



Baking and Pastry Arts

DIPLOMA PROGRAM GRID



LaSalle College
Vancouver

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<div>CUL105</div> <div>Fundamentals of Classical Techniques</div>	<div>CUL135</div> <div>Purchasing and Product Identification</div>	<div>CUL252</div> <div>Food and Beverage Management</div>	<div>CUL204</div> <div>Advanced Patisserie and Display Cakes</div>
<div>CUL102</div> <div>Concepts and Theories of Culinary Techniques</div>	<div>CUL121</div> <div>Introduction to Baking</div>	<div>CUL202</div> <div>European Cakes and Tortes</div>	<div>CUL212</div> <div>Practicum</div>
<div>CUL103</div> <div>Sanitation and Safety</div>	<div>CUL122</div> <div>Introduction to Pastry</div>	<div>CUL207</div> <div>Artisan Breads and Baking Production</div>	<div>CUL260</div> <div>Chocolate, Confections, and Centerpieces</div>
<div>CUL250</div> <div>Management, Supervision & Career Development</div>	<div>CUL132</div> <div>Management by Menu</div>	<div>CUL242</div> <div>Planning and Controlling Costs</div>	

6 Baking & Pastry Courses

30 credits

+

2 Culinary Arts Courses

9 credits

+

7 Operations Management Courses

21 credits

=

TOTAL

60 CREDITS



Baking and Pastry Arts

COURSE DESCRIPTIONS



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Vancouver**

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 and CUL103

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 and CUL103

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 and CUL103

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 and CUL103

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, CUL121 and CUL122

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, CUL121 and CUL122

Credits: 6

CUL242 PLANNING AND CONTROLLING COSTS

This course helps the student appreciate the planning and control process in the restaurant service industry. This course will introduce the tools required to maintain sales and cost histories, develop systems for monitoring current activities, and teach the techniques required to anticipate what is to come. The student will learn about pricing support systems, including food-cost breakdown, the fundamentals of purchasing, receiving, storing, issuing and production are covered. The importance of budgeting and an accurate profit and loss statement are emphasized. Forms and suggestions for implementing effective cost control procedures are given, and the menu's effect on planning and control is covered.

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, CUL121 and CUL122

Credits: 6

CUL212 EXTERNSHIP

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, CUL121 and CUL122

Credits: 6