten-free bread Definition of allergy and intolerance - Definition of celiac disease Survey of naturally gluten-free flours and gluten-free bread mix Techniques to compensate the lack of gluten - Application of thickening agents to improve bread texture - Suitable proofing times and starter application Suggestions and tips for a crispier result
Lab	100% gluten-free leavened products <i>Prepare rice for lesson 5</i>
Objectives	Learn how to obtain a properly balanced mixture using gluten-free flours Become confident with mixing a gluten-free dough Understand the importance of the right moisture content in the dough Understand how gluten-free dough reacts during cooking and its shelf life
Readings	http://www.scielo.br/pdf/cta/v37s1/0101-2061-cta-37-s1-1.pdf https://pdfs.semanticscholar.org/75f2/f7fc54282121c5960d8bda67d84118f003cb.pdf

Lesson 5	
Topic	Gluten-free snacks and buns Balancing gluten-free mix with rice flour for crispiness: tips for success Flavor limits of gluten-free dough: additional ingredient application Shaping as the first step for selling (pretty sells better) Safety rules to avoid cross-contamination - Safety standards for gluten-free certification
Lab	Breadsticks - Buns - Rice chips
Objectives	Learn how to work special flours to compensate for lack of elasticity Understand the effect of a variety of fats on the final product's texture and flavor Become confident with different shaping techniques Understand the importance of seed application to offer a variety of flavor and presentation Learn gluten-free certification standards - Learn sanitation rules to guarantee a gluten-free product
Readings	See additional material on the course website https://www.aoecs.org/?q=gluten-free-certification

Lesson 6	
Topic	Specialty flat breads Traditional Italian leavened and non-leavened doughs Application of farro flour for super crispy flatbreads: how to approach a weaker gluten dough - High temperature cooking application

	Traditional stuffed Italian flatbreads: focus on Pizza di Scarola The importance of dough elasticity for the production of stuffed flatbreads Choosing the dough according to the type of stuffing
Lab	Farro flour scrocchiella, Focaccia di Recco, Pizza di Scarola
Objectives	Learn how to choose flour according to the desired elasticity Learn how to shape flatbreads by hand Become confident with Italian classical local flatbreads Understand the importance of high temperature cooking for quick water evaporation Understand how to balance the stuffing to avoid excessive moisture
Readings	See additional material on the course website

Lesson 7	
	Mid term exam

Lesson 8	
	Mid term break

Lesson 9	
Topic	The bread basket: Italian Grissini and Gourmet Rolls The importance of a wide selection for bakeries and gourmet restaurants Combining spices, herbs, seeds, nuts and vegetables: balancing formulas - Choosing shapes, colors and additional ingredients: impact of vegetables application in the dough - Application of alternative flours for flavor - Shaping techniques for appealing creations
Lab	Gourmet Grissini and Rolls
Objectives	Learn to give the right “touch” to your bread basket to give it different appearance Identify methods to shape different doughs according to fat content and elasticity Understand the right baking condition to preserve moisture and color Understand how to guarantee long shelf-life
Readings	The Italian Baker pg.127-152 pg.243-248

Lesson 10	
Topic	Southern Italian Taralli and Friselle Southern Italian tradition of long shelf-life bread - Origin of taralli: from the recycling of leftover bread dough to celebrative bread - Suitable flour and dough shaping Effects of double cooking on bread structure and texture - Application of double cooking: boiling and baking / baking and drying Rehydrating and serving friselle: method and common combinations Taralli as contemporary snacks: the pleasure of crunchiness
Lab	Taralli pugliesi, Taralli pepe e sugna, Friselle
Objectives	Learn the history and origins of southern Italian long shelf-life breads Understand how double-baking guarantees crispiness and long shelf-life Understand how pre-cooking by steaming or boiling gives a strong crust during the second baking process
Readings	See additional material on the course website

Lesson 11	
Topic	Decorative Bread: Coppia Ferrarese IGP Bread or Sculpture? The love story of Ferrara and its typical bread - The art of shaping bread, adding decorative patterns Certified IGP recipe – Natural yeast application The crunchy and soft balance of coppia ferrarese – Suitable food pairings – Shelf-life
Lab	Pane Ferrarese
Objectives	Understand the mixing method for coppia ferrarese dough: focus on moisture balance Learn the importance of flour quality for coppia production - Learn how to combine rendered lard in ferrarese bread dough - Understand the origin of the decorative shape of coppia
Readings	The Italian Baker pg.107/110/225-229

Lesson 12	
Topic	Pizza 1: pizza “al taglio” History of pizza: from the ancient <i>pinsa</i> to worldwide success - Origin of the name Different concepts of pizza preparation: focus on baking pan application and pizza as street food - Structure characteristics of pizza <i>al taglio</i> Local variations: Pizza in teglia and Pizza Pisana Application of alternative ingredients: Parmigiano Reggiano DOP VS Mozzarella
Lab	Pizza al Taglio, Pizza in teglia pisana
Objectives	Learn the history of Pizza and the development of a successful creation Identify the different concepts of pizza preparation in order to give a different value to the final product Learn how different ingredients and condiments give different structure and flavor Understand the contribution of baking pan to flavor development
Readings	The Italian Baker pg. 249-278

Lesson 13	
Topic	Pizza 2: pizza al piatto The birth of modern-day pizza - Raffaele Esposito and the Italian flag - Differences between thin crust and <i>verace pizza napoletana</i> – Calzone: definition and preparation methods Pizza Verace Napoletana Recognition of <i>The Art of Neapolitan “pizzaiuolo”</i> as Intangible Cultural Heritage of Humanity (UNESCO) Eating pizza: how to eat pizza napoletana like a local – Pizza “a portafoglio” Proofing methods: double fermentation - Importance of high temperature baking - Certified recipe for pizza verace napoletana Suitable toppings for pizza verace napoletana: marinara and margherita
Lab	Pizza Romana - Pizza Napoletana Verace DOC
Objectives	Learn the history of pizza napoletana and romana – Identify the differences between pizza romana and napoletana - Understand the importance of flour, leavening process and high temperatures baking Understand the importance of water content in a pizza dough
Readings	The Italian Baker pg. 249-278 http://www.pizzanapoletana.org/it/ https://ich.unesco.org/en/RL/art-of-neapolitan-pizzaiuolo-00722?

Lesson 14	
Topic	Pizza 3: deep-fried pizza and calzone History of pizza frita and traditional recipe – Suitable toppings - The importance of high-gluten flour application Proofing techniques: single or double fermentation – Recommended frying temperature - Suitable fats for deep-fried pizza: olive oil - sunflower oil - peanut oil - lard - Traditional southern Italian variations: calzoni fritti siciliani, pugliesi, napoletani
Lab	Pizza Fritta - Calzone or Panzerotto
Objectives	Learn the origins of deep-fried pizza Identify the features of southern Italian deep-fried calzone Understand the suitable cooking temperatures for frying Become confident in frying stuffed pizzas
Readings	The Italian Baker pg. 249-278

Lesson 15	
	Final Exam