West Virginia CTE

Baking and Pastry 2

Baking Preparation (Mise en Place)

1 **Demonstrate a variety of cooking methods: baking, frying, and steaming.** 1025.1

1 Review recipes to understand the specific steps and techniques involved in baking, frying, and steaming. 1025.1.1

2 Demonstrate the methods for baking (preheating oven, measure and prepare ingredients, bake according to recipe, check for doneness). 1025.1.2

3 Demonstrate the methods for frying (heating oil, coating ingredients per recipe, fry ingredients, use thermometer to check internal temperature, drain excess oil and absorb residual grease). 1025.1.3

4 Demonstrate the methods for steaming (set up steaming apparatus, season ingredients, arrange ingredients ensuring proper spacing for even cooking, steam per recipe, check for doneness). 1025.1.4

Basic Baking

2 **Describe, compare, and contrast pie dough types and related methods and processes.** 1025.2

1 List the ingredients and proportions for shortcrust pastry dough. 1025.2.1

2 Explain the mixing method and its impact on texture for shortcrust pastry dough. 1025.2.2

3 Discuss variations like sweet shortcrust and savory shortcrust. 1025.2.3

4 Outline the layering process for puff pastry and how it creates flakiness. 1025.2.4

5 Explain the role of butter and folding in puff pastry. 1025.2.5

6 Outline the methods for phyllo dough. 1025.2.6

7 Explain the layering process and the use of butter or oil. 1025.2.7

8 Compare the different dough types. 1025.2.8

3 **Describe, compare, and contrast fruit pie filling methods.** 1025.3

1 Explain the process of cooking fruits for pie fillings. 1025.3.1

2 Discuss sugar, thickeners, and flavorings used in cooked fillings. 1025.3.2

3 Detail the preparation of fresh fruits for pie fillings. 1025.3.3

4 Explain the challenges and advantages of using fresh fruits. 1025.3.4

4 **Describe, compare, and contrast egg foam method as it relates to sponge, génoise, ngel food.** 1025.4

Define the sponge method and its key ingredients. 1025.4.1

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2 Explain the technique of incorporating air through eggs. 1025.4.2

3 Outline the génoise method and its distinctive features. 1025.4.3

4 Discuss the role of eggs and flour in génoise cakes. 1025.4.4

5 Contrast génoise with other egg foam methods. 1025.4.5

6 Describe the angel food method and its unique characteristics. 1025.4.6

7 Discuss the absence of fat and leavening agents in angel food. 1025.4.7

8 Compare variations between sponge, genoise and chiffon cakes. 1025.4.8

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5 Describe, compare, and contrast frosting, icing, and glaze types and methods. 1025.5

1 Detail the ingredients and preparation of buttercream. 1025.5.1

2 Discuss variations like Swiss, Italian, and American buttercream. 1025.5.2

3 Compare the texture, flavor, and usage of different buttercreams. 1025.5.3

4 Outline the ingredients and process for making royal icing. 1025.5.4

5 Discuss applications and decorations using royal icing. 1025.5.5

6 Compare royal icing with other types of icing. 1025.5.6

7 Define meringue and its basic components. 1025.5.7

8 Discuss the three types of meringue: French, Italian, and Swiss. 1025.5.8

9 Define glazes and their purpose in pastry. 1025.5.9

10 Describe different types of glazes (mirror glaze, simple syrup). 1025.5.10

11 Discuss methods of applying and setting glazes. 1025.5.11

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6 Describe Pâte à Choux and other products. 1025.6

1 Define choux pastry and its key components. 1025.6.1

2 Describe the method of cooking and the role of steam for choux pastry. 1025.6.2

3 Detail the preparation of cream puffs and éclairs using Pâte à Choux. 1025.6.3

4 Discuss filling options and presentation for cream choux pastries. 1025.6.4

5 Explain the assembly and presentation of profiteroles. 1025.6.5

5 Discuss the construction of a croquembouche. 1025.6.5

6 Compare cream puffs, eclairs, profiteroles, and croquembouche. 1025.6.6

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7 Describe, compare, and contrast custard types and related methods. 1025.7

1 List the ingredients and methods for making baked custards. 1025.7.1

2 Discuss variations like crème brûlée and flan. 1025.7.2

3 Detail the process of making stovetop custards. 1025.7.3

Discuss applications and variations such as pastry cream. 1025.7.4

Describe custards made with fruit curds. 1025.7.5

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6 Discuss the incorporation of eggs and fruit flavors. 1025.7.6

7 Compare curd-based custards with traditional custards. 1025.7.7