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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: BAKING TECHNIQUES II: ITALIAN PASTRY TECHNIQUES

COURSE CODE: FWBPPT470

3 Semester Credits

1. DESCRIPTION

This course offers an advanced approach to pastry production with a survey of the main preparation techniques used in classic dessert production. Starting from previously acquired knowledge students will develop their skills in the production of pastry and pie doughs and they will be introduced to an advanced level of sponge cake recipes. The course will also introduce puff pastry, baked custards, buttercream, sauces and glazes. Soufflés, Bavarian mousse and pâte à bombe-based mousse will be thoroughly covered. Students will learn to use basic finishing methods by applying glazes, filling pastries, creating simple sauces and presenting products for service.

2. OBJECTIVES

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

- Apply the advanced techniques learned in class
- Demonstrate confidence with mise en place organization
- Use tools and equipment to carry out various techniques and mixing methods correctly
- Describe the properties and functions of the various ingredients used in the production of pastry items
- Recognize, produce, store and use a variety of pastries
- Experiment an initial approach to the responsibilities required within a pastry brigade
- Demonstrate ability to produce and apply pie dough
- Demonstrate bases of laminated doughs
- Express understanding of the use puff pastry in pastry shop production
- Experience different types of classic baked custards
- Apply creme anglaise to mousse production
- Identify pâte à bombe technique and its application to mousses
- Recognize the proper method to prepare buttercream
- Apply meringues to buttercream
- Utilize glaze for preservation and decoration

- Understand the purpose of sauces and how to combine them with desserts
- Prepare a classic soufflé as well as chocolate sponge cake

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

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

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

Prinberg 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

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. Blue and black pen are the only acceptable.

12. LESSONS

Lesson 1	
Topic	Introduction to the course Basic doughs: pie dough Mealy and flaky pie doughs - Production techniques - Effects of mixing method on final dough consistency - Application of mealy pie dough to moist fillings - Application of flaky pie dough to dense fillings
Lab	Mealy pie dough: Blueberry pie - Flaky pie dough: Pumpkin pie
Objectives	Learn the differences between pie and tart dough – Gain confidence with pumpkin filling and blueberry filling applied to pate sablee - Learn to balance sugar and butter content in a dough - Learn the importance of timing when mixing ingredients - Understand the effects of mixing method on final dough consistency
Assignment	Read On Baking ch. 11

Lesson 2	
Topic	Laminated doughs - Puff pastry Step 1 Definition of puff pastry and suitable applications - High gluten flour: the importance of gluten development in laminated doughs - Role of butter in the dough: layering - Preparation method: the importance of practice and temperature control
Lab	First approach to puff pastry (first folding and rest time) - Palmiers
Objectives	Learn the importance of gluten development in laminated doughs - Understand the role of butter in a puff pastry dough - Understand the importance of timing and temperature control when preparing the dough - Practice the preparation method with the rolling pin
Assignment	read On Baking ch. 4-9

Lesson 3	
Topic	Laminated doughs - Puff pastry Step 2 The development of puff pastry during cooking - The importance of caramelization when baking puff pastry - Shaping techniques - Suitable applications
Lab	Second approach to puff pastry: last folding, cutting, shaping, baking
Objectives	Learn how to fix the dough in case of butter breaks during rolling Learn how to properly cook the dough - Understand the effects of cooking on the development of dough structure - Understanding the importance of butter caramelization
Assignment	read On Baking ch.9

Lesson 4	
Topic	Baked custards 1 - Crème caramel Definition of baked custards - Differences in coagulation of an egg-liquid mixture Baking time and technique - The consistency and flavor of a perfect creme caramel: eggs coagulation control and caramel
Lab	Crème caramel <i>Students will practice and finalize puff pastry items</i>

Objectives	Understand the difference between <i>baked</i> and <i>stirred</i> custard – Review egg coagulation - Learn how to bake a custard and the various cooking techniques used Gain confidence with baked custards storing and preservation
Assignment	read On Baking ch.12

Lesson 5	
Topic	Baked custards 2 - Crème brûlée The origins and history of creme brulée - Baking technique and time - The importance of cooling for preservation - Fruit application in baked custard
Lab	Classic Creme Brulée - Fruit Creme Brulée
Objectives	Learn the history of creme brulée - Learn the appropriate techniques and cooking times Understand the importance of cooling both for preservation and service - Learn how to caramelize the sugar depending on the different types
Assignment	read On Baking ch. 12

Lesson 6	
Topic	Lightened custard: Soufflé Definition of lightened custards - Baked soufflé structure: the importance of egg foam Effects of other ingredients on egg foaming - Egg foaming application to soufflé - The importance of timing during service
Lab	Hot Grand Marnier soufflé
Objectives	Know the history of soufflé – Gain confidence with soufflé preparation methods - Understand the critical elements of soufflé preparation - Learn how to properly cook a soufflé – Evaluate soufflé service time
Assignment	read On Baking ch. 14

Lesson 7	
	Midterm Exam

Lesson 8	
	Academic Break

Lesson 9	
Topic	Buttercream 2 Review of buttercream production Application of meringue to buttercream: Italian and French buttercream Eggs pasteurization - Buttercream features - Emulsification of butter and eggs: creaming method How to fix a hard buttercream - Buttercream applications in pastry
Lab	Italian and French buttercream

Objectives	Understand the differences between the three buttercreams - Understand the importance of eggs pasteurization for the preparation of butter cream - Understand the importance of butter consistency for optimal result - Understand how to properly store buttercream - Learn how to regenerate a hard butter cream - Learn the suitable applications of buttercream
Assignment	Text book Ch. 3-4-13

Lesson 10	
Topic	Sauces Definition and purposes of sauces - Butter based sauces - Syrup based sauces Egg based sauces - Starch thickened sauces - Different techniques application depending on ingredients and dessert combinations
Lab	Caramel sauce - Fruit coulis - Bourbon sauce - Warm wine sauce
Objectives	Understand the definition of sauce in pastry - Learn the basic methods for production of various sauce - Understand when to incorporate alcohol into sauces - Understand the difference between a sauce and a coulis - Understand the importance of cooking temperature and time in a coulis preparation
Assignment	Text book Ch. 14

Lesson 11	
Topic	Glazes Definition of glaze - Basic glaze production method - Syrup based glazes - Fat based glazes - Suitable thickening agents: pectin, gelatin
Lab	Cocoa gelee - Fruit gelee - Hazelnut glaze
Objectives	Understand the difference between Glaze and Gelee - Understand the importance of sugar and fats in their preparation - Learn the suitable uses for glaze and gelee – Gain confidence with melting techniques for icing - Learn how to store glazes and how to determine the expiration time
Assignment	Text book Ch. 17

Lesson 12	
Topic	Sponge cakes 2 - Evolution of foaming methods Application of ingredients in the preparation - Baking and mixing techniques Suitable applications in pastry - Focus on almond and cocoa powder
Lab	Joconde sponge cake - Cocoa sponge cake
Objectives	Learn the use of butter, almonds and cocoa powder for different textures and purposes Understand how butter influences the structure of the final product - Understand how and when to incorporate butter into the batter - Understand how cocoa powder and powdered nuts can change the consistency - Understand how the regard for mixing methods can affect the success of the final product
Assignment	Text book Ch. 13

Lesson 13	
Topic	Mousse 1 - Creme anglaise based mousses: Bavarian History and definition of Bavarian - Application of creme anglaise and thickening agents for Bavarian preparation - Cream foaming: proper consistency
Lab	Fresh fruit Bavarian
Objectives	Learn to apply a custard in the preparation of the Bavarian - Gain confidence with the temperature and the various steps to incorporate thickeners and cream - Learn how much volume give to a whipped cream to obtain a creamy, smooth and homogeneous consistency
Assignment	read On Baking ch. 14

Lesson 14	
Topic	Mousse 2 - Sabayon based mousse & Pâte à bombe-based mousses: Tiramisù Pâte à bombe definition - Development of sabayon for the production of mousses - The history of Tiramisu - Traditional recipe and technique development - Pâte à bombe method: eggs pasteurization and purposes of the preparation
Lab	Tiramisù (Ladyfingers for tiramisù will be produced in class)
Objectives	Understand the importance of egg pasteurization for the final structure of the mousse Learn the different bases to realize the mousse and their applications - Understand the difficulties in preservation of pâte à bombe-based products - Learn how to incorporate liqueurs and coffee for flavor
Assignment	read On Baking ch. 17

Lesson 15	
	Final Exam