

CATALOG INFORMATION

Dept and Nbr: CUL 221.52 Title: ALTERNATIVE/TRAD.BAKING
Full Title: Alternatives to Traditional Baking
Last Reviewed: 2/20/2002

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	1.50	4	Lecture Scheduled	6.00
Minimum	2.00	Lab Scheduled	2.00	4	Lab Scheduled	8.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.50		Contact Total	14.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 12.00

Total Student Learning Hours: 26.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 39 - Total 2 Times
Also Listed As:
Formerly: CULT221.52

Catalog Description:
Registered Professional Pastry Chef and Dietician lead the class in discussion of lower fat and lower sugar alternatives to classic desserts. Students will be supervised in preparation of classic dessert techniques as they explore and prepare recipes that lower fats and offer alternatives to sugar, wheat flour, and eggs. Baking categories will include cakes, muffins and cookies, frozen and fruit desserts, and fat-free alternatives. Emphasis will be on creating desserts that are appetizing and delicious.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Registered Professional Pastry Chef and Dietician lead the class in a discussion of lower fat and lower sugar alternatives to classic desserts. Students will be supervised in preparation of classic dessert techniques as they explore and prepare recipes that lower fats and

offer alternatives to sugar, wheat flour, and eggs. Baking categories will include cakes, muffins and cookies, frozen and fruit desserts, and fat-free alternatives. Emphasis will be on creating baked goods that are appetizing and delicious. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Total 2 Times

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

The students will be able to:

- understand the role of sugars, fats, eggs, and flours in baked goods before attempting to alter a recipe;
- examine alternatives to refined sugar, understand the nutritional differences of various sweeteners, and have an understanding of how alternative sugars work in baking;
- examine the role of eggs in baking and work successfully with ingredients that can replace eggs in a recipe;
- develop a repertoire of fat-free and low-fat desserts;
- successfully bake good-tasting wheat-free cakes, muffins, and cookies;
- successfully prepare delicious, frozen and fruit desserts, mousses, and gels.

Topics and Scope:

1. Discussion of sugars, flours, fats, and eggs in baking and nutrition. Preparation of a variety of naturally fat-free desserts such as Angel Food, Sorbet, and Meringue.
2. Examining alternatives to wheat flour, sugars, and eggs, such as rice flour, maple syrup and ground flax seeds. Lowering fats while making good tasting muffins, quickbreads and cookies.
3. Making cakes and frostings that offer options to flour, eggs, and butter. Spongecake, Flourless Chocolate Cakes, Cooked Meringue

- Frosting.
4. Frozen and Fruit-based desserts, including ices, mourses, poached fruits, and gels.

Assignment:

Assignments vary from chef to chef but usually students are graded on:

1. Attendance.
2. Preparation of annotated recipe files.
3. Written critique and evaluations.
4. Homework assignments.
5. Quality of lab work.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, Lab reports

Problem solving
10 - 25%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances

Skill Demonstrations
60 - 80%

Exams: All forms of formal testing, other than skill performance exams.

None

Exams
0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

ASSISTANCE TO THE CHEF/INSTRUCTOR IN THE PREPARATION AND CLEANUP OF DEMONSTRATIONS

Other Category
10 - 25%

Representative Textbooks and Materials:

None - handouts are used.