

# Baking & Pastry Arts

DIPLOMA PROGRAM



LaSalle College  
Vancouver

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
CUL105 Fundamentals of Classical Techniques	CUL115 Nutrition	CUL252 Food and Beverage Operations Management	CUL204 Advanced Patisserie and Display Cakes
CUL102 Concepts and Theories of Culinary Techniques	CUL104 Dimensions of Culinary	CUL202 European Cakes and Tortes	CUL212 Practicum
CUL103 Sanitation and Safety	CUL122 Introduction to Pastry Techniques	CUL207 Artisan Breads & Baking Production	CUL260 Chocolate, Confections, and Centerpieces
CUL121 Introduction to Baking	CUL132 Management by Menu	CUL135 Sustainable Purchasing & Controlling Costs	

7 Baking & Pastry Courses 33 credits	+	3 Culinary Arts Courses 12 credits	+	5 Operations Management Courses 15 credits	=	TOTAL 60 CREDITS
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# Baking & Pastry Arts

## 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*

### QUARTER 3

#### CUL252 FOOD AND BEVERAGE MANAGEMENT

This course will give students a basic understanding of the management process in food and beverage operations. All aspects of food and beverage operations are covered, including organization, marketing, menus, production, service, safety, finances, wine style, wine storing, service of wine and, food wine matching.

*Credits: 3*

#### CUL202 EUROPEAN CAKES AND TORTES

Students are introduced to the fundamental concepts, skills and techniques of European Cakes and Tortes. Special significance is placed on the study of ingredient functions, product identification and weights and measures as applied to pastry. Lectures and demonstrations teach cake mixing methods, filling, and techniques on finishing classical tortes with various ingredients such as marzipan, ganache and glazes.

*Prerequisites: CUL103 Sanitation & Safety,*

*CUL121 Introduction to Baking, CUL122 Introduction to Pastry*

*Credits: 3*

#### CUL207 ARTISAN BREADS & BAKING PRODUCTION

This course provides the information, tools and instruction to gain proficiency in the preparation of a variety of artisan breads. Emphasis will be placed upon learning to mix, ferment, shape, bake and store hand crafted breads. Students will focus on traditional fermentation, as well as the science of the ingredients. Students learn assembly speed and increased their proficiency in meeting production deadlines with quality products.

*Prerequisites: CUL103 Sanitation & Safety,*

*CUL121 Introduction to Baking, CUL122 Introduction to Pastry*

*Credits: 6*

#### CUL136 SUSTAINABLE PURCHASING & CONTROLLING COSTS

This course introduces the student to the methodologies and tools used to control costs and purchase supplies. This course helps the student value the purchasing, planning, and control processes in the food and beverage industry. Primary focus is on supplier selection, planning, and controlling costs, with an introduction to the study of sustainable products and approaches. Topics include planning and controlling costs using budgeting techniques, standard costing, standardized recipes, performance measurements, and food, beverage, and labor cost controls.

*Credits: 3*

### QUARTER 4

#### CUL204 ADVANCED PATISSERIE & DISPLAY CAKES

This course explores the techniques of plated desserts and the theory behind building edible art for A la Carte service, competition or banquet functions. Methods and procedures for producing high quality specialty decorated cakes, as well as the design, assembly, and decorating of wedding cakes will be introduced.

*Prerequisites: CUL103 Sanitation & Safety,*

*CUL121 Introduction to Baking, CUL122 Introduction to Pastry*

*Credits: 6*

#### CUL213 PRACTICUM

The course has been designed to acquaint the student with actual working conditions in an approved restaurant/hospitality establishment. This course is a supervised entry-level work experience in the restaurant/hospitality field requiring a minimum of 99 hours for culinary programs or 90 hours for baking and pastry of practical work. Individual conferences and class attendance is required. Students are responsible for securing an externship job and may seek assistance through The Institute. Students gain experience needed to seek entry-level positions in their field upon graduation.

*Credits: 3*

#### CUL260 CHOCOLATE, CONFECTIONS, & CENTREPIECES

Students are introduced to the fundamental concepts, skills and techniques of chocolates and confections. Special significance is placed on the study of ingredient functions, product identification and weights and measures as applied to confections. Lectures and demonstrations teach chocolate tempering, candy production and the rules that apply when creating centrepieces.

*Prerequisites: CUL103 Sanitation & Safety,*

*CUL121 Introduction to Baking, CUL122 Introduction to Pastry*

*Credits: 6*



**LaSalle College**  
Vancouver

## 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