Utah CTE

Baking & Pastry (2020): Grades 9-12

Consistently demonstrate workplace safety, food safety, and sanitation techniques. 1

1. **Review established safety rules and guidelines in a work environment.** 1.1
2. **Review health and hygiene requirements for food handling.** 1.2
3. **Review food-borne illness and prevention.** 1.3

Explore the baking and pastry industry, education, and career opportunities. 2

1. **Explore the baking and pastry educational opportunities** 2.1
    1. American Culinary Federation (ACF) 2.1.1
    2. Retail Baking of America (RBA) 2.1.2
    3. Certifications range from novice to master's level, with a variety of specializations. 2.1.3
2. **Analyze the career opportunities available in the baking and pastry industry.** 2.2
    1. Entrepreneurship 2.2.1
    2. Restaurants 2.2.2
    3. Gourmet Shops 2.2.3
    4. Cafes 2.2.4
    5. Specialized confectioners 2.2.5
    6. Corporations 2.2.6
    7. Wholesale Bakeshops 2.2.7
    8. Hotels 2.2.8
    9. Grocery Stores 2.2.9
    10. Commercial 2.2.10

Apply necessary skills for baking and pastry production. 3

1. **Employ proper measuring techniques.** 3.1
    1. Utilize weights and measures by demonstrating proper scaling and measurement. 3.1.1
    2. Compare and contrast volume and weight measurements. 3.1.2
    3. Select the appropriate tools for the task. 3.1.3
    4. Apply the baking formulas (Bakers' Percentage) 3.1.4

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5 Examine the difference between standardized recipes and traditional recipes. 3.1.5

2 Define terms related to baking and pastry methods, processes, and techniques. 3.2

1 Docking 3.2.1
2 Blind Baking 3.2.2
3 Tempering 3.2.3
4 Fold in 3.2.4
5 Cut in 3.2.5
6 Cream 3.2.6
7 Blooming 3.2.7
8 Caramelization 3.2.8
9 Leavening 3.2.9
10 Gelatinization 3.2.10
11 Proof 3.2.11
12 Oven Spring 3.2.12
13 Gluten 3.2.13
14 Batter 3.2.14
15 Dough 3.2.15
16 Meringue 3.2.16
17 Pasteurized 3.2.17
18 Streusel 3.2.18
19 Puree 3.2.19
20 Review mise en place techniques 3.2.20
21 Prepare a sequence and prioritized timeline. 3.2.21
22 Discuss the importance of planning and preparation in baking and pastry (Inventory of ingredients and equipment) 3.2.22

3 Explore the equipment utilized by the baking and pastry industry. 3.3

1 Explore oven types and benefits of use. 3.3.1
2 Explore large production equipment utilized in baking and pastry. 3.3.2

Demonstrate yeast bread preparation skills. 4

1 Discuss the types of flours and yeasts used in baking and pastry. 4.1

1 Review common baking ingredients. 4.1.1
2 Compare and contrast the variety of flours and uses for each. 4.1.2
1 Dietary needs (Celiac & Gluten intolerance) 4.1.2.1
2 End Product (Crumb) 4.1.2.2

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3 Compare and contrast types of yeasts used in baking. 4.1.3

1 Dry yeast (Active & Instant) 4.1.3.1

2 Cake Yeast (fresh) 4.1.3.2

3 Preferments 4.1.3.3

2 Analyze the difference between the types of yeast dough and mixing methods. 4.2

1 Enriched Dough (challah, brioche, crescent, sweet dough) 4.2.1

2 Lean Dough (French bread, sandwich bread, pizza crust, bagels, pita) 4.2.2

3 Practice the stages of proper mixing. 4.2.3

1 Pick up period 4.2.3.1

2 Blending of ingredients 4.2.3.2

3 Clean up 4.2.3.3

4 Initial Development 4.2.3.4

5 Final Period 4.2.3.5

4 Straight Mixing Method 4.2.4

5 Sponge Mixing Method 4.2.5

6 Brioche Mixing Method 4.2.6

7 Completion of dough preparation. 4.2.7

1 Fermentation 4.2.7.1

2 Shaping 4.2.7.2

3 Panning 4.2.7.3

4 Proofing 4.2.7.4

5 Baking 4.2.7.5

6 Finishing 4.2.7.6

3 Discuss proper holding and storage of yeast breads. 4.3

1 Cooling 4.3.1

2 Packaging (Paper, Plastic) 4.3.2

3 Refrigeration vs. Freezing 4.3.3

4 Sustainability (Usable waste - bread pudding, croutons) 4.3.4

Explore and produce a variety of fillings. 5

1 Demonstrate the production and use of a cream filling. 5.1

1 Stirred Custard/Pudding 5.1.1

2 Curd 5.1.2

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3. Pastry cream (Explore the fillings that can be produced from a pastry cream) 5.1.3
    1. Mousse 5.1.3.1
    2. Bavarian Cream 5.1.3.2
    3. Ice Cream 5.1.3.3
    4. Baked Custard 5.1.3.4
    5. Pie filling 5.1.3.5
    6. Bread Pudding 5.1.3.6
    7. Crème Brulèe 5.1.3.7
    8. Flan 5.1.3.8

2. **Demonstrate the production and use of a fruit filling.** 5.2
    1. Whole fruit filling (Apple Pie) 5.2.1
    2. Macerated fruit filling (Compote, Jam/jelly) 5.2.2

3. **Demonstrate the production and use of baking and pastry finishes.** 5.3
    1. Icing 5.3.1
    2. Glazes 5.3.2
    3. Sauces 5.3.3
    4. Ganache 5.3.4
    5. Marzipan 5.3.5

Explore a variety of pastry doughs. 6

1. **Differentiate between the four types of pastry doughs.** 6.1
    1. Short Dough (tart crust, short bread) 6.1.1
    2. Flaky Dough (traditional pie crust) 6.1.2
    3. Pâte á Choux (eclairs, cream puff) 6.1.3
    4. Laminate Dough (danish, puff pastry, croissant) 6.1.4

Explore a variety of cake preparations and finishes. 7

1. **Explore the preparation techniques of cake batters.** 7.1
    1. Mixing methods 7.1.1
        1. Blending method 7.1.1.1
        2. Creaming method 7.1.1.2
        3. Two-stage method (muffin method) 7.1.1.3
        4. Foaming method 7.1.1.4

2. **Explore assembling and finishing techniques of cakes.** 7.2
    1. Layered 7.2.1
    2. Filled 7.2.2

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3 Glazed 7.2.3

4 Iced/frosted/decorated 7.2.4

3 Discuss proper holding and storage of cakes. 7.3

1 Cooling 7.3.1

2 Packaging (Paper, Plastic) 7.3.2

3 Storage 7.3.3

4 Sustainability (Reuses of cake - cake pops, trifle) 7.3.4

Explore a variety of cookies. 8

1 Differentiate between the six mixing methods for cookies. 8.1

1 Drop (chocolate chip, oatmeal) 8.1.1

2 Bar/Sheet (lemon bar, brownie) 8.1.2

3 Rolled/Cut Out (sugar, gingerbread cookie) 8.1.3

4 Molded (Spritz, almond crescent) 8.1.4

5 Twice baked (biscotti) 8.1.5

6 Piped (Macarons) 8.1.6

2 Discuss proper holding and storage of cookies. 8.2

1 Cooling 8.2.1

2 Packaging (Paper, Plastic) 8.2.2

3 Storage 8.2.3