

CENTRAL TEXAS COLLEGE
PSTR 1305
BREADS AND ROLLS

Semester Hours Credit: 3

INSTRUCTOR: _____

OFFICE HOURS: _____

I. INTRODUCTION

- A. Concentration on fundamentals of chemically and yeast raised breads and rolls. Instruction on commercial preparation of a wide variety of products.
- B. This course, PSTR 1305, Breads and Rolls, is a required course in the Baking and Pastry Specialization Associate of Applied Science Degree and the Baking Certificate of Completion. This course can also be used as an elective for the Restaurant and Culinary Management Degree, and the Restaurant Skills, Institutional Food Service, and the Culinary Arts Certificate.
- C. This course is occupationally related and serves as preparation for jobs in baking, cake decorating, and food preparation.
- D. Prerequisite: None

II. LEARNING OUTCOMES

Upon successful completion of this course, PSTR 1305 Breads and Rolls, the student will be able to:

- A. Describe how fermentation occurs. **(C1, F1, F3, F6)**
- B. Describe how flavor is developed in bread making. **(F1, F3, F6)**
- C. Distinguish the different temperatures for active and dormant yeast. **(F1, F3, F6)**
- D. Identify commonly used baking equipment. **(C3, C5, C6, C18, C19, F1, F11)**
- E. List the ten essential steps of making bread. **(C3, C5, C6, C19, F1, F3, F4, F8, F11, F13)**
- F. Prepare a variety of breads using yeast and pre-ferments. **(F1, F3, F6)**

- G. Identify a variety of quick breads. **(F1, F3, F6)**
- H. Describe different categories of baked goods and explain why they are distinct. **(C1, C5, C6, C19, F1, F8, F10, F11)**
- I. Distinguish between the different varieties of Flatbreads. **(C5, C6, F1, F3, F4, F10, F12)**
- J. Prepare a variety of Flatbreads. **(F1, F3, F6)**
- K. Contrast between uses for and different mixing methods for Soft sandwich loaves and Dinner rolls. **(C1, C3, C5, C6, C18, C19, F1, F3, F4, F10, F11, F12).**
- L. Prepare a variety of soft sandwich loaves and dinner rolls. **(F1, F3, F6)**
- M. Communicate the varieties, qualities and starters for Hearth Breads. **(C1, C3, C5, C6, C18, C19, F1, F3, F4, F10, F11, F12)**
- N. Outline steps for developing starter and maintaining dough, fallacies of Sourdough, and how to 'fix' starter. **(C1, C2, C3, C5, C6, C19, C20, F1, F3, F4, F7, F8, F9, F10, F11, F12,)**
- O. Discuss success pointers for Brioche family of breads **(C1, C2, C3, C5, C6, C16, C17, C18, C19, C20, F1, F3, F4, F8, F9, F10, F11, F12)**
- P. Name the ingredients in bread making, their types and varieties **(C3, C5, C6, F1, F11)**
- Q. Equipment sources **(C1, C2, C3, C5, C6, C18, F1, F11)**

III. INSTRUCTIONAL MATERIALS

- A. The instructional materials identified for this course are viewable through www.ctcd.edu/books
- B. CTC Handout: Breads and Rolls, Assignment Standards
- C. Additional references may be required that are available in the Central Texas College library

IV. COURSE REQUIREMENTS

- A. Reading Assignments: Read text assignments prior to class and be prepared to discuss the text material, answering instructor questions orally with well-organized thoughts and ideas. **(F1, F4, F5, F11, C3)**
- B. Class Attendance: (Refer to CTC Catalog, Page 43, for detailed policy). You are

expected to attend each class period, be on time and stay the full class period or are counted absent. You are responsible for all course material missed due to absence. The instructor does not provide class notes for classes missed. **(F1, F4)**

- C. A student must be present for all examinations. No makeup examinations will be given.
 - 1. Students who know in advance they will be absent from an examination due to valid reasons must arrange to take an early examination. Unexpected absences due to illness or extenuating circumstances will require the student to see the instructor about individual make-up work in lieu of the missed examination.
- D. Students without excused absences will be given a zero for the examination missed
- E. Equipment: The following equipment is required for this course
 - 1. 1 each, CTC Logo long sleeve classic chef jacket
 - 2. 1 each, black and white check or houndstooth chef pants
 - 3. 1 each, CTC Logo chef cap
 - 4. 1 each, bib apron
 - 5. 1 pair black safety shoes (slip resistance)
 - 6. 1 pocket stem thermometer

V. EXAMINATIONS

- A. There will be two examinations.
 - 1. Exam 1 (Mid-Term)
 - 2. Exam 2 (Final Exam)
- B. A student must be present for all examinations. No make-up examinations will be given. Students who know in advance that they will be absent from an examination due to valid reasons must arrange to take an early examination. Unexpected absences due to illness or extenuating circumstances will require the student to see the instructor about individual make-up work in lieu of the missed examination.
- C. Students without excused absences will be given a zero for the missed examination.
- D. The instructor will publish specific examination dates and will give an in-class review concerning the nature and type of test questions to be given.

VI. SEMESTER GRADE COMPUTATIONS

Exam 1 (Mid-Term)	100 points
Exam 2 (Final Exam)	200 points
Quizzes (4 @ 50 pts each)	200 points
Instructor Evaluation	100 points
Lab Exercises	<u>400 points</u>
Total Points	1000 points

A (1000 – 900) B (899 – 800) C (799 – 700) D (699 – 600) F (Below 600)

B. A student must take the final examination to receive a grade for this course.

VII. NOTES AND ADDITIONAL INSTRUCTIONS FROM COURSE INSTRUCTOR

A. Course Withdrawal: It is the student's responsibility to officially withdraw from a class if circumstances prevent attendance. Any student who desires to, or must, officially withdraw from a course after the first scheduled class meeting must file a Central Texas College Application for Withdrawal (CTC Form 59). The Withdrawal form must be signed by the student.

CTC Form 59 will be accepted at any time prior to Friday, the 12th week of classes during the 16-week fall and spring semesters. The deadline for sessions of other lengths is:

Friday of 3rd week for 5-week courses
Friday of 4th week for 6-week courses
Friday of 6th week for 8-week courses
Friday of 7th week for 10-week courses
Friday of 9th week for 12-week courses
Friday of 12th week for 16-week courses

The equivalent date (75% of the semester) will be used for sessions of other lengths. The specific last day to withdraw is published each semester in the Schedule Bulletin.

A student who officially withdraws will be awarded the grade of "W", provided the student's attendance and academic performance are satisfactory at the time of official withdrawal. Students must file a withdrawal application with the College before they may be considered for withdrawal.

A student may not withdraw from a class for which the instructor has previously issued the student a grade of "F" or "FN" for nonattendance.

B. Administrative Withdrawal: An administrative withdrawal may be initiated when the student fails to meet College attendance requirements. The instructor will

assign the

appropriate grade on CTC Form 59 for submission to the registrar.

- C. Incomplete Grade: The College catalog states, "An incomplete grade may be given in those cases where the student has completed the majority of the course work but, because of personal illness, death in the immediate family, or military orders, the student is unable to complete the requirements for a course..." Prior approval from the instructor is required before the grade of "I" is recorded. A student who merely fails to show for the final examination will receive a zero for the final and an "F" for the course.
- D. Cellular Phones and Electronic Devices: Cellular phones and electronic devices will be turned off while the student is in the classroom or laboratory. The use of a laptop computer or tablet must be approved by the instructor.
- E. Americans with Disabilities Act (ADA): Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Review the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations, in accordance with federal and state laws, will be given through the DSS office.
- F. Students requiring accommodations for disabilities are responsible for notifying the instructor. Reasonable accommodations will be granted in full compliance with federal and state law and Central Texas College policy.
- G. Instructor Discretion: The instructor reserves the right of final decision in course requirements.
- H. Civility: Individuals are expected to be cognizant of what a constructive educational experience is and respectful of those participating in a learning environment. Failure to do so can result in disciplinary action up to and including expulsion.
- I. Honesty and Integrity: All students are required and expected to maintain the highest standards of scholastic honesty in the preparation of all course work and during examinations. The following will be considered examples of scholastic dishonesty:
 - 1. *Plagiarism*: The taking of passages from writing of others without giving proper credit to the sources.
 - 2. *Collusion*: Using another's work as one's own; or working together with another person in the preparation of work, unless joint preparation is specifically approved in advance by the instructor.
 - 3. *Cheating*: Giving or receiving information on examinations.

Students guilty of scholastic dishonesty will be administratively dropped from the course with a grade of "F" and will be subject to disciplinary action.

VIII COURSE OUTLINE

A. **Unit One:** Chapters 1 and 2; The 10 Essential Steps of Making Bread and Quick Breads, Little Quick Breads, Little Yeast Breads and Batter Breads

1. **Unit Objectives:** Upon successful completion of this unit, the student will be able to:

- a. Explain the fermentation process.
- b. Identify each of the ten essential steps of making bread.
- c. Perform each of the ten steps of making bread.
- d. Practice correct mixing and kneading procedures.
- e. Implement correctly how to raise and turn dough.
- f. Lay out dividing and pre-shaping dough.
- g. Control the final shape of the dough.
- h. Demonstrate scoring and stenciling bread.
- i. Carry out glazing bread successfully.
- j. Establish proper baking techniques.
- k. Employ proper cooling time.
- l. Exhibit correct slicing and storing of bread.
- m. Convey the differences between quick breads, little quick breads, little yeast breads and batter breads.

2. **Learning Activities:**

- a. Classroom lecture/discussion (**F1, F4**)
- b. Homework and other assignments designated by the instructor (**F1,F4**)

3. **Equipment and Materials**

- a. Access to full functioning kitchen or lab
- b. Baking equipment and raw baking materials

B. **Unit Two:** Chapters 3 and 4; Flatbreads and Soft Sandwich Loaves and Diner Rolls

1. **Unit Objectives:** Upon successful completion of this unit, the student will be able to:

- a. Describe a variety of flatbreads.
- b. Identify the seven steps to pizza making.
- c. Prepare a variety of flatbreads.
- d. Prepare layered focaccia with fresh herbs.
- e. Identify the steps to layering focaccia dough.
- f. Describe durum flour.
- g. Describe the different methods for mixing Pita bread.

- h. Identify and prepare Matzoh.
- i. Identify the steps to making Parathas.
- j. Describe the steps for making successful soft breads.
- k. Describe the different methods to mixing soft white breads.
- l. Prepare various shapes with soft breads.
- m. Prepare a variety of soft loaf breads.

2. Learning Activities:

- a. Classroom lecture/discussion (**F1,F4**)
- b. Preparation of baked goods (**C3, C14, C19, F1, F4, F9**)
- c. Homework and other assignments designated by the instructor (**FA4**)

3. Equipment and Materials

- a. Access to full functioning kitchen or lab
- b. Baking equipment and raw baking materials

C. Unit Three: Chapter 5; Hearth Breads

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:

- a. Identify the characteristics of hearth breads.
- b. Select the proper yeast and flour to prepare artisan breads.
- c. Describe what is needed to produce rustic loaves.
- d. Describe the steps needed to produce full flavored artisan bread.
- e. Describe the steps to make a sacaduro.
- f. Identify and define pate fermentee, biga, and poolish.
- g. Identify and define ciabatta.
- h. Prepare various hearth breads.
- i. Describe the steps to forming fougasse.

2. Learning Activities:

- a. Classroom lecture/discussion (**F1**)
- b. Hands on preparation of fillings, pies and dough's (**C3, C14, C19, F1, F4**)
- c. Homework and other assignments designated by the instructor (**F4**)

3. Equipment and Materials

- a. Access to full functioning kitchen or lab
- b. Baking equipment and raw baking materials

D. Unit Four: Chapters 6 and 7; Sourdough and The Brioche Family of Bread

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:

- a. Describe the five day process to prepare sourdough from scratch.
- b. Recite the pointers for success for making a sourdough starter.
- c. Describe the pros and cons of a liquid sourdough starter.
- d. Explain the steps to refresh stiff and liquid sourdough starters.
- e. Explain how to store starter.
- f. Prepare a variety of Sourdough breads.
- g. Identify the characteristics of Brioche.
- h. Recite the pointers for successful Brioche.
- i. Prepare a variety of Brioche pastries.
- j. Demonstrate how to form Brioche.
- k. Prepare Kugelhopf.

2. Learning Activities:

- a. Classroom lecture/discussion (**F1**)
- b. Hands on preparation of tarts and cakes (**C3, C14, C19, F1, F4**)
- c. Homework and other assignments designated by the instructor (**FA4**)

3. Equipment and Materials

- a. Access to full functioning kitchen or lab
- b. Baking equipment and raw baking materials

IX FEEDBACK:

1. *Instructor:* As your instructor I will organize and present the course material in a manner designed to facilitate the learning process. I will evaluate your progress periodically via writing assignments and exams and provide feedback on your performance via exam scores, exam critiques, and critique of your writing assignments, etc. I am also available before and after each class period and during office hours to discuss your performance and answer questions.

2. *Student:* **As the student you are ultimately responsible for your success in this course.** It is your responsibility to attend class regularly, prepare for class by reading assigned text material, participate in class discussions, ask questions and complete all other assignments. When required to improve your understanding, prepare for and complete exams.