

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HRI 128

Credits: 3

Course Title: Principles of Baking

Course Description: Instructs the student in the preparation of breads, pastries, baked desserts, candies, frozen confections, and sugar work. Applies scientific principles and techniques of baking. Promotes the knowledge/skills required to prepare baked items, pastries, and confections. Prerequisites: (1) competency in Math Essentials MTE 1-3 as demonstrated through the placement and diagnostic tests or by satisfactorily completing the required MTE units, or equivalent, and (2) competencies in reading and writing as demonstrated by placement in ENG 111 or placement in co-requisites ENG 111 and ENF 3 or completion of a college-level composition course. Students needing to complete developmental studies courses in English or mathematics may take those courses concurrently with HRI courses, if approved by the program head. Prerequisites or Co-requisites: HRI 158 or HRI 115. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

General Course Purpose: This course consists of the study and preparation of breads, pastries, baked desserts, chocolate, and frozen confections.

Course Prerequisites and Co-requisites:

Prerequisites or Co-requisites: HRI 158 or HRI 115. Students must have the following competencies: (1) competency in Math Essentials MTE 1-3 as demonstrated through the placement and diagnostic tests or by satisfactorily completing the required MTE units, or equivalent, and (2) competencies in reading and writing as demonstrated by placement in ENG 111 or placement in co-requisites ENG 111 and ENF 3 or completion of a college-level composition course. Students needing to complete developmental studies courses in English or mathematics may take those courses concurrently with HRI courses, if approved by the program head.

Course Objectives:

Upon completing the course, the student will be able to:

- a. Select and use knives, hand tools, utensils, and equipment to decorate, weigh, measure, maintain holding temperature, bake, cook, whip, refrigerate, fold, grate, pipe, coat, or otherwise produce food in the pastry shop;
- b. Prepare breads, rolls, quickbreads, muffins, and other similar bakery items;
- c. Prepare cakes, fillings, toppings, frostings, icings, and sauces;
- d. Prepare appropriately decorated and garnished pies, cakes, pastries, tarts, cookies, meringues, soufflés and other baked desserts;
- e. Prepare chocolate;
- f. Prepare ice cream, sorbet, and other frozen confections;
- g. Prepare assorted dessert sauces;
- h. Prepare basic plated desserts and appropriate accessories; and
- i. Discuss classical desserts and the pathway to modern desserts.

Major Topics to be Included:

- a. Basic scientific principles
- b. Ingredients
- c. Understanding yeast dough
- d. Yeast dough techniques
- e. Quick breads
- f. Crepes and fritters
- g. Basic syrups, creams, icings, and sauces
- h. Pastries
- i. Pies
- j. Cake mixing and baking
- k. Assembling and decorating cakes
- l. Cookies
- m. Custards, puddings, mousses
- n. Fruit desserts and dessert presentation
- o. Plated desserts and composition

Effective Date of Course Content Summary: August 6, 2014