



Culinary Institute  
of America

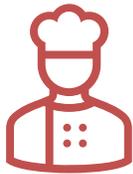
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Baking at Home:  
The Desserts

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**WELCOME!**

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# Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

## KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
  - **Green:** food scraps for compost
  - **Blue:** recyclables
  - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



## RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).



## FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
  - Touching hair, face, phone, pen, etc.
  - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.

## KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."



# PRODUCTION ASSIGNMENTS

## CHEF DEMOS

### **Rocher Tart**

Prepare pastry cream

Prepare tart dough

Prepare 6-inch tart shell with pre-made dough

Prepare chocolate ganache

Assemble and garnish tarts

### **Cream Puffs**

Make and bake pâte à choux

Make vanilla pastry cream

Fill and glaze cream puffs

### **Cake**

Prepare Gingerbread Cake

Prepare Cinnamon Italian Buttercream

Assemble Cakes

## MENU

Vanilla Pastry Cream

Chocolate Hazelnut Tart Dough

Dark Chocolate Ganache

Gingerbread Cake

Cinnamon Italian Buttercream

Pâte à Choux

Chocolate Glaze

Soufflé

# VANILLA PASTRY CREAM

*Yield: 2 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Cornstarch	½ cup (60 g)
Sugar, granulated (Divided)	1 cup (200 g)
Milk, whole (Divided)	4 cups (910 g)
Egg, yolk	8 ea.
Salt, kosher	⅛ tsp.
Vanilla extract	4 tsp.
Butter, unsalted	4 Tbsp. (60 g)

## **Method**

1. Line a sheet pan with plastic wrap. Reserve.
2. For the base, in a medium bowl, place the cornstarch and ¼ cup (40 grams) of the sugar. Whisk to combine.
3. Whisk in 1 cup (225 grams) of the milk. Add the egg yolks. Reserve.
4. In a large saucepot, place the remaining milk and sugar. Bring it to a boil. Remove the pot from the heat.
5. Stir some of the hot liquid into the bowl with the cornstarch base. Transfer the entire contents of the cornstarch base to the saucepot. Simmer over medium heat, whisking constantly, until the mixture thickens and begins to bubble.
6. Remove the pot from heat. Add the butter and vanilla.
7. Pour the mixture onto the prepared plastic-lined sheet pan. Cover the surface with plastic wrap. Cool in the refrigerator.

**Variation:** Use ½ cup of Nutella and ½ batch of pastry cream. Whisk the Nutella into the hot pastry cream before cooling.

# CHOCOLATE HAZELNUT TART DOUGH

*Yield: One 6-inch tart*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	10 Tbsp. (140 g)
Sugar, powdered	$\frac{3}{4}$ cup (80 g)
Flour, hazelnut	$\frac{1}{2}$ cup (60 g)
Egg, yolk	3 ea.
Baking powder	1 tsp. (3 g)
Salt, kosher	$\frac{1}{2}$ tsp. (3 g)
Flour, cake	1 $\frac{3}{4}$ cups (210 g)
Cocoa powder	6 Tbsp. (30 g)

## **Method**

1. In the bowl of a stand mixer fitted with a paddle attachment, place the butter, sugar and vanilla. Mix on low speed, scraping down the bowl as needed, until smooth and homogeneous. Take care not to incorporate any air into the mixture.
2. Add the egg yolk. Mix on low speed until fully incorporated and smooth. Scrape down the bowl to ensure even mixing.
3. Add the flour. Mix on low speed until the dough just comes together and no flour remains. Do not overmix, as this will develop gluten and toughen the dough.
4. Remove the dough from the mixer. Wrap in plastic. Chill in the refrigerator for 20 minutes.
5. Lightly flour a work surface and roll the dough into a circle, about 2 inches larger than the tart mold. Place the dough in the center of the mold and press to fit.

# DARK CHOCOLATE GANACHE

*Yield: 2 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Chocolate, dark, chopped	1 ⅓ cup (225 g)
Cream, heavy	1 cup + 1 Tbsp. (250 g)
Corn syrup	⅓ cup (100 g)
Butter, unsalted, softened	2 ½ Tbsp. (35 g)

## **Method**

1. In a medium bowl, place the dark chocolate. Reserve.
2. In a medium saucepot over medium-high heat, place the heavy cream and corn syrup. Bring it to a boil. Pour the liquid mixture over the chocolate. Using a rubber spatula, stir gently until fully emulsified.
3. Add the butter. Mix until smooth and shiny.
4. Pour the ganache over the tart. Rest at room temperature for 15 minutes.
5. Chill in the refrigerator until it has fully solidified and has a firm, glossy finish, 15 to 30 minutes.

# GINGERBREAD CAKE

*Yield: two 6-inch cakes*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, room temp.	8 Tbsp. 110 g)
Sugar, brown	1 cup (230 g)
Egg, whole	4 ea.
Flour, all-purpose	4 cups (470 g)
Baking soda	½ tsp.
Baking powder	1 tsp.
Salt, kosher	1 tsp.
Ginger, powder	4 tsp.
Cinnamon, ground	1 Tbsp.
Nutmeg, fresh, grated	½ tsp.
Clove, ground	½ tsp.
Milk, whole	1 cup (230 g)
Oil, vegetable	½ cup (100 g)
Molasses	¾ cup (300 g)

## **Method**

1. Preheat oven to 325°F.
2. In the bowl of a stand mixer fitted with the paddle attachment, place the butter and sugar. Beat (Cream) until well-incorporated and the mixture is very pale yellow, fluffy, and has taken on volume.
3. With the mixer running, add the eggs one at a time. Mix to incorporate. Reserve.
4. In a large bowl, sift together the flour, baking soda, baking powder, salt, ginger, cinnamon, nutmeg, and clove. Add it to the creamed butter base. Mix to combine.
5. Slowly stream in the milk, oil, and molasses. Mix well to incorporate.
6. Divide the batter between 6-inch pans that have been greased and lined with parchment paper.
7. Bake in the preheated oven until the top springs back when lightly pressed and a toothpick comes out clean, 20 to 25 minutes.

# CINNAMON ITALIAN BUTTERCREAM

*Yield: 1 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Egg, white	8 ea. (240 g)
Sugar, granulated	2 ½ cups (500 g)
Water	1 cup (230 g)
Butter, unsalted, cut into 1-in cubes	3 cups (680 g)
Cinnamon, ground	2 Tbsp.

## **Method**

1. In the bowl of a stand mixer fitted with a whip attachment, place the egg whites. Do not turn it on. Reserve.
2. For the sugar syrup, in a medium saucepot over medium heat, place the sugar and water. Heat, without stirring, over medium heat.
3. When the sugar syrup reaches 230°F, whip the reserved egg whites on medium speed until foamy.
4. Heat the sugar syrup to 240°F. Remove the pot from the heat.
5. Turn the mixture up to full speed. Slowly add the hot sugar syrup. Whip until the whites gain volume. Cool to room temperature. This technique ensures a stable, glossy, and fully cooked meringue.
6. Switch to the paddle attachment. Slowly add the butter in small additions. Whip until all the butter has been incorporated and the buttercream is smooth and white.
7. Add the cinnamon. Mix to combine.

**Note:** Buttercream can be stored in an airtight container, refrigerated, for up to 1 week or frozen for up to 3 months. Bring to room temperature and whip before using.

# PÂTE À CHOUX

*Yield: 18-20 éclairs*

<b>Ingredients</b>	<b>Amounts</b>
Water	1 cup (400 g)
Butter, unsalted	13 Tbsp. (185 g)
Salt, kosher	2 tsp. (8 g)
Sugar, granulated	2 tsp. (8 g)
Milk, powdered	1/3 cup (32 g)
Flour, cake	1 3/4 cups (220 g)
Egg, whole	8 ea. (400 g)

## **Method**

1. Preheat oven to 400°F.
2. In a large saucepan, place the water, butter, salt, and sugar. Bring it to a boil.
3. Add the milk powder. Return it to a boil to dissolve the ingredients.
4. Lower the heat to medium. Sift in the cake flour. Stir to cook out the starch until a film forms on the bottom of the pan and the mix comes together. Remove the pan from the heat.
5. Place the mixture in the bowl of a stand mixer fitted with a paddle attachment. Mix on low speed to cool down the mixture. Gradually add the eggs while mixing.
6. Transfer the dough to a piping bag. Pipe the dough onto parchment-lined sheet pans. (See Chef demo.) Spray with vegetable spray.
7. Bake in the preheated oven until they puff up, 10 to 15 minutes.
8. Lower the heat to 350°F. Bake, without opening the oven door, until golden brown and perfectly dry without moisture beads on the sides, 5 to 10 minutes.

# CHOCOLATE GLAZE

*Yield: 2 liters*

## **Ingredients**

## **Amounts**

Cream, heavy	1 cup (227 g)
Corn syrup	$\frac{3}{4}$ cup (235 g)
Oil, vegetable	$\frac{1}{2}$ cup (100 g)
Chocolate, dark	2 lb.
Milk, whole	1 cup (225 g)
Cream, heavy	2 cups (454 g)

## **Method**

1. In a small saucepot, place the heavy cream, corn syrup and oil. Bring it to a boil.
2. Add the chocolate. Heat until it melts.
3. Whisk in the milk and cream.
4. Chill in the refrigerator. Reserve for garnishing.

# SOUFFLÉ

*Yield: 6 soufflé*

## Ingredients

## Amounts

Butter, unsalted	as needed
Sugar, granulated	as needed
Egg, white	4 ea. (120 g)
Sugar, superfine	1/3 cup (40 g)
Pastry cream, cold	455 g

## Method

1. Preheat oven to 375°F
2. Butter six ramekins. Sprinkle with sugar and shake to lightly coat the inside of each ramekin. Reserve.
3. In the bowl of a stand mixer fitted with the whip attachment, place the egg whites and sugar. Whip on low speed and steadily increase the speed to high. Whip until firm peaks form.
4. Gently fold in the cold pastry cream.
5. Spoon the mixture to half fill each ramekin.
6. Bake in the preheated oven until the soufflés rise fully.

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

<b>1 gram (g)</b>	=	1/28 oz. (or 0.035 oz.)
<b>½ ounce (oz.)</b>	=	14 g
<b>1 ounce</b>	=	28.35 g. (approx. 30 g)
<b>2 ounces</b>	=	56 g. (approx. 60 g)
<b>4 ounces</b>	=	110 g
<b>6 ounces</b>	=	170 g
<b>8 ounces</b>	=	225 g
<b>12 ounces</b>	=	340 g
<b>1 pound (16 oz.)</b>	=	453.6 g (454 g)
<b>1 kilogram (kg)</b>	=	2.21 lb.
<b>1 liter</b>	=	35 fl. oz. (1 ¾ pt.)

## METRIC CONVERSION TABLE

To Change...	To...	Multiply by
<b>Pounds (lb.)</b>	Grams (g)	453.6
<b>Ounces (oz.)</b>	Grams (g)	28.35
<b>Pounds (lb.)</b>	Kilograms (kg)	.45
<b>Teaspoons (tsp.)</b>	Milliliters (ml)	5
<b>Tablespoons (Tbsp.)</b>	Milliliters (ml)	15
<b>Fluid Ounces (fl. oz.)</b>	Milliliters (ml)	30
<b>Cups</b>	Liters (l)	.24
<b>Pints (pt.)</b>	Liters (l)	.47
<b>Quarts (qt.)</b>	Liters (l)	.95
<b>Gallons (gal.)</b>	Liters (l)	3.8
<b>Temperature (°F)</b>	Temperature (°C)	5/9 after subtracting 32*

\*Example: 9°F above boiling equals 5°C above boiling.

## TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
<b>250</b>	130	very cool
<b>300</b>	150	low
<b>325</b>	165	moderate-low
<b>350</b>	180	moderate
<b>400</b>	200	moderate-hot
<b>425</b>	220	hot
<b>450</b>	230	very hot

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

<b>1 tablespoon (Tbsp.)</b>	=	3 teaspoons (tsp.)
<b>1 fluid ounce (fl. oz.)</b>	=	2 tablespoons (Tbsp.)
<b>1 cup</b>	=	8 fluid ounces (fl. oz.)
<b>1 pint (pt.)</b>	=	2 cups
<b>1 pint (pt.)</b>	=	16 fluid ounces
<b>1 quart (qt.)</b>	=	2 pints (pt.)
<b>1 gallon (gal.)</b>	=	4 quarts (qt.)
<b>1 gallon (gal.)</b>	=	128 fluid ounces (fl. oz.)

## US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
<b>3</b>	1	½	1/16	---	14
<b>6</b>	2	1	⅛	1/16	28
<b>12</b>	4	2	¼	⅛	57
<b>24</b>	8	4	½	¼	113
<b>36</b>	12	6	¾	⅜	170
<b>48</b>	16	8	1	½	227
<b>96</b>	32	16	2	1	454

## VOLUME MEASURE CONVERSIONS

US	Metric
<b>1 tsp.</b>	5 milliliters (ml)
<b>1 Tbsp.</b>	15 ml
<b>1 fl. oz./ 2 Tbsp.</b>	30 ml
<b>2 fl. oz./ ¼ cup</b>	60 ml
<b>8 fl. oz./ 1 cup</b>	240 ml
<b>16 fl. oz./ 1 pint (pt.)</b>	480 ml
<b>32 fl. oz./ 1 quart (qt.)</b>	960 ml
<b>128 fl. oz./ 1 gallon (gal.)</b>	3.84 liters (L)

## RECIPE YIELD

Original	Cut in Half	Cut in Third
<b>1 cup</b>	½ cup	⅓ cup
<b>¾ cup</b>	6 Tbsp.	¼ cup
<b>⅔ cup</b>	⅓ cup	3 Tbsp. + 1 ½ tsp.
<b>½ cup</b>	¼ cup	2 Tbsp. + 2 tsp.
<b>⅓ cup</b>	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
<b>¼ cup</b>	2 Tbsp.	1 Tbsp. + 1 tsp.
<b>1 Tbsp.</b>	1 + ½ tsp.	1 tsp.
<b>1 tsp.</b>	½ tsp.	⅓ tsp.
<b>½ tsp.</b>	¼ tsp.	⅛ tsp.
<b>¼ tsp.</b>	⅛ tsp.	dash

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Instructional Designers and Editors

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