

Course: Baking 101

Guided Learning Hours: 24

Pre-requisite: None (A Passion for Baking will be an Asset)

Requirements: All consumables will be provided for this course delivery

Abstract:

This is an introductory course into the world of Baking. While some participants may have some practical experience, this course is designed to provide you with formal training in the core foundational concepts and thus help you to understand the theoretical elements. This will certainly help participants to gain the basic understanding required to start their careers and further develop in the industry.

Target Audience:

Persons who have a passion for baking and will like to gain an understanding of the foundational elements.

Learning Outcomes

On the completion of this programme, participants will be able to:

1. Understand safety and the equipment used in baking
2. Understanding the fundamentals of ingredients, their measurement, reactions and mixing techniques
3. Make different types of bread
4. Make various forms of pastry
5. Make Cakes
6. Understand basic faults and causes which may arise and their solutions

Course Content

SESSION 1

- Food safety and sanitation.
 - HACCAP
 - FIFO
- Ingredients

- Flour types
- Sugar types
- Rising Agents
- Equipment
 - Tools
 - Scales
 - Measuring devices
- Mixing Methods
 - Creaming
 - Muffin
 - Biscuit

SESSION 2

- Quick Breads
 - Muffins
 - Biscuits

SESSION 3

- Yeast Doughs (Part 1) - Lean Doughs
 - Fermentation
 - Faults and causes
 - Handcrafted bread

SESSION 4

- Yeast Doughs (Part 2) – Rich Doughs
 - Sweet Dough

SESSION 5

- Cakes – Mixing and Baking
 - Sponge
 - Fruit
 - Chocolate

SESSION 6

- Pastry (Part 1) – Pies and Tarts
 - Doughs
 - Filling
 - Faults and causes

SESSION 7

- Pastry (Part 2) – Pies and Tarts
 - Assembly methods
 - Healthy Eating (flour types, gluten-free, sugar-free)

SESSION 8

- Pastry Additional
 - Choux pastry (puffs, eclairs, etc.)
 - Short crust/flaky pastry