



**Course:** Baking 101

**Guided Learning Hours:** 32

**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**

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**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 (Part 1) – Mixing and Baking
  - Sponge
  - Carrot
  - Chocolate

## **SESSION 6**

- Cakes (Part 2) continued
- Pastry (Part 1) – 9” Pies
  - Doughs
  - Filling
  - Faults and causes

## **SESSION 7**

- Pastry (Part 2) – Pies
  - Tarts

- Choux pastry
- Healthy Eating (flour types, gluten-free, sugar-free)

## **SESSION 8**

- Assessment
  - 2 practical dish
  - 1 theory exam