

Baking & Pastry Arts Level 1

CERTIFICATE PROGRAM



LaSalle College
Vancouver



2 Baking & Pastry Courses 9 credits	+	3 Culinary Arts Courses 12 credits	+	3 Operation Management Courses 9 credits	=	TOTAL 30 CREDITS
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Baking & Pastry Arts Level 1

COURSE DESCRIPTIONS

QUARTER 1

CUL105 FUNDAMENTALS OF CLASSICAL TECHNIQUES

The fundamental concepts, skills and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, soups, thickening agents, the grand sauces and emulsion sauces. Lectures and demonstrations teach organization skills in the kitchen, work coordination, and knife skills. The basics of vegetable cookery, starch cookery, meat and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying. Students must successfully pass a practical cooking examination covering a variety of cooking techniques.

Co-Requisite: Current Food Safe Certificate, CUL103 Sanitation & Safety

Credits: 6

CUL102 CONCEPTS AND THEORIES OF CULINARY TECHNIQUES

The fundamental concepts, skills and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, and soups, thickening agents, the grand sauces and emulsion sauces. Lectures teach organization skills in the kitchen and work coordination. The basics of stocks, soups, sauces, vegetable cookery, starch cookery, meat and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying.

Co-Requisite: Current Food Safe Certificate

CUL103 Sanitation & Safety

Credits: 3

CUL103 SANITATION AND SAFETY

This course introduces food and environmental sanitation and safety in a food production area. Attention is focused on food borne illness and their origins, and on basic safety procedures followed in the food service industry. Provincial regulations are addressed in terms of Food Safe, WHMIS, and Work Safe BC.

Credits: 3

CUL121 INTRODUCTION TO BAKING

Students are introduced to the fundamental concepts, skills and techniques of baking. Special significance is placed on the study of ingredient functions, product identification and weights and measures as applied to baking. Lectures, demonstrations, production, tasting and testing, students learn yeast-raised dough mixing methods, pie dough, quick dough, cookie dough, and product finishing techniques. Students must pass a practical exam.

Co-requisite: Current Food Safe Certificate, CUL103 Sanitation & Safety

Credits: 3

QUARTER 2

CUL115 NUTRITION

This course centers on an explanation of the basic principles of nutrition and its relationship to health. The structure, functions, and sources of nutrients – including proteins, carbohydrates, fats, vitamins, minerals, and water – are discussed. Current issues in nutrition are reviewed, including dietary guidelines, energy balance, vitamin supplements, and food fads.

Credits: 3

CUL104 DIMENSIONS OF CULINARY

"Dimensions of Culinary" is a course that introduces students to a wide realm of topics in the culinary arts and culinary education. Students develop their communication skills. They learn to present and assimilate information logically, make decisions, develop effective study habits, use available resources, improve interpersonal relationships, and increase their professional performance. This course gives a profile of the hospitality industry and intends to provide a sense of its scope. The primary issues of concern to students are: career opportunities, the role of culinary education, the experience required to pursue particular opportunities, and the advantages and disadvantages of working in specific areas of the hospitality industry.

Credits: 3

CUL122 INTRODUCTION TO PASTRY

This course is a combination of theory, lecture, demonstration and hands-on production to provide an introduction to pastry techniques for use in a commercial kitchen. Students learn a variety of dough, batters, fillings, and glazes with an emphasis on formulas. Instruction regarding the preparation of basic cakes and icings, roll-in dough, preparations of pastry cream and finishing techniques; plus selection and proper use and handling of various chocolates used in baking and decorating are introduced. Students must pass a practical exam.

Prerequisite: Current Food Safe Certificate, CUL103 Sanitation & Safety

Credits: 6

CUL132 MANAGEMENT BY MENU

This course prepares future food service managers by giving a clear picture of the important role menu planning plays within operations. It covers topics ranging from menu development, pricing, and evaluation to facilities design and layout. Students will benefit because good menu development is crucial to the success of any foodservice operation, i.e., a planning tool, source of operational information and a merchandising method for reaching patrons.

Credits: 3



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BAKING & PASTRY KIT

price: \$995.00

KNIFE KIT

1. 6" Bonning Knife 10419427
2. 6"x1" Knife Guard 10419465
3. 8" Chef's Knife 10430323
4. 8"x2" Knife Guard 10430330
5. Wavy Edge Slicer 10420966
6. 12"x2" Knife Guard 10419489
7. 3.5" Paring Knife 10419366
8. 4"x1" Knife Guard 10419458
9. 10" Steel 10424438
10. Swivel Peeler 10419441
11. Silicone Baking Mat 10424421
12. Pocket Thermometer 10419496
13. 10 Plain Tube Set 10427606
14. 10 Star Tube Set 10427613
15. 10" Spatula 10419410
16. 8" Offset Spatula 10419946
17. 4" Offset Spatula 10424469
18. Bench Scraper 10420997
19. Pastry Brush 10419908
20. Scraper Heat Resistant 10420508
21. 12" Piano Whip 10419533
22. Exoglass Spoon 10419625
23. Pastry Wheel 10420522
24. Plastic Bowl Scraper 10419502
25. Microplane 10419694
26. Measuring Cup Set 10419939
27. Measuring Spoon Set 10419540
28. Round Cutter Set 10424476
29. Triple Zip Knife Roll 10428283

TEXTBOOK KIT

30. Sport Bag 10427323
31. Foodsafe Level I Workbook 10463666
32. Professional Food Manager 10414279

B&P ESSENTIAL KIT

33. Chef Jackets (3) 10416204
34. Chef Pants (3) 10416211
35. Bib Aprons (3) 10410035
36. Chef Hats (3) 10416228
37. Towels (6) 10416235