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SYLLABUS

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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: COOKIES AND PETIT FOURS
COURSE CODE: FWBPCC360
3 semester credits

1. DESCRIPTION

This course provides students with fundamental working knowledge of the traditional methods of production for cookies and basic petit fours.

The course will explore the preparation and design of cookies and mignardises ranging from Italian traditional cookies and biscuits to international specialties.

Topics covered include mixing and make-up methods as well as shaping, baking, filling, finishing and storing. The course will also provide an introduction to petit fours production, with a focus on the description and service of petit fours and basic production techniques. Upon completion of the course students will be confident in choosing the most appropriate cookie for each occasion.

2. OBJECTIVES

Students will gain confidence with traditional Italian cookies and biscuits production along with learning the origins of traditional Italian products.

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

- Identify different types of cookies and make a distinction between cookies and biscuits
- Apply previously learned mixing methods to cookies and biscuits production
- Demonstrate various techniques for cookies production
- Recognize the most famous traditional Italian cookies and biscuits
- Apply chocolate, cocoa and various types of flour in cookies production
- Demonstrate the basic procedures to prepare both sweet and savory petit fours
- Discuss the purpose of petit fours and the precision needed to produce them
- Evaluate quality standards for cookies
- Build a cookie menu with different options
- Create gluten-free cookies

3. REQUIREMENTS

Baking Techniques I or equivalent

4. METHOD

This course consists of lectures, class discussions, projects, and interaction with the local community. Mediums for instruction used will include, but are not limited to, interactive and hands-on activities which challenge thought processes, integrate relevant academic sources, may include multimedia references, propose creative problem-solving, and other appropriate forms of delivery as deemed appropriate to the course's purpose.

5. TEXTBOOK – FURTHER READINGS – RESOURCES

TEXTBOOK (Copy available at the university library):

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

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

LIBRARY

Course participants may access the campus library. Please consult the library site for resources such as collections, borrowing, scanning, and wifi connection, and research:
<https://www.auf-florence.org/Library/the-library/>

6. COURSE MATERIALS

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).

7. 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. If this course requires a fee, the exact amount is communicated prior to enrollment.

8. GRADING AND EVALUATION & ATTENDANCE

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

The above grade breakdown percentages reflect the grading scale standards in the "Grading and Evaluation System" section of the catalog.

Attendance

Class participation is mandatory. Based on the hours defined in the Academic Catalog's attendance policy, students may miss up to 2 class encounters delivered as lecture hours. A third absence constitutes a course failure.

Please note that absence hours may vary according to the learning methodology, as per the academic catalog policy on credit hours:

https://catalog.auf-florence.org/standard_regulation

9. EXAMS / PROJECTS / ASSIGNMENTS

Final Exam: The final exam is divided into two sections:

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

The written test is divided into three sections:

- 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.

No pencil allowed. Blue and black pens only.

Further details (guidelines, grading rubric,...) are provided in the course portal.

The final exam is cumulative and will account for 20% of the final grade breakdown.

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

Final Project: The final project accounts for 20% of the final course grade. The project details will be assigned on the first day of class.

Assignments: This course requires at least 3 assignments as per the course outline in the syllabus.

Assignment #1: Research on Traditional Cookie Production Methods. Due by Lesson 4.

Assignment #2: Comparative Analysis of Cookies and Petit Fours. Due by Lesson 7.

Assignment #3: Presentation on Petit Fours: Production and Service. Due by Lesson 10.

Further details are provided in the course portal.

10. COURSE OUTLINE

Lesson 1	
Meet	In class
Lecture	Introduction to the course Introduction to cookies: analysis of cookie categories - Preservation & shelf life-Purpose and features of cookies and petit fours - Mixing methods and make-up methods: differences and purposes - Focus on creaming method and drop cookies
Objectives	Learn the make-up method: drop cookies - Learn the proper technique to get a perfect dough consistency: creaming method
Visit/Lab	Lime and pineapple coconut cookies
Readings/ Assignments	On Baking Ch. 10-18 Assignment #1 Research on Traditional Cookie Production Methods assigned. Due by Lesson 4

Lesson 2	
Meet	In class
Lecture	Make-up method: Rolled cookies - Cut-out cookies - Piped cookies Mixing method: creaming - Application of jam in cookies - The use of piping bag-The importance of butter temperature in creaming method

Objectives	Know and learn how to apply the different make-up methods to different types of cookies - Learn the proper timing when incorporating ingredients Initial approach to the use of the piping bag - Learn the correct use of butter to obtain a perfect dough
Visit/Lab	Chinese almond cookies - Linzer cookies - Spritz cookies
Readings/Assignments	On Baking Ch. 10-18

Lesson 3	
Meet	In class
Lecture	<p>Make-up method: Sheet cookies Mixing method: dough and batter creaming - Application of different fats Snacks and cookies - Focus on brownies</p> <p>Make-up method: Wafer cookies Mixing method: stencil batter Use of wafer cookies as support and decoration - Two different ways to prepare the stencil batter</p>
Objectives	<p>Understand the importance of dough creaminess to obtain good results Understand the appropriate techniques to produce a biscuit snack Learn how to use the appropriate ingredients to obtain dry or creamy cookies-Understand how use of wafer cookies as support and decoration Learn two different ways to prepare the stencil batter - Learn to respect the processing time of the mix to obtain an excellent product - Learn how to store the finished product and be able to preserve crispiness - Understand the importance of cooking times Understand the difference between "Crisp" and "Hard"</p>
Visit/Lab	Granola bars - Chocolate peanut butter brownies-Tuile batter (tulipe cookies) - Brandy snaps - "Lingue di gatto"
Readings/Assignments	<p>On Baking Ch. 10-18</p> <p>Assignment #2 Comparative Analysis of Cookies and Petit Fours assigned. Due by Lesson 7.</p>

Lesson 4	
Meet	In class
Lecture	<p>Traditional Italian cookies 1 Tradition and history of Italian cookies Mixing method: egg foaming and creaming - Make-up method: icebox cookies and piped cookies - Application of "alternative flours" to cookies</p> <p>Traditional Tuscan cookies and biscuits Make-up methods : Bar cookies/biscuits - Drop cookies Mixing method: Creaming and egg foaming - Biscuit shelf-life</p>

Objectives	<p>Learn about the origins of Italian traditional cookies - Get confident with icebox cookies make-up method - Understand the differences between mixing methods: creaming and egg foaming - Learn how to use alternative flours - Understand the effects of alternative flours on the finished product</p> <p>Understand the difference between cookies and biscuits - History of the famous Prato biscuits: the common misunderstanding between "Cantucci" and "Biscotti di Prato"</p> <p>Gain confidence with the use of nuts in biscuits - Understand the importance of the traditional mixing method to obtain the proper biscuit dough consistency - Understand the importance of the double baking time for the shelf life of biscuits</p>
Visit/Lab	Ricciarelli - Zaletti (teacher recipes)-Biscotti di Prato - "Brutti ma buoni"
Readings/Assignments	<p>On Baking Ch. 10-18</p> <p>FINAL PROJECT OVERVIEW.</p> <p>Assignment#1 Due</p>

Lesson 5	
Meet	In class
Lecture	<p>Traditional Italian cookies 2</p> <p>The history of "Krumiri" and "Baci di dama"- Make-up method: piped cookies and rolled cookies - Mixing method: creaming - Application of alternative flour and powdered nuts</p>
Objectives	Learn the history of Krumiri and Baci di Dama - Understand how alternative ingredients change the structure and the cooking techniques - Gain confidence with the application of powdered nuts in the preparation of biscuits: effects and improvements
Visit/Lab	Krumiri (instructor's recipe) - Baci di dama (instructor's recipe)
Readings/Assignments	On Baking Ch. 10-18

Lesson 6	
Meet	In class
Lecture	<p>Traditional Italian cookies 3</p> <p>Origins of amaretti and savoiardi - Mixing method: egg foaming - Make up method: piped cookies-Foaming method as an exception for cookies preparation - Balance between sugar and powdered nuts</p>
Objectives	Know the origin of macaron cookies - Understand the amount of sugar and almond flour applied to the recipe to obtain optimal results - Comprehend that ladyfingers and savoiardi are the same cookies - Gain confidence with foaming mixing method when using powdered nuts instead of wheat flour - Understand the importance of cooking temperatures for the final result

Visit/Lab	Amaretti - Savoiardi / ladyfingers
Readings/Assignments	Teacher material available on myfua

Lesson 7	
Meet	In class
Lecture	Introduction to petit fours - Mignon tartlets Purpose and features of petit fours - Size and weight - The importance of precision and appearance
Objectives	Understand the difference between petit fours and cookies - Understand the importance of petit fours weight and size - Understand the difference in shelf life - Gain confidence with short crust application to petit four
Visit/Lab	Lemon and meringue tartlets - Pastry cream and fruit tartlets - Apples, almonds and citrus jam tartlets
Readings	On Baking Ch. 10-18 - See additional material on the course website Assignment #2 Due Assignment #3 Presentation on Petit Fours: Production and Service assigned. Due by Lesson 10.

Lesson 8	
Meet	In class
Lecture	Dry petit fours Application of doughs to the preparation of petit fours
Objectives	Learn to use ingredients and apply different cooking times to obtain a soft or crumbly effect - Gain confidence with the production of a French classic: Madeleines
Visit/Lab	Madeleines - Cherry & almond Florentines
Readings	See additional material on the course website

Lesson 9	
Meet	In class
Lecture	Iced petit fours "Glazed" cookies - Application of fondant and jam to sponge cake based petit fours - Special equipment: use of the "raclette"
Objectives	Gain confidence with the use of fondant and jam as an icing - Know the benefits of this technique for petit fours shelf-life - Learn how to balance flavors by proper combination of glaces and base

Visit/Lab	Petit fours glacè - Glaces: fondant and jam
Readings	On Baking Ch. 10-18 FINAL PROJECT DUE

Lesson 10	
Meet	In class
Lecture	Savory petit fours Application of the concept of petit fours to savory options
Objectives	Gain confidence with the application of petit fours concept to fine finger food-Gain confidence with alternative recipes for flavor and texture
Visit/Lab	Mini vegetable quiche - Savory mini tarts with vegetable ratatouille
Readings	On Baking Ch. 10-18 Assignment #3 Due

Lesson 11 Final Exam	
Meet	In class
Lecture	FINAL EXAM