

# AISH Career Program: Italian Baking & Pastry

## Program Structure

### Level I – Beginning (Fall or Spring)

#### **Mission**

The aim of the Beginning level is to provide students with a basic comprehension of Italian pastry. Students will be introduced to the characteristics and functions of baking ingredients and will be able to prepare simple cakes and pastries. Italian regional breads and cakes will be studied, in order to give students a comprehension of local gastronomic traditions and use of ingredients.

#### **Optional Course**

**Italian Language** is offered as an optional program components offered when regular core courses are not in session. Italian language is offered during the January or September intersessions.

#### **Mandatory Seminar**

##### **Food Safety and Sanitation Seminar**

The Food Safety and Sanitation Seminar (15) is mandatory for all Baking & Pastry, Culinary Arts, Hospitality Management and Wine Studies & Enology students. Unless student has have obtained, prior to the program, an equivalent certification that is valid in the Region of Tuscany.

#### **Core Courses**

##### **Italian Classical Cakes and Tarts**

Students will study the history and background of various national and regional cakes and tarts. The course will cover the origin of classical cakes, variations from classical methods, and customer-driven deviations from traditional preparations. Students will study a variety of doughs, batters, fillings, and glazes, with an emphasis on a thorough understanding of the techniques and proper skill execution for Italian cakes. Special attention will be paid to advance creaming methods (separated creaming methods, creaming without leavening agents) and combination methods. Piping skills are practiced.

##### **Baking Techniques**

Baking Techniques introduces the functions of baking ingredients (such as yeast, flour, and shortening), mixing methods for doughs, fermentation techniques, heat transfer methods. Focus on basic elements such as pastry dough, sponge cake, pâté a choux, puff pastry, plunder, danesi, croissant, egg/butter based basic creams, production and conservation of fruit preserves and meringues. In this course, students taste and test the products they create as well as complete a research assignment.

##### **Breads of Italy and Specialty Breads**

Building on previous knowledge, students learn to mix, shape, bake, store, and distribute breads and rolls. Emphasis will be placed on increased use of traditional fermentation methods, equipment, and methods that emphasize flavor, texture, and appearance as well as techniques that increase shelf life. This course offers the opportunity to learn the principles and techniques of preparing multi-grain breads, sourdoughs, holiday or seasonal breads, and flat breads. Special emphasis will be placed on Italian regional breads; handling grains (such as soakers) for specialty breads; mixing, shaping, and finishing specialty breads; and learning innovative baking methods.

##### **Pastry Shop Experiential Learning**

A study of classical desserts. Including French, Italian, and international pastries and hot/ cold desserts. Emphasis on advanced techniques, as well as the safe and sanitary handling of equipment and food supplies. Emphasis will be placed on the production of high quality, handcrafted desserts for retail, commercial, and food service bakeries. This class includes Experiential Learning with CEMI. This course includes 150 hours of Experiential Learning with our Community Engagement Member Institutions (CEMI). CEMI are dynamic learning environments created to foster learning through a structured interaction with the community. In addition to regular lecture hours, students will be involved in learning by doing through real projects and integration with the local population and territory in order to remove cultural and learning barriers as well as to develop a strong likelihood for success in life. The Experiential Learning hours are fully supervised by instructors who track students step by step during their learning experience, monitor and advise according to student needs, and support student initiative. This unique learning model allows students to benefit from an all-encompassing educational experience based on theory and practice in real enterprises, learning of comprehensive operational processes, problem-solving, leadership, and management.

### **Cookies and Petit Fours**

This course provides students with a fundamental working knowledge of the traditional methods of producing cookies and petit fours. The course will explore the preparation and design of unfilled and filled cookies and mignardises. Topics covered include the creaming method, depositing cookies (sliced, dropped, spritz, rolled, and bar), as well as methods of mixing, shaping, baking, filling, finishing, storing, packaging, pricing, and distributing cookies.

## **Level II – Intermediate (Spring)**

### **Mission**

The aim of the Intermediate level is to deepen students' knowledge of Italian pastry, both regarding baking techniques, study of ingredients and the evolution and interpretation of traditional recipes in contemporary cuisine. Students will learn how to develop new ideas and products through market analysis and the use of both classical recipes and original combinations of ingredients, through the application of new production techniques. They will be able to interpret ingredients and create their own style. Special emphasis will be placed on dessert decoration techniques, sugar works, chocolate and confectionery. The program includes the study of station organization for the production dessert in restaurants and of professional skills for the presentation of dishes.

### **Optional Course**

**Italian Language** is offered as an optional program components offered when regular core courses are not in session. Italian language is offered during the January or September intersessions.

### **Core Courses**

#### **Italian Confectionery Art**

This course introduces students to classically applied mediums used in display work and decoration. Students will learn to execute specific designs in pastillage, rolled fondant, gum paste, and royal icing, as well as with poured, pulled, and blown sugar. Production, storing of all types of candied fruits and Italian mostarda. Production and storing of jams and preserves, fruit jellies, Italian croccante, sugar fondant, almond paste.

#### **Chocolate Artistry**

This course introduces the principles involved in tempering chocolate, creating chocolate sculptures, forming simple centerpieces, and preparing chocolates and other confections with soft, hard, and liquid centers. Students learn to use traditional and contemporary production methods in creating confections both by hand and with special equipment. Efficient methods to increase productivity in this highly specialized field will be highlighted.

#### **Baking Techniques II: Italian Pastry Techniques**

This course introduces non-yeast, laminated doughs and the preparation of pastry products using a variety of methods-lamination, blending, creaming, foaming, and thickening. Students will combine these methods in new products, to create savory items and frozen desserts, and to use basic finishing methods by applying glazes, filling pastries, creating simple sauces, and presenting products for service. The fundamentals of heat transfer as applied to pastries in the preparation of creams, custards, soufflés, butter creams, meringues, and flavored whipped creams will also be studied. Students will taste and test the products created and will complete a research assignment.

#### **Dessert Styling**

Baking and dessert presentation, including sugar and chocolate decorations, creative use of sauces, pâté au choux, meringue, toppings and decorations, application of different icings, fruit garnishing. By the end of the course students will be able to execute the most common decorating and styling techniques and to develop their own personal plating style.

#### **Restaurant and Production Desserts Experiential Learning**

This course covers the preparation and service of hot and cold desserts with a focus on individual desserts and the components involved in preparation. Students will learn and improve station organization, timing, and service coordination for restaurant dessert production. Products made will include fried products, tarts, soufflé, creams, frozen desserts. Both individual plated desserts, and desserts for banquets will be prepared. Students will develop a dessert menu from the perspective of variety, costs, practicality, and how well it matches the rest of the menu. This course includes 150 hours of Experiential Learning with our Community Engagement Member Institutions (CEMI). CEMI are dynamic learning environments created to foster learning through a structured interaction with the community. In addition to regular lecture hours, students will be involved in learning by doing through real projects and integration with the local population and territory in order to remove cultural and learning barriers as well as to develop a strong likelihood for success in life.