



Culinary Institute of America

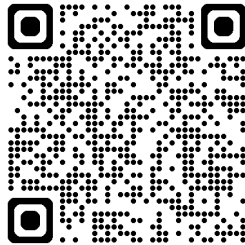
CULINARY INSTITUTE OF THE PACIFIC

FUNDAMENTALS OF BAKING AND PASTRY ARTS



Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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The Culinary Institute of America

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CIA Consulting
The Culinary Institute of America

Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

COURSE DESCRIPTION

Participants will build a solid foundation in the art and science of baking in this course designed for aspiring pastry chefs and culinary professionals. Through hands-on training, they'll develop essential skills in classic baking techniques, pastry production, and introductory chocolate work. They will learn the principles behind doughs, batters, custard, and creams while exploring the basics of chocolate tempering, frozen desserts, and decorative elements. This course provides the core techniques and knowledge needed to confidently execute a wide range of baked goods and pastries. It concludes with a capstone project where each participant creates and presents an original dessert, preparing them for more advanced courses such as Dessert Design in the Hot Kitchen.

LEARNING OBJECTIVES

By the end of this course, students will...

- Master foundational baking techniques, from mixing methods to proper proofing.
- Gain introductory skills in pastry and chocolate work.
- Learn essential components: doughs, batters, creams, custards, and glazes.
- Explore structure, flavor balance and presentation in dessert making.
- Design and present a final dessert showcasing your learning and creativity.

DAY ONE:

INTRODUCTION TO INGREDIENT FUNCTION

CREAMING, CUSTARDS, & PRE-COOKED METHOD

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Understand key baking ingredients and their primary function.
- Recognize and apply various mixing methods.
- Understand the creaming method.
- Distinguish between the 3 types of custards and understand their common thickening agent.
- Understand the different methods for boiled, baked, and stirred custards.
- Understand the different phases when making pâte à choux.
- Explore different finishing techniques for pâte à choux.
- Prepare a range of baked goods using standardized recipes with accuracy and consistency.

CHEF DEMONSTRATIONS

- Pâte à Choux
- Pastry Cream
- Chocolate Chip Cookies
- Crème Brûlée
- Crème Anglaise

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMONSTRATIONS

Pâte à Choux

Pastry Cream

Chocolate Chip Cookies

Crème Brûlée

Crème Anglaise

TEAM 1

Pâte à Choux

TEAM 2

Pastry Cream

TEAM 3

Reverse Chocolate Chip Cookies

TEAM 4

Crème Brûlée

BONUS RECIPES

Chocolate Cheesecake

Vanilla Bean Cheesecake

Snickerdoodle Cookies

Coconut-Chocolate Pastry Cream

Passionfruit Pastry Cream

PÂTE À CHOUX

CHEF DEMO

Yield: 1 ½ pounds

Ingredients	Amounts
Water	8 oz.
Butter, unsalted, cubed	4 oz.
Salt, sea, fine	2 g
Flour, bread	4 oz.
Egg, whole	8 oz.

Method

1. Preheat a deck oven to 375°F.
2. In a medium pot, place the water, butter, and salt. Bring to a rolling boil over medium-high heat.
3. Remove the pot from the heat.
4. Add the flour all at once. Stir with a wooden spoon until homogenous.
5. Return the pot to the heat. Stir until a film forms on the bottom of the pot.
6. Transfer the mixture to the bowl of a 5-quart stand mixer fitted with a paddle attachment. Mix on low speed for 30 seconds.
7. Add the eggs 25% at a time. Mix after each addition to incorporate. Do not over mix. The batter should drop off of the paddle and form a "V". You may not need to add all of the eggs. (See Chef demo.)
8. Check the consistency of the batter and adjust accordingly with any remaining eggs.
9. Transfer the mixture to a pastry bag fitted with an 806 tip.
10. Pipe the mixture onto a parchment paper lined sheet pan. (See Chef demo.)
11. Bake in the preheated oven, rotating the tray halfway through baking, until golden brown on all sides, 40 to 45 minutes.

PASTRY CREAM

CHEF DEMO

Yield: 1 quart

Ingredients	Amounts
Milk, whole	16 oz.
Salt, sea, fine	1 pinch
Sugar, granulated (Divided)	4 oz.
Cornstarch	42 g
Egg, whole	3 ea.
Butter, unsalted	1 ½ oz.
Vanilla, extract	¼ fl. oz.

Method

1. Place 90% of the milk and a pinch of salt in a pot.
2. Add ½ of the sugar. Stir to combine. Bring to a boil over medium heat.
3. In a medium bowl, combine the remaining milk, sugar, and the cornstarch to form a liquid thickening mixture (*slurry*).
4. Add the eggs. Whisk to form an egg-based thickening mixture (*liaison*).
5. Remove the boiling milk from the heat. Gradually whisk the hot milk into the liaison to slowly raise its temperature and prevent curdling (*temper*). Return the mixture to the pot.
6. Place the pot over medium heat. Whisk constantly until the starch just begins to thicken. Remove the pot from the heat. Whisk vigorously until no lumps remain.
7. Return the pot to the heat. Bring the mixture to a boil while stirring constantly, about 1 minute.
8. Remove from the heat and taste for starch. If a starchy flavor remains, cook for an additional 30 seconds and taste again.
9. Stir in the butter and vanilla extract until fully incorporated.
10. Pour onto a plastic lined sheet pan and spread into an even layer. Place another piece of plastic wrap directly on the surface of the pastry cream to prevent a skin from forming.
11. Cool at room temperature for 10 to 15 minutes. Transfer to the refrigerator to cool completely.

CHOCOLATE CHIP COOKIES

CHEF DEMO

Yield: 18 large cookies

Ingredients	Amounts
Butter, unsalted, room temp.	1 lb.
Sugar, granulated	324 g
Sugar, brown	207 g
Salt, sea, fine	13 g
Baking soda	9 g
Egg, whole, room temp.	194 g
Vanilla, extract	9 g
Flour, all-purpose	680 g
Chocolate, semi-sweet, chunks	1 lb.
Chocolate, white, chips	226 g

Method

1. Preheat convection oven to 325°F with the fan speed set to 2.
2. In the bowl of a Kitchen Aid stand mixer fitted with a paddle attachment, place the butter, sugar, brown sugar, salt, and baking soda. Cream on medium speed until combined.
3. Add the eggs in 3 parts, mixing between each addition. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
4. Add the vanilla extract. Mix to combine.
5. Add the all-purpose flour and mix until just combined. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
6. Add semi-sweet chocolate chunks and white chocolate chips. Mix until combined. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
7. Using a blue scoop, scoop the cookie dough and place onto a sheet pan. Place each scoop of dough about 6-inches apart.
8. Bake the cookies in the preheated oven for 10 minutes. Rotate the pan and bake until the until cookies are golden on the outside and slightly pale in the middle, 4 to 6 minutes.

Variation:

Kitchen Sink Cookies: Reduce the amount of chocolate chunks to 1500g. Add 800g toasted nuts, 2 bags of sweetened coconut (toasted or not), 600g dried cranberries, and extra salt.

CRÈME BRÛLÉE

CHEF DEMO

Yield: 12 portions

Ingredients	Amounts
Cream, heavy	30 oz.
Sugar, granulated (Divided)	7 ½ oz.
Egg, yolk	9 ea.
Vanilla, bean	1 ea.
Sugar, granulated	1 lb.

Method

1. Preheat convection oven to 220°F with the fans set to 2.
2. In a large saucepan, bring the heavy cream and ½ the sugar to a boil over medium heat. Reserve.
3. In a large bowl, whisk to combine the egg yolks and the remaining sugar.
4. Gradually whisk the hot heavy cream into the egg mixture to slowly raise its temperature and prevent curdling (*temper*). (Do not aerate.)
5. Strain the mixture through a chinois to remove any solids or bubbles.
6. Place oval ramekins on a flat sheet pan. Place the sheet pan with the ramekins close to the oven to ensure easy transfer.
7. Using a fondant funnel, deposit the custard into each of the ramekins until full.
8. Remove large bubbles from the surface using a blow torch. Skim any foam from the surface using a spoon.
9. Carefully place sheet pan with the custards into the convection oven. Bake until the custards are set with an unstable, quarter sized area in the center, 12 to 15 minutes.
10. Sprinkle an even layer of granulated sugar over the surface of each custard. Using a blow torch, caramelize the sugar to form a crisp top (*brûlée*). (See Chef demo.)

Variation: The heavy cream may be infused with flavor.

CRÈME ANGLAISE

CHEF DEMO

Yield: 1 quart

Ingredients	Amounts
Sugar, granulated (Divided)	150 g
Stabilizer	2 g
Milk, whole	413 g
Cream, heavy	158 g
Water	100 g
Milk, powder, nonfat	30 g
Vanilla, bean	1 ea.
Salt, sea, fine	2 g
Egg, yolk	100 g

Method

1. In a bowl, combine $\frac{2}{3}$ of the sugar with the stabilizer. Reserve the remaining sugar.
2. In a saucepan, combine the milk, heavy cream, water, milk powder, vanilla bean, salt, and the sugar-stabilizer mixture. Bring the mixture to a boil over medium heat.
3. In a large bowl, combine the egg yolks and remaining sugar.
4. Remove the milk mixture from the heat. Gradually whisk the hot milk mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
5. Return the mixture to the pot set over medium heat. Stir continuously until the mixture coats the back of a spoon (*nappé*) and reaches 82°C.
6. Immediately strain the mixture through a chinois and into a bowl set over an ice water bath.
7. Cover and chill the mixture overnight.

PÂTE À CHOUX

Yield: 1 ½ pounds

Ingredients	Amounts
Water	8 fl. oz.
Butter, unsalted, cubed	4 oz.
Salt, sea, fine	2 g
Flour, bread	4 oz.
Egg, whole	8 oz.

Method

1. Preheat a deck oven to 375°F.
2. In a medium pot, place the water, butter, and salt. Bring to a rolling boil over medium-high heat.
3. Remove the pot from the heat.
4. Add the flour all at once. Stir with a wooden spoon until homogenous.
5. Return the pot to the heat. Stir until a film forms on the bottom of the pot.
6. Transfer the mixture to the bowl of a 5-quart stand mixer fitted with a paddle attachment. Mix on low speed for 30 seconds.
7. Add the eggs 25% at a time. Mix after each addition to incorporate. Do not over mix. The batter should drop off of the paddle and form a "V". You may not need to add all of the eggs. (See Chef demo.)
8. Check the consistency of the batter and adjust accordingly with any remaining eggs.
9. Transfer the mixture to a pastry bag fitted with an 806 tip.
10. Pipe the mixture onto a parchment paper lined sheet pan. (See Chef demo.)
11. Bake in the preheated oven, rotating the tray halfway through baking, until golden brown on all sides, 40 to 45 minutes.

PASTRY CREAM

Yield: 1 quart

Ingredients	Amounts
Milk, whole	16 oz.
Salt, sea, fine	1 pinch
Sugar, granulated	4 oz.
Cornstarch	42 g
Egg, whole	3 ea.
Butter, unsalted	1 ½ oz.
Vanilla, extract	¼ fl. oz.

Method

1. Place 90% of the milk and a pinch of salt in a pot.
2. Add ½ of the sugar. Stir to combine. Bring to a boil over medium heat.
3. In a medium bowl, combine the remaining milk, sugar, and the cornstarch to form a liquid thickening mixture (*slurry*).
4. Add the eggs. Whisk to form an egg-based thickening mixture (*liaison*).
5. Remove the boiling milk from the heat. Gradually whisk the hot milk into the liaison to slowly raise its temperature and prevent curdling (*temper*). Return the mixture to the pot.
6. Place the pot over medium heat. Whisk constantly until the starch just begins to thicken. Remove the pot from the heat. Whisk vigorously until no lumps remain.
7. Return the pot to the heat. Bring the mixture to a boil while stirring constantly, about 1 minute.
8. Remove from the heat and taste for starch. If a starchy flavor remains, cook for an additional 30 seconds and taste again.
9. Stir in the butter and vanilla extract until fully incorporated.
10. Pour onto a plastic lined sheet pan and spread into an even layer. Place another piece of plastic wrap directly on the surface of the pastry cream to prevent a skin from forming.
11. Cool at room temperature for 10 to 15 minutes. Transfer to the refrigerator to cool completely.

REVERSE CHOCOLATE CHIP COOKIES

Yield: 18 large cookies

Ingredients	Amounts
Butter, unsalted	1 lb.
Sugar, granulated	1 lb.
Sugar, brown	8 oz.
Salt, sea, fine	11 g
Baking soda	11 g
Egg, whole	8 oz.
Vanilla, extract	8 g
Cocoa powder	7 oz.
Flour, bread	6 oz.
Flour, cake	12 oz.
Chocolate, white, chips	2 lb. 8 oz.

Method

1. Preheat convection oven to 325°F with the fan speed set to 2.
2. In the bowl of a Kitchen Aid stand mixer fitted with a paddle attachment, place the butter, sugar, brown sugar, salt, and baking soda. Cream on medium speed until combined.
3. Add the eggs in 3 parts, mixing between each addition. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
4. Add the vanilla extract. Mix to combine.
5. Add the cocoa powder, bread flour, and cake flour. Mix until just combined. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
6. Add semi-sweet chocolate chunks and white chocolate chips. Mix until combined. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
7. Using a blue scoop, scoop the cookie dough and place onto a sheet pan. Place each scoop of dough about 6-inches apart.
8. Bake the cookies in the preheated oven for 10 minutes. Rotate the pan and bake until the cookies are set when you squeeze their sides, 4 to 6 minutes.

CRÈME BRÛLÉE

Yield: 12 portions

Ingredients	Amounts
Cream, heavy	30 oz.
Sugar, granulated	7 ½ oz.
Egg, yolk	9 ea.
Vanilla, bean	1 ea.
Sugar, granulated	1 lb.

Method

1. Preheat convection oven to 220°F with the fans set to 2.
2. In a large saucepan, bring the heavy cream and ½ the sugar to a boil over medium heat. Reserve.
3. In a large bowl, whisk to combine the egg yolks and the remaining sugar.
4. Gradually whisk the hot heavy cream into the egg mixture to slowly raise its temperature and prevent curdling (*temper*). (Do not aerate.)
5. Strain the mixture through a chinois to remove any solids or bubbles.
6. Place oval ramekins on a flat sheet pan. Place the sheet pan with the ramekins close to the oven to ensure easy transfer.
7. Using a fondant funnel, deposit the custard into each of the ramekins until full.
8. Remove large bubbles from the surface using a blow torch. Skim any foam from the surface using a spoon.
9. Carefully place sheet pan with the custards into the convection oven. Bake until the custards are set with an unstable, quarter sized area in the center, 12 to 15 minutes.
10. Sprinkle an even layer of granulated sugar over the surface of each custard. Using a blow torch, caramelize the sugar to form a crisp top (*brûlée*). (See Chef demo.)

Variation: The heavy cream may be infused with flavor.

CHOCOLATE CHEESECAKE

BONUS RECIPE

Yield: two, 8-inch cakes

Ingredients	Amounts
Graham Cracker Crust Mixture (Recipe follows)	8 oz.
Sugar, granulated	12 oz.
Cocoa powder	2.4 oz.
Cream cheese	40 oz.
Egg, whole	10 oz.
Egg, yolk	1 oz.
Sour cream	8 oz.
Cream, heavy	5 oz.
Vanilla, bean, paste	½ oz.
Chocolate, dark, chips, mini	2 oz.

Method

1. Preheat oven to 325°F.
2. Make the Graham Cracker Crust Mixture.
3. Line two, 8-inch cake pans with parchment paper. Place 4-ounces of the Graham Cracker Crust mixture on the bottom of each pan in an even layer.
4. Pre-bake in the preheated oven until golden brown, about 10 minutes. Reserve the crust, leaving them in the pans.
5. Preheat deck oven to 300°F.
6. In a mixing bowl, combine the sugar and the cocoa powder.
7. Transfer the sugar-cocoa powder mixture to the bowl of a stand mixer fitted with a paddle attachment. Add the cream cheese on top of the mixture.
8. Blend on low speed for 5 to 10 seconds. Stop the mixer. Scrape the paddle, sides, and bottom of the bowl very well. Repeat the blending and scraping process twice more. Be sure that there are no lumps in the cream cheese mixture before adding the eggs.
9. In a small bowl, combine eggs and egg yolks.
10. Add the egg mixture in 4 parts to the cream cheese mixture, making sure to scrape the paddle, sides, and bottom of the bowl after each addition. Be sure that there are no lumps between each addition.
11. Add the sour cream and heavy cream. Mix to incorporate.
12. Add vanilla and mini dark chocolate chips.
13. Fill each of the reserved cake pans with 2 pounds of the cheesecake mixture.
14. Place the cheesecake pans into the bottom of a hotel pan. Pour hot water into the hotel pan until it reaches halfway up the sides of the cheesecake pans.

15. Place the hotel pan into the preheated oven. Bake the cheesecakes until the center is set, about 1 hour. (They should jiggle like jello.)
16. Chill and unmold the next day.

Note: Cacao Barry OCOA 70% dark chocolate couverture pistoles can be substituted for the Guitard Lever du Soleil 61% dark chocolate couverture.

VANILLA BEAN CHEESECAKE

BONUS RECIPE

Yield: two, 8-inch cakes

Ingredients	Amounts
Graham Cracker Crust Mixture (Recipe follows)	8 oz.
Sugar, granulated	12 oz.
Cream cheese	40 oz.
Egg, whole	10 oz.
Egg, yolk	1 oz.
Vanilla, bean, scraped	1 ea.
Cream, heavy	5 oz.
Lemon, fresh, juiced	1 ea.

Method

1. Preheat oven to 325°F.
2. Make the Graham Cracker Crust Mixture.
3. Line two, 8-inch cake pans with parchment paper. Place 4-ounces of the Graham Cracker Crust mixture on the bottom of each pan in an even layer.
4. Pre-bake in the preheated oven until golden brown, about 10 minutes. Reserve the crust, leaving them in the pans.
5. In the bowl of a stand mixer fitted with a paddle attachment, place the sugar. Add the cream cheese on top of the sugar. Add the seeds from the scraped vanilla bean on top of the cream cheese.
6. Blend on low speed for 5 to 10 seconds. Stop the mixer. Scrape the paddle, sides, and bottom of the bowl very well. Repeat the blending and scraping process twice more. Be sure that there are no lumps in the cream cheese mixture before adding the eggs.
7. In a small bowl, combine eggs and egg yolks.
8. Add the egg mixture in 4 parts to the cream cheese mixture, making sure to the paddle, sides, and bottom of the bowl after each addition. Be sure that there are no lumps between each addition.
9. Add heavy cream and mix to incorporate.
10. Add the lemon juice and mix to incorporate.
11. Fill each of the reserved cake pans with 1 pound 12 ounces of the cheesecake mixture. If there is extra batter, divide it evenly between the 2 pans.
12. Place the cheesecake pans into the bottom of a hotel pan. Pour hot water into the hotel pan until it reaches halfway up the sides of the cheesecake pans.
13. Place the hotel pan into the preheated oven. Bake the cheesecakes until the center is set, about 1 hour. (They should jiggle like jello.)
14. Chill and unmold the next day.

GRAHAM CRACKER CRUMB CRUST MIXTURE

Yield: 2 pounds

Ingredients	Amounts
Butter, unsalted	8 oz.
Graham cracker, crumbs	20 oz.
Sugar, brown	4 oz.

Method

1. Place the butter in a saucepan. Melt over low heat.
2. Place the graham cracker crumbs and brown sugar in the bowl of a stand mixer fitted with a paddle attachment.
3. Add the melted butter.
4. Mix on low speed until fully combined.

Note: Use 4-ounces of graham cracker crumb per 8-inch cake pan.

SNICKERDOODLE COOKIES

BONUS RECIPE

Yield: 18 large cookies

Ingredients	Amounts
Butter, unsalted	16 oz.
Sugar, granulated	590 g
Salt, sea, fine	4 g
Baking soda	14 g
Egg, whole, room temp.	200 g
Vanilla, extract	10 g
Flour, all-purpose	810 g
Cream of tartar	10 g
Cinnamon, ground	10 g
Sugar, granulated	60 g

Method

1. Preheat convection oven to 325°F with the fan speed set to 2.
2. In the bowl of a Kitchen Aid stand mixer fitted with a paddle attachment, place the butter, sugar, salt, and baking soda. Cream on medium speed until combined.
3. Add the eggs in 3 parts, mixing between each addition. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
4. Add the vanilla extract. Mix to combine.
5. Add the all-purpose flour and cream of tartar. Mix until just combined. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
6. Place the cinnamon and sugar in a small bowl. Mix to combine.
7. Using a blue scoop, scoop the cookie dough and drop each ball into the cinnamon-sugar mixture. Using a spoon, cover the dough ball with the mixture to fully coat. (Do not roll.)
8. Transfer the coated dough balls to a sheet pan placed 6-inches apart.
9. Bake the cookies in the preheated oven for 10 minutes. Rotate the pan and bake until the cookies are golden on the outside and slightly pale in the middle, 2 to 4 minutes.

COCONUT-CHOCOLATE PASTRY CREAM

BONUS RECIPE

Yield: 1 quart

Ingredients	Amounts
Milk, whole	8 oz.
Coconut, milk	8 oz.
Salt, sea, fine	1 pinch
Sugar, granulated (Divided)	4 oz.
Cornstarch	42 g
Egg, whole	3 ea.
Butter, unsalted	1 ½ oz.
Vanilla, extract	¼ oz.
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	4 oz.

Method

1. Place 90% of both the whole milk and coconut milk in a pot. Add the salt.
2. Add ½ of the sugar. Stir to combine. Bring to a boil over medium heat.
3. In a medium bowl, combine the remaining whole milk, coconut milk, sugar, and the cornstarch to form a liquid thickening mixture (*slurry*).
4. Add the eggs. Whisk to form an egg-based thickening mixture (*liaison*).
5. Remove the boiling milk from the heat. Gradually whisk the hot milk into the liaison to slowly raise its temperature and prevent curdling (*temper*). Return the mixture to the pot.
6. Place the pot over medium heat. Whisk constantly until the starch just begins to thicken. Remove the pot from the heat. Whisk vigorously until no lumps remain.
7. Return the pot to the heat. Bring the mixture to a boil while stirring constantly, about 1 minute.
8. Remove from the heat and taste for starch. If a starchy flavor remains, cook for an additional 30 seconds and taste again.
9. Stir in the butter, vanilla extract, and chocolate until fully incorporated.
10. Pour onto a plastic lined sheet pan and spread into an even layer. Place another piece of plastic wrap directly on the surface of the pastry cream to prevent a skin from forming.
11. Cool at room temperature for 10 to 15 minutes. Transfer to the refrigerator to cool completely.

Note: Cacao Barry OCOA 70% dark chocolate couverture pistoles can be substituted for the Guittard Lever du Soleil 61% dark chocolate couverture.

PASSIONFRUIT PASTRY CREAM

BONUS RECIPE

Yield: 1 quart

Ingredients	Amounts
Coconut, milk	282 g
Passionfruit, purée	169 g
Salt, sea, fine	1 pinch
Sugar, granulated (Divided)	169 g
Cornstarch	40 g
Egg, whole	3 ea.
Butter, unsalted	55 g
Vanilla, bean, paste	6 g

Method

1. Place 90% of the coconut milk and passionfruit purée in a pot. Add the salt.
2. Add ½ of the sugar. Stir to combine. Bring to a boil over medium heat.
3. In a medium bowl, combine the remaining coconut milk, passionfruit puree, sugar, and the cornstarch to form a liquid thickening mixture (*slurry*).
4. Add the eggs. Whisk to form an egg-based thickening mixture (*liaison*).
5. Remove the boiling milk from the heat. Gradually whisk the hot milk into the liaison to slowly raise its temperature and prevent curdling (*temper*). Return the mixture to the pot.
6. Place the pot over medium heat. Whisk constantly until the starch just begins to thicken. Remove the pot from the heat. Whisk vigorously until no lumps remain.
7. Return the pot to the heat. Bring the mixture to a boil while stirring constantly, about 1 minute.
8. Remove from the heat and taste for starch. If a starchy flavor remains, cook for an additional 30 seconds and taste again.
9. Stir in the butter and vanilla bean paste until fully incorporated.
10. Pour onto a plastic lined sheet pan and spread into an even layer. Place another piece of plastic wrap directly on the surface of the pastry cream to prevent a skin from forming.
11. Cool at room temperature for 10 to 15 minutes. Transfer to the refrigerator to cool completely.

DAY TWO:

FOAMING METHOD, MERINGUES, CREAMS, & ICE CREAM

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Describe the foaming method and its role in creating structure in baked goods.
- Explain how foam formation occurs in egg-based mixtures.
- Describe the characteristics of a properly formed foam.
- Explain the key factors that affect meringue stability and volume.
- Identify the standard ratio and variations of meringue.
- Describe the composition of diplomat cream and other common creams.
- Describe basic principles of ice cream and frozen custard.
- Prepare a range of baked goods using standardized recipes with accuracy and consistency.

CHEF DEMONSTRATIONS

- Cream Puff Assembly
- Finishing Crème Brûlée
- Chocolate Chiffon Cake
- Cutting Cheesecake

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMONSTRATIONS

Cream Puff Assembly

(Recrisping Choux, Reconstituting Pastry Cream, Making Diplomat Cream)

Finishing Crème Brûlée

Chocolate Chiffon Cake

Cutting Cheesecake

TEAM 1

Diplomat Cream and Cream Puff Assembly

Vanilla Ice Cream

Chocolate Chiffon Cake

TEAM 2

Diplomat Cream and Cream Puff Assembly

Chocolate Ice Cream

Chocolate Chiffon Cake

TEAM 3

Diplomat Cream and Cream Puff Assembly

Coffee Ice Cream

Chocolate Chiffon Cake

TEAM 4

Diplomat Cream and Cream Puff Assembly

Mango Ice Cream

Chocolate Chiffon Cake

DIPLOMAT CREAM

CHEF DEMO

Yield: 1 ½ pounds

Ingredients	Amounts
Gelatin, sheet	2 ea.
Pastry Cream, cold (From prior day)	16 oz.
Cream, heavy	8 oz.

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a large bowl set over a bain marie, combine the Pastry Cream and bloomed gelatin.
3. In a mixing bowl, whip the heavy cream to a medium peak, where the cream holds its shape with a slight curl at the tip.
4. Right before you are ready to fill your pastries, fold $\frac{1}{3}$ of the whipped cream into the Pastry Cream until just combined. Fold in the remaining $\frac{2}{3}$ of the whipped cream until just combined.
5. Immediately pipe or spread into desired pastries.

CHOCOLATE CHIFFON CAKE

CHEF DEMO

Yield: two, 8-inch cakes

Ingredients	Amounts
Egg, yolk	8 ea.
Oil, vegetable	30 g
Vanilla, extract	3 g
Flour, cake	226 g
Cocoa powder	123 g
Sugar, granulated	298 g
Baking powder	15 g
Salt, sea, fine	3 g
Water, warm (Divided)	165 g
Egg, whites	8 ea.
Sugar, granulated	82 g
Cream of tartar	1 g

Method

1. Preheat convection oven to 325°F.
2. In the bowl of a Kitchen Aid stand mixer, combine the egg yolks, oil, and vanilla extract. Sift the cake flour, cocoa powder, sugar, baking powder, and salt into the bowl. Add $\frac{1}{2}$ of the water. Using a paddle attachment, mix on medium speed until a paste is formed.
3. Stream in the remaining water slowly in 3 parts to thin out the paste. Scrape the paddle, sides, and bottom of the bowl after each addition.
4. Beat on medium speed for 2 minutes.
5. In a separate bowl of a Kitchen Aid stand mixer, place the egg whites and cream of tartar. Using a whisk attachment, whip on medium speed, gradually incorporating the sugar, until medium peaks form.
6. Carefully fold $\frac{1}{3}$ of the meringue into the paste to lighten it. Fold in the remaining $\frac{2}{3}$ of the meringue until just incorporated.
7. Grease two, 8-inch pans. Fill each with the mixture slightly above halfway.
8. Bake in the preheated oven until the cake springs back, 20 to 30 minutes. (Do not over bake.)

DIPLOMAT CREAM

Yield: 1 ½ pounds

Ingredients	Amounts
Gelatin, sheet	2 ea.
Pastry Cream, cold (From prior day)	16 oz.
Cream, heavy, whipped	8 oz.

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a large bowl set over a bain marie, combine the Pastry Cream and bloomed gelatin.
3. In a mixing bowl, whip the heavy cream to a medium peak, where the cream holds its shape with a slight curl at the tip.
4. Right before you are ready to fill your pastries, fold $\frac{1}{3}$ of the whipped cream into the Pastry Cream until just combined. Fold in the remaining $\frac{2}{3}$ of the whipped cream until just combined.
5. Immediately pipe or spread into desired pastries.

VANILLA ICE CREAM

Yield: 1 kilogram

Ingredients	Amounts
Sugar, granulated (Divided)	150 g
Stabilizer	2 g
Milk, whole	413 g
Cream, heavy	158 g
Water	100 g
Milk, powder, nonfat	30 g
Vanilla, bean	1 ea.
Salt, sea, fine	2 g
Egg, yolk	100 g

Method

1. In a bowl, combine $\frac{2}{3}$ of the sugar with the stabilizer. Reserve the remaining sugar.
2. In a saucepan, combine the milk, heavy cream, water, milk powder, vanilla bean, salt, and the sugar-stabilizer mixture. Bring the mixture to a boil over medium heat.
3. In a large bowl, combine the egg yolks and remaining sugar.
4. Remove the milk mixture from the heat. Gradually whisk the hot milk mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
5. Return the mixture to the pot set over medium heat. Stir continuously until the mixture coats the back of a spoon (*nappé*) and reaches 82°C.
6. Immediately strain the mixture through a chinois and into a bowl set over an ice water bath.
7. Cover and chill the mixture overnight.
8. Spin the ice cream in an ice cream machine. (See Chef demo.)
9. Clean the ice cream machine. (See Chef demo.)

CHOCOLATE CHIFFON CAKE

Yield: two, 8-inch cakes

Ingredients	Amounts
Egg, yolk	8 ea.
Oil, vegetable	30 g
Vanilla, extract	3 g
Flour, cake	226 g
Cocoa powder	123 g
Sugar, granulated	298 g
Baking powder	15 g
Salt, sea, fine	3 g
Water, warm (Divided)	165 g
Egg, whites	8 ea.
Sugar, granulated	82 g
Cream of tartar	1 g

Method

1. Preheat convection oven to 325°F.
2. In the bowl of a Kitchen Aid stand mixer, combine the egg yolks, oil, and vanilla extract. Sift the cake flour, cocoa powder, sugar, baking powder, and salt into the bowl. Add $\frac{1}{2}$ of the water. Using a paddle attachment, mix on medium speed until a paste is formed.
3. Stream in the remaining water slowly in 3 parts to thin out the paste. Scrape the paddle, sides, and bottom of the bowl after each addition.
4. Beat on medium speed for 2 minutes.
5. Place the egg whites and cream of tartar in a separate bowl in a Kitchen Aid stand mixer. Whip, gradually incorporating the sugar, until medium peaks form.
6. Carefully fold $\frac{1}{3}$ of the meringue into the paste to lighten it. Fold in the remaining $\frac{2}{3}$ of the meringue until just incorporated.
7. Grease two, 8-inch pans. Fill each with the mixture slightly above halfway.
8. Bake in the preheated oven until the cake springs back, 20 to 30 minutes. (Do not over bake.)

DIPLOMAT CREAM

Yield: 1 ½ pounds

Ingredients	Amounts
Gelatin, sheet	2 ea.
Pastry Cream, cold (From prior day)	16 oz.
Cream, heavy	8 oz.

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a large bowl set over a bain marie, combine the Pastry Cream and bloomed gelatin.
3. In a mixing bowl, whip the heavy cream to a medium peak, where the cream holds its shape with a slight curl at the tip.
4. Right before you are ready to fill your pastries, fold $\frac{1}{3}$ of the whipped cream into the Pastry Cream until just combined. Fold in the remaining $\frac{2}{3}$ of the whipped cream until just combined.
5. Immediately pipe or spread into desired pastries.

CHOCOLATE ICE CREAM

Yield: 1 kilogram

Ingredients	Amounts
Sugar, granulated	111 g
Stabilizer	2 g
Milk, whole	113 g
Cream, heavy	113 g
Water	391 g
Vanilla, bean, spent	4 ea.
Salt, sea, fine	2 g
Egg, yolk	30 g
Chocolate, milk couverture, Lactée, Supérieure 38%, pistoles, Cocoa Barry	200 g

Method

1. In a bowl, combine $\frac{2}{3}$ of the sugar with the stabilizer. Reserve the remaining sugar.
2. In a saucepan, combine the milk, heavy cream, water, vanilla bean, salt, and the sugar-stabilizer mixture. Bring the mixture to a boil over medium heat.
3. In a large bowl, combine the egg yolks and remaining sugar.
4. Remove the milk mixture from the heat. Gradually whisk the hot milk mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
5. Return the mixture to the pot set over medium heat. Stir continuously until the mixture coats the back of a spoon (*nappé*) and reaches 82°C.
6. Place the milk chocolate in a heat proof bowl.
7. Immediately strain the mixture through a chinois onto milk chocolate. Mix well and set the bowl over an ice water bath.
8. Cover and chill the mixture overnight.
9. Spin the ice cream in an ice cream machine. (See Chef demo.)
10. Clean the ice cream machine. (See Chef demo.)

CHOCOLATE CHIFFON CAKE

Yield: two, 8-inch cakes

Ingredients	Amounts
Egg, yolk	8 ea.
Oil, vegetable	30 g
Vanilla, extract	3 g
Flour, cake	226 g
Cocoa powder	123 g
Sugar, granulated	298 g
Baking powder	15 g
Salt, sea, fine	3 g
Water, warm (Divided)	165 g
Egg, whites	8 ea.
Sugar, granulated	82 g
Cream of tartar	1 g

Method

1. Preheat convection oven to 325°F.
2. In the bowl of a Kitchen Aid stand mixer, combine the egg yolks, oil, and vanilla extract. Sift the cake flour, cocoa powder, sugar, baking powder, and salt into the bowl. Add $\frac{1}{2}$ of the water. Using a paddle attachment, mix on medium speed until a paste is formed.
3. Stream in the remaining water slowly in 3 parts to thin out the paste. Scrape the paddle, sides, and bottom of the bowl after each addition.
4. Beat on medium speed for 2 minutes.
5. Place the egg whites and cream of tartar in a separate bowl in a Kitchen Aid stand mixer. Whip, gradually incorporating the sugar, until medium peaks form.
6. Carefully fold $\frac{1}{3}$ of the meringue into the paste to lighten it. Fold in the remaining $\frac{2}{3}$ of the meringue until just incorporated.
7. Grease two, 8-inch pans. Fill each with the mixture slightly above halfway.
8. Bake in the preheated oven until the cake springs back, 20 to 30 minutes. (Do not over bake.)

DIPLOMAT CREAM

Yield: 1 ½ pounds

Ingredients	Amounts
Gelatin, sheet	2 ea.
Pastry Cream, cold (From prior day)	16 oz.
Cream, heavy	8 oz.

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a large bowl set over a bain marie, combine the Pastry Cream and bloomed gelatin.
3. In a mixing bowl, whip the heavy cream to a medium peak, where the cream holds its shape with a slight curl at the tip.
4. Right before you are ready to fill your pastries, fold $\frac{1}{3}$ of the whipped cream into the Pastry Cream until just combined. Fold in the remaining $\frac{2}{3}$ of the whipped cream until just combined.
5. Immediately pipe or spread into desired pastries.

COFFEE ICE CREAM

Yield: 1 kilogram

Ingredients	Amounts
Milk, whole	413 g
Cream, heavy	158 g
Water	100 g
Coffee, beans, crushed	50 g
Sugar, granulated (Divided)	150 g
Stabilizer	2 g
Milk, powder, nonfat	30 g
Salt, sea, fine	2 g
Egg, yolk	100 g

Method

1. In a saucepan, combine the milk, heavy cream, water, and crushed coffee beans.
2. Bring to a simmer over medium heat. Turn off the heat, cover, and steep for 5 minutes.
3. Rescale the coffee milk, top off with water if necessary.
4. In a bowl, combine $\frac{2}{3}$ of the sugar with the stabilizer. Reserve the remaining sugar.
5. In a saucepan, combine the rescaled coffee mixture, milk powder, salt, and the sugar-stabilizer mixture. Bring the mixture to a boil over medium heat.
6. In a large bowl, combine the egg yolks and remaining sugar.
7. Remove the hot coffee mixture from the heat. Gradually whisk the hot coffee mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
8. Return the mixture to the pot set over medium heat. Stir continuously until the mixture coats the back of a spoon (*nappé*) and reaches 82°C.
9. Immediately strain the mixture through a chinois and into a bowl set over an ice water bath.
10. Cover and chill the mixture overnight.
11. Spin the ice cream in an ice cream machine. (See Chef demo.)
12. Clean the ice cream machine. (See Chef demo.)

CHOCOLATE CHIFFON CAKE

Yield: two, 8-inch cakes

Ingredients	Amounts
Egg, yolk	8 ea.
Oil, vegetable	30 g
Vanilla, extract	3 g
Flour, cake	226 g
Cocoa powder	123 g
Sugar, granulated	298 g
Baking powder	15 g
Salt, sea, fine	3 g
Water, warm (Divided)	165 g
Egg, whites	8 ea.
Sugar, granulated	82 g
Cream of tartar	1 g

Method

1. Preheat convection oven to 325°F.
2. In the bowl of a Kitchen Aid stand mixer, combine the egg yolks, oil, and vanilla extract. Sift the cake flour, cocoa powder, sugar, baking powder, and salt into the bowl. Add $\frac{1}{2}$ of the water. Using a paddle attachment, mix on medium speed until a paste is formed.
3. Stream in the remaining water slowly in 3 parts to thin out the paste. Scrape the paddle, sides, and bottom of the bowl after each addition.
4. Beat on medium speed for 2 minutes.
5. Place the egg whites and cream of tartar in a separate bowl in a Kitchen Aid stand mixer. Whip, gradually incorporating the sugar, until medium peaks form.
6. Carefully fold $\frac{1}{3}$ of the meringue into the paste to lighten it. Fold in the remaining $\frac{2}{3}$ of the meringue until just incorporated.
7. Grease two, 8-inch pans. Fill each with the mixture slightly above halfway.
8. Bake in the preheated oven until the cake springs back, 20 to 30 minutes. (Do not over bake.)

DIPLOMAT CREAM

Yield: 1 ½ pounds

Ingredients	Amounts
Gelatin, sheet	2 ea.
Pastry Cream, cold (From prior day)	16 oz.
Cream, heavy	8 oz.

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a large bowl set over a bain marie, combine the Pastry Cream and bloomed gelatin.
3. In a mixing bowl, whip the heavy cream to a medium peak, where the cream holds its shape with a slight curl at the tip.
4. Right before you are ready to fill your pastries, fold $\frac{1}{3}$ of the whipped cream into the Pastry Cream until just combined. Fold in the remaining $\frac{2}{3}$ of the whipped cream until just combined.
5. Immediately pipe or spread into desired pastries.

MANGO ICE CREAM

Yield: 1 kilogram

Ingredients	Amounts
Sugar, granulated (Divided)	120 g
Stabilizer	3 g
Milk, whole	177 g
Cream, heavy	227 g
Salt, sea, fine	2 g
Egg, yolk	30 g
Mango, purée	400 g
Lime, juice, fresh	50 g

Method

1. In a bowl, combine $\frac{2}{3}$ of the sugar with the stabilizer. Reserve the remaining sugar.
2. In a saucepan, combine the milk, heavy cream, salt, and the sugar-stabilizer mixture. Bring the mixture to a boil over medium heat.
3. In a large bowl, combine the egg yolks and remaining sugar.
4. Remove the milk mixture from the heat. Gradually whisk the hot milk mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
5. Return the mixture to the pot set over medium heat. Stir continuously until the mixture coats the back of a spoon (*nappé*) and reaches 82°C.
6. Place the mango purée and lime juice in a heat proof bowl.
7. Immediately strain the mixture through a chinois onto the purée. Mix well and set the bowl over an ice water bath.
8. Cover and chill the mixture overnight.
9. Spin the ice cream in an ice cream machine. (See Chef demo.)
10. Clean the ice cream machine. (See Chef demo.)

CHOCOLATE CHIFFON CAKE

Yield: two, 8-inch cakes

Ingredients	Amounts
Egg, yolk	8 ea.
Oil, vegetable	30 g
Vanilla, extract	3 g
Flour, cake	226 g
Cocoa powder	123 g
Sugar, granulated	298 g
Baking powder	15 g
Salt, sea, fine	3 g
Water, warm (Divided)	165 g
Egg, whites	8 ea.
Sugar, granulated	82 g
Cream of tartar	1 g

Method

1. Preheat convection oven to 325°F.
2. In the bowl of a Kitchen Aid stand mixer, combine the egg yolks, oil, and vanilla extract. Sift the cake flour, cocoa powder, sugar, baking powder, and salt into the bowl. Add $\frac{1}{2}$ of the water. Using a paddle attachment, mix on medium speed until a paste is formed.
3. Stream in the remaining water slowly in 3 parts to thin out the paste. Scrape the paddle, sides, and bottom of the bowl after each addition.
4. Beat on medium speed for 2 minutes.
5. Place the egg whites and cream of tartar in a separate bowl in a Kitchen Aid stand mixer. Whip, gradually incorporating the sugar, until medium peaks form.
6. Carefully fold $\frac{1}{3}$ of the meringue into the paste to lighten it. Fold in the remaining $\frac{2}{3}$ of the meringue until just incorporated.
7. Grease two, 8-inch pans. Fill each with the mixture slightly above halfway.
8. Bake in the preheated oven until the cake springs back, 20 to 30 minutes. (Do not over bake.)

DAY THREE:

BREAD MAKING, LAMINATION, & CUT-IN

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Identify the 12 steps in the breadmaking process and explain the purpose and function of each stage.
- Distinguish which step develops gluten and which influence fermentation, including the two primary types of fermentation.
- Recognize how each stage impacts the final bread's texture, flavor, and structure.
- Describe the purpose of lamination in pastry doughs.
- Explain how layering dough and fat creates leavening and texture.
- Identify different types of laminated doughs.
- Describe the components of puff pastry.
- Explain the importance of temperature and consistency in lamination.
- Describe the folding process and how it creates layers.
- Describe the cut-in (rubbed dough) method and its purpose.
- Explain how cold fat contributes to flakiness in baked products.
- Describe how fat size affects final dough texture.
- Identify the main ingredients used in the cut-in method.
- Explain the importance of temperature in the cut-in method.
- Describe the role of resting the dough before baking.
- Prepare a range of baked goods using standardized recipes with accuracy and consistency.

CHEF DEMONSTRATIONS

- Biscuit Dough
- Puff Pastry Dough and Fillings
- Cinnamon Roll Dough
- Spinning Ice Cream

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMONSTRATIONS

Biscuit Dough

Puff Pastry Dough and Fillings

Cinnamon Roll Dough

Spinning Ice Cream

TEAM 1

Biscuit Dough

Mountain Apple Filling

Goat Cheese Filling

Spin Vanilla Ice Cream

TEAM 2

Milk Bread Dough

Spin Chocolate Ice Cream

TEAM 3

Cinnamon Roll Dough

Spin Coffee Ice Cream

TEAM 4

Puff Pastry Dough

Spin Mango Ice Cream

BONUS RECIPES

Coconut-Mango Travel Cake

Cake Syrup

BISCUIT DOUGH

CHEF DEMO

Yield: 24 small or 12 large biscuits

Ingredients	Amounts
Flour, bread	340 g
Flour, pastry	170 g
Salt, sea, fine	7 g
Baking powder	14 g
Sugar, granulated	56 g
Butter, unsalted, cold, cubed	156 g
Buttermilk	255 g
Egg, whole	100 g

Method

1. In the bowl of a 5-quart stand mixer fitted with a paddle attachment, place the bread flour, pastry flour, salt, baking powder, and sugar. Mix on low to combine.
2. Add the butter. Mix on low speed until the butter breaks down into walnut-sized pieces.
3. In a separate bowl, combine the buttermilk and eggs.
4. Add the buttermilk-egg mixture. Mix on low speed until just combined.
5. On a floured bench, roll the dough out to a 1/2-inch thickness.
6. Brush off the excess flour. Perform a three-fold by folding the bottom third of the dough up toward the center and the top third down over it.
7. Wrap and store the dough for at least 20 minutes before cutting and shaping.

PUFF PASTRY DOUGH

CHEF DEMO

Yield: 3 pounds

Ingredients	Amounts
Water, cold	10 oz.
Flour, bread	1 lb.
Flour, pastry	4 oz.
Salt, sea, fine	½ oz.
Butter, unsalted, softened to 85°F	4 oz.
Flour, bread	as needed
Butter, unsalted, cold	1 lb. 2 oz.

Method

1. For the dough, place the water into the bowl of a 5-quart stand mixer with a hook attachment.
2. Place the bread flour, pastry flour, and salt on top of the water. Add the softened butter.
3. Mix on low speed until a dough begins to form.
4. Stop the mixer and turn the dough over. Mix on low speed until the dough is homogenous. (Do not overmix.)
5. Shape the dough into a 12-inch by 8-inch rectangle. Chill in the refrigerator for 20 minutes.
6. For the butter block, dust the bench with a little bread flour.
7. Place the cold butter on the bench. Dust the top with bread flour.
8. Pound the butter with a dowl rod until homogenous and pliable.
9. Shape butter block to ½ the size of dough block (for this piece of dough, it will be 6-inches by 4-inches) and to a ½-inch thickness.
10. For the lock-in, remove the dough from the refrigerator and place on the floured bench.
11. Remove any excess flour from top surface of the dough.
12. Using a dowl rod, thin out an area at the center of rectangle of dough that is about the size of the butter block.
13. Place the butter block on the thinned-out area of dough. Fold the dough over the butter to encase it. Carefully pinch together the overlapping dough to seal the butter in.
14. Using a dowl rod, press the dough into the butter. (See Chef demo.)
15. Perform a 4 fold by rolling the dough 2 ½ times as long as it is wide (for this piece of dough, it will be 9-inches by 20-inches and no less than ½-inch thick).
16. Place the dough in the refrigerator to chill and rest for 20 to 25 minutes.
17. Perform a 3 fold by rolling the dough 1 ½ times as long as it is wide (for this piece of dough, it will be 12-inches by 18-inches and no less than ½-inch thick).
18. Place the dough in the refrigerator to chill and rest for 20 to 25 minutes.
19. Perform a 4 fold. Place the dough in the refrigerator to chill and rest for 20 to 25 minutes.
20. Perform a 3 fold. Place the dough in the refrigerator to chill and rest overnight.

MOUNTAIN APPLE FILLING

CHEF DEMO

Yield: 850 grams

Ingredients	Amounts
Apple, mountain	4 ea.
Sugar, granulated	90 g
Salt, sea, fine	1 pinch
Lemon, fresh, juiced, zested	1 ea.
Butter, unsalted	21 g
Vanilla, bean	1 ea.
Apple, jelly	30 g

Method

1. Peel the apples. Cut into 1/4-inch dice.
2. In a pot, place the diced apples, sugar, salt, lemon juice, lemon zest, butter, vanilla bean, and apple jelly. Cook, covered, over medium-low heat until the apples are translucent. The lid may need to be removed at the end of the cooking process to allow excess moisture to evaporate. (Do not overcook.)
3. Spread mixture onto a parchment lined sheet pan. Cool.
4. Drain the filling well prior to using.

Note: Apricot jelly can be substituted for the apple jelly.

GOAT CHEESE FILLING

CHEF DEMO

Yield: 1.2 kilograms

Ingredients	Amounts
Cheese, goat	450 g
Cream, heavy	750 g

Method

1. Place goat cheese in a microwave-safe container. Heat on defrost in 10 to 15 second intervals, stirring between each interval, until the cheese is softened and spreadable. (Do not overheat.)
2. Add the heavy cream a little at a time, mixing thoroughly after each addition. Continue adding cream until the mixture reaches a smooth, homogeneous consistency (like sour cream). Adjust the consistency as needed.

CINNAMON ROLL DOUGH

CHEF DEMO

Yield: 8 large rolls

Ingredients	Amounts
<i>Tangzhong</i>	
Milk, whole	113 g
Flour, bread	24 g
<i>Dough</i>	
Milk, whole, cold	151 g
Flour, bread	300 g
Salt, sea, fine	6 g
Sugar, granulated	25 g
Yeast	2 tsp.
Butter, pomme	57 g

Method

1. For the tangzhong, in a pot over medium heat, cook milk and bread flour until fond forms, 1 to 3 minutes. Transfer to the bowl of a stand mixer fitted with a dough hook.
2. For the dough, add the milk to the tangzhong.
3. Add the bread flour, salt, sugar, yeast, and butter.
4. Mix on low speed until a cohesive dough has formed. Turn up the speed to medium. Mix until the dough is smooth mixer up to medium and mix until dough is smooth, elastic, and the gluten has developed, about 10 minutes.
5. Place the dough in a lightly oiled bowl. Cover the bowl with plastic wrap. Either bench rest (bulk ferment) the dough for 1 hour or refrigerate overnight.

BISCUIT DOUGH

Yield: 24 small or 12 large biscuits

Ingredients	Amounts
Flour, bread	340 g
Flour, pastry	170 g
Salt, sea, fine	7 g
Baking powder	14 g
Sugar, granulated	56 g
Butter, unsalted, cold, cubed	156 g
Buttermilk	255 g
Egg, whole	100 g

Method

1. In the bowl of a 5-quart stand mixer fitted with a paddle attachment, place the bread flour, pastry flour, salt, baking powder, and sugar. Mix on low to combine.
2. Add the butter. Mix on low speed until the butter breaks down into walnut-sized pieces.
3. In a separate bowl, combine the buttermilk and eggs.
4. Add the buttermilk-egg mixture. Mix on low speed until just combined.
5. On a floured bench, roll the dough out to a ½-inch thickness.
6. Brush off the excess flour. Perform a three-fold by folding the bottom third of the dough up toward the center and the top third down over it.
7. Wrap and store the dough for at least 20 minutes before cutting and shaping.

MOUNTAIN APPLE FILLING

Yield: 850 grams

Ingredients	Amounts
Apple, mountain	4 ea.
Sugar, granulated	90 g
Salt, sea, fine	1 pinch
Lemon, fresh, juiced, zested	1 ea.
Butter, unsalted	21 g
Vanilla, bean	1 ea.
Apple, jelly	30 g

Method

1. Peel the apples. Cut into ¼-inch dice.
2. In a pot, place the diced apples, sugar, salt, lemon juice, lemon zest, butter, vanilla bean, and apple jelly. Cook, covered, over medium-low heat until the apples are translucent. The lid may need to be removed at the end of the cooking process to allow excess moisture to evaporate. (Do not overcook.)
3. Spread mixture onto a parchment lined sheet pan. Cool.
4. Drain the filling well prior to using.

Note: Apricot jelly can be substituted for the apple jelly.

GOAT CHEESE FILLING

Yield: 1.2 kilograms

Ingredients	Amounts
Cheese, goat	450 g
Cream, heavy	750 g

Method

1. Place goat cheese in a microwave-safe container. Heat on defrost in 10 to 15 second intervals, stirring between each interval, until the cheese is softened and spreadable. (Do not overheat.)
2. Add the heavy cream a little at a time, mixing thoroughly after each addition. Continue adding cream until the mixture reaches a smooth, homogeneous consistency (like sour cream). Adjust the consistency as needed.

MILK BREAD DOUGH

Yield: 2.3 kilograms

Ingredients	Amounts
<i>Tangzhong</i>	
Water	160 g
Milk, whole	160 g
Flour, bread	50 g
<i>Dough</i>	
Milk, whole	480 g
Flour, bread	1100 g
Salt, sea, fine	20 g
Yeast, instant dry	20 g
Milk, condensed, sweetened	100 g
Sugar, granulated	120 g
Butter, unsalted, 82% fat, cubes, cold	100 g

Method

1. For the tangzhong, in a saucepan over medium heat, place the water, milk and bread flour. Cook, whisking constantly, until the mixture thickens, about 3 minutes.
2. Transfer the tangzhong to a bowl. Cover with plastic wrap placed directly on the surface. Cool and reserve in the refrigerator.
3. For the final dough, in the bowl of a stand mixer fitted with a hook attachment, combine the reserved cold tangzhong, milk, bread flour, salt, yeast, condensed milk, and sugar.
4. Mix on low speed until well combined, about 5 minutes.
5. Turn up the speed to medium. Mix until the dough is smooth, elastic, and the gluten has developed, 8 to 10 minutes.
6. Add the butter. Mix on medium speed until the butter is well incorporated and the dough releases from the side of the bowl, 15 to 20 minutes.
7. The final temperature of the dough should be 75to 78°F. Ferment at room temperature until doubled in volume, about 1 hour and 30 minutes, with one-fold after 45 minutes. Alternatively, the dough can be refrigerated overnight.

CINNAMON ROLL DOUGH

Yield: 8 large rolls

Ingredients	Amounts
<i>Tangzhong</i>	
Milk, whole	113 g
Flour, bread	24 g
<i>Dough</i>	
Milk, whole, cold	151 g
Flour, bread	300 g
Salt, sea, fine	6 g
Sugar, granulated	25 g
Yeast	2 tsp.
Butter, pomme	57 g

Method

1. For the tangzhong, in a pot over medium heat, cook milk and bread flour until fond forms, 1 to 3 minutes. Transfer to the bowl of a stand mixer fitted with a dough hook.
2. For the dough, add the milk to the tangzhong.
3. Add the bread flour, salt, sugar, yeast, and butter.
4. Mix on low speed until a cohesive dough has formed. Turn up the speed to medium. Mix until the dough is smooth mixer up to medium and mix until dough is smooth, elastic, and the gluten has developed, about 10 minutes.
5. Place the dough in a lightly oiled bowl. Cover the bowl with plastic wrap. Either bench rest (bulk ferment) the dough for 1 hour or refrigerate overnight.

PUFF PASTRY DOUGH

Yield: 3 pounds

Ingredients	Amounts
Water, cold	10 oz.
Flour, bread	1 lb.
Flour, pastry	4 oz.
Salt, sea, fine	½ oz.
Butter, unsalted, softened to 85°F	4 oz.
Butter, unsalted, cold	1 lb. 2 oz.
Flour, bread	as needed

Method

1. For the dough, place the water into the bowl of a 5-quart stand mixer with a hook attachment.
2. Place the bread flour, pastry flour, and salt on top of the water. Add the softened butter.
3. Mix on low speed until a dough begins to form.
4. Stop the mixer and turn the dough over. Mix on low speed until the dough is homogenous. (Do not overmix.)
5. Shape the dough into a 12-inch by 8-inch rectangle. Chill in the refrigerator for 20 minutes.
6. For the butter block, dust the bench with a little bread flour.
7. Place the cold butter on the bench. Dust the top with bread flour.
8. Pound the butter with a dowl rod until homogenous and pliable.
9. Shape butter block to ½ the size of dough block (for this piece of dough, it will be 6-inches by 4-inches) and to a ½-inch thickness.
10. For the lock-in, remove the dough from the refrigerator and place on the floured bench.
11. Remove any excess flour from top surface of the dough.
12. Using a dowl rod, thin out an area at the center of rectangle of dough that is about the size of the butter block.
13. Place the butter block on the thinned-out area of dough. Fold the dough over the butter to encase it. Carefully pinch together the overlapping dough to seal the butter in.
14. Using a dowl rod, press the dough into the butter. (See Chef demo.)
15. Perform a 4 fold by rolling the dough 2 ½ times as long as it is wide (for this piece of dough, it will be 9-inches by 20-inches and no less than ½-inch thick).
16. Place the dough in the refrigerator to chill and rest for 20 to 25 minutes.
17. Perform a 3 fold by rolling the dough 1 ½ times as long as it is wide (for this piece of dough, it will be 12-inches by 18-inches and no less than ½-inch thick).
18. Place the dough in the refrigerator to chill and rest for 20 to 25 minutes.
19. Perform a 4 fold. Place the dough in the refrigerator to chill and rest for 20 to 25 minutes.
20. Perform a 3 fold. Place the dough in the refrigerator to chill and rest overnight.

COCONUT-MANGO TRAVEL CAKE

BONUS RECIPE

Yield: 1 loaf

Ingredients	Amounts
Butter, unsalted	120 g
Sugar, confectioners'	115 g
Sugar, granulated	110 g
Vanilla, bean, scraped	1 ½ ea.
Egg, whole	140 g
'Ulu, mashed	80 g
Flour, all-purpose	150 g
Flour, almond	40 g
Salt, sea, fine	1 g
Baking powder	6 ½ g
Coconut, shredded	40 g
Lemon, fresh, zested	1 ½ ea.
Mango, small diced	150 g
Cake Syrup (Recipe follows)	1x recipe

Method

1. Place the butter in a saucepan. Melt over low heat.
2. In the bowl of a stand mixer fitted with a paddle attachment, place the confectioners' sugar, granulated sugar, vanilla seeds, and eggs. Beat on medium speed until combined.
3. Stir in the mashed 'ulu, all-purpose flour, almond flour, salt, baking powder, and coconut.
4. Add the melted butter. Mix until homogeneous, scraping the paddle, sides, and bottom of the bowl well.
5. Rest the batter at room temperature for 1 hour.
6. Preheat oven to 350°F.
7. Fold in the lemon zest and small diced mango.
8. Fill a parchment lined loaf pan $\frac{2}{3}$ full.
9. Bake in the preheated oven until the cake springs back when touched, a toothpick comes out clean, and is golden brown, about 45 minutes.
10. Remove from the oven and cool slightly.
11. While still in the mold, soak with the Cake Syrup.
12. Remove the cake from mold once cool. Wrap and store in fridge.

CAKE SYRUP

BONUS RECIPE

Yield: 250 grams

Ingredients	Amounts
Water	100 g
Sugar, granulated	100 g
Vanilla, bean, scraped	1 ea.
Lime, juice, fresh	50 g

Method

1. In a saucepan over medium heat, simmer the water, sugar, and vanilla seeds until the sugar is just dissolved.
2. Remove the saucepan from the heat. Stir in the lime juice.
3. Use the syrup while it is warm.

DAY FOUR:

MOUSSE

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Divide, shape, assemble, proof, and/or bake a variety of baked goods.
- Define mousse and describe its characteristics.
- Identify the components of a mousse and outline the method of preparation.
- Distinguish between different types of egg foams used in mousse.
- Explain the proper use of sheet gelatin.
- Demonstrate proper whipping and handling of cream.
- Prepare a range of baked goods using standardized recipes with accuracy and consistency.

CHEF DEMONSTRATIONS

- Puff Pastry Assembly
- Cinnamon Roll Assembly, Proofing, and Baking
- Dividing, Shaping, Proofing, and Baking Milk Bread
- Cutting and Baking Biscuits
- Chocolate Mousse, Simple Syrup, and Assembling Chocolate Mousse Cake

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMONSTRATIONS

Puff Pastry Assembly
(Mountain Apple Chausson and Goat Cheese and Tomato Tart)

Cinnamon Roll Assembly, Proofing, and Baking
Dividing, Shaping, Proofing, and Baking Milk Bread

Cutting and Baking Biscuits

Chocolate Mousse and Simple Syrup
(Assemble Chocolate Mousse Cake)

TEAM 1

Biscuits
(Cut, Bake)

Chocolate Mousse

Simple Syrup

TEAM 2

Milk Bread
(Divide, Shape, Proof, Bake)

Chocolate Mousse

Simple Syrup

TEAM 3

Cinnamon Rolls
(Divide, Assemble, Proof, Bake)

Chocolate Mousse

Simple Syrup

TEAM 4

Mountain Apple Chausson
(Roll, Cut, Rest, Assemble, Bake)

Goat Cheese and Roasted Tomato Tart
(Roll, Cut, Rest, Assemble, Bake)

Chocolate Mousse

Simple Syrup

BONUS RECIPES

White Chocolate-Macadamia Nut Coating (Travel Cake Glaze)

MOUNTAIN APPLE CHAUSSON

CHEF DEMO

Yield: 10 to 12 pastries

Ingredients	Amounts
Puff Pastry Dough (From prior day)	1x recipe
Egg Wash (Recipe follows)	1x recipe
Mountain Apple Filling (From prior day)	1x recipe

Method

1. Using a sheeter, roll the Puff Pastry Dough to a 2 ½-millimeter thickness.
2. Transfer the rolled-out dough to a sheet pan. Let the dough rest for at least 30 minutes in the cooler.
3. Using a paring knife and a template, cut out 20 callison shapes from the dough. Reserve the dough scraps for later use.
4. Mark 10 of the callisons using a #2 cutter. Egg wash around the edges.
5. Using a red scoop, place 35 to 40 grams of the Mountain Apple Filling in the middle of each of the egg washed callisons.
6. Place the unmarked callisons on top of the filling. Press the edges of the callisons together to firmly seal. (You can also use the back of the #2 cutter to seal.)
7. Transfer the chaussons to a sheet pan. Freeze until the dough is very firm but not frozen, 20 to 20 to 30 minutes. Trim the edges of the dough with a knife.
8. Preheat convection oven to 375°F or deck oven to 400°F.
9. Remove the chaussons from the freezer and flip them over. Egg wash the tops, being careful not to drip down the sides.
10. Score the chaussons to look like a "leaf."
11. Bake in the preheated oven until golden brown, 35 to 45 minutes.

EGG WASH

Yield: 500 grams

Ingredients

Egg, whole
Egg, yolk
Salt, kosher
Water

Amounts

8 ea.
8 ea.
1 pinch
as needed

Method

1. In a medium bowl, whisk to combine the whole eggs, egg yolks, salt, and a splash of water.

GOAT CHEESE AND TOMATO TART

CHEF DEMO

Yield: 10 pastries

Ingredients	Amounts
Puff Pastry Dough (From prior day)	1x recipe
Egg Wash (Recipe follows)	1x recipe
Goat Cheese Filling (From prior day)	1x recipe
Tomato, cherry, halved	1 lb.
Arugula	½ lb.
Oil, olive, extra-virgin	as needed
Cheese, Italian, hard, freshly grated	as needed
Chive, bunch, minced	½ ea.
Salt, Maldon	as needed

Method

1. Using a sheeter, roll the Puff Pastry Dough to a 2 ½-millimeter thickness.
2. Transfer the rolled-out dough to a sheet pan. Let the dough rest for at least 30 minutes in the cooler.
3. Transfer the dough to the freezer until it is very firm, but not completely frozen, 10 to 20 minutes.
4. Preheat convection oven to 350°F on fan speed 2.
5. Using the largest round cutter, cut out 20 circles from the dough.
6. Using the 3rd largest cutter, cut the middles out of 10 circles of the dough to create rings. (These will act as "tops" for the tart.) Reserve the middles as dough scraps for later use.
7. Place the 10 uncut circles onto ½ parchment paper. (These will act as the bottom of the tarts.) Dock well with a fork.
8. Egg wash a ½-inch ring around the edge, of the bottom layer, being careful not to drip down the sides. Place the top ring of puff pastry on top of the egg wash.
9. Egg wash the top ring, being careful not to drip down the sides.
10. Using the back of a spoon, spread about 15 grams of the Goat Cheese Filling onto the bottom of the dough, being careful not to get any filling on the top layer of puff pastry.
11. Arrange the tomato halves on top of the filling.
12. Bake in the preheated oven until golden, 30 to 40 minutes.
13. In a small bowl, lightly drizzle the arugula with oil. Toss to combine.
14. Top the tarts with the dressed arugula. Finish with the cheese, chives, and salt.

EGG WASH

Yield: 500 grams

Ingredients

Egg, whole
Egg, yolk
Salt, kosher
Water

Amounts

8 ea.
8 ea.
1 pinch
as needed

Method

1. In a medium bowl, whisk to combine the whole eggs, egg yolks, salt, and a splash of water.

CINNAMON ROLLS

CHEF DEMO

Yield: 8 large rolls

Ingredients	Amounts
<i>Filling</i>	
Butter, unsalted, melted	14 g
Sugar, brown, light	107 g
Flour, bread	14 g
Cinnamon, ground	8 g
Salt, sea, fine	1 pinch (large)
<i>Icing</i>	
Butter, unsalted, melted	21 g
Vanilla, bean, paste	3 g
Salt, sea, fine	1 pinch (large)
Sugar, powdered, 10x	170 g
Cream, heavy	14-28 g
Cinnamon Roll Dough (From prior day)	1x recipe
Butter, unsalted, melted	as needed

Method

1. Prepare the proof box and set it between 77 and 80°F.
2. For the filling, using a stand mixer fitted with a paddle attachment, combine the butter, brown sugar, bread flour, cinnamon, and salt. Reserve.
3. For the icing, in a separate stand mixer fitted with a paddle attachment, combine the butter, vanilla, salt, 10x sugar, and heavy cream. Reserve.
4. To assemble, transfer the cinnamon roll dough to lightly greased surface (such as sprayed cutting board). Press and/or roll it into a 10-inch by 12-inch rectangle with a ½-inch thickness.
5. Leaving a ½-inch boarder along one of the 12-inch sides empty, sprinkle filling on dough.
6. Starting on the filling covered 12-inch side, roll up into a log.
7. Score the dough lightly into 8 equal portions. Cut along the score lines using dental floss. (See Chef demo.)
8. Arrange the cinnamon rolls of a on a ½ sheet pan in a 3-2-3 arrangement. Tuck the ends of the rolls underneath themselves so they do not unravel.
9. Proof the cinnamon rolls in the prepared proofer, 20 to 30 minutes.
10. Preheat convection oven on fan speed 1 to 375°F.
11. Bake in the preheated oven until golden brown and the internal temperature reaches 190°F, about 15 minutes.

12. Remove and brush hot rolls with melted butter.
13. Cool the cinnamon rolls before icing.

Note: Buttermilk can be substituted for the heavy cream.

MILK BREAD

CHEF DEMO

Yield: 5 pounds

Ingredients	Amounts
Milk Bread Dough (From prior day) (Divided)	1x recipe
Egg Wash (Recipe follows) (Divided)	1x recipe
Sugar, pearl	1 lb.
Butter, unsalted	½ lb.
Salt, Maldon	as needed
Butter, unsalted, melted	½ lb.

Method

1. Prepare the proof box and set it between 77 and 80°F.
2. Line 4 sheet pans with parchment paper.
3. Divide the Milk Bread Dough into 75-gram pieces. Round them and arrange them seam side down on the prepared sheet pans.
4. For the twists, degas ½ of the rounded pieces. Starting from the top, fold down and seal, repeating until you have a long piece. Repeat for each piece.
5. With both hands, evenly roll out each piece until it is approximately 11-inches long. Place them seal side down.
6. Starting from the first piece that was finished, shape the twists. (See Chef demo.)
7. Arrange the twists on 2 of the prepared sheet pans, allowing enough room for the rolls to double in size.
8. Egg wash the tops of the twists. Proof the twists in the prepared proofer for 30 minutes.
9. Preheat oven to 350°F.
10. Remove the proofed twists from the proofer. Gently egg wash the tops of the twists a second time. Sprinkle with the pearl sugar.
11. Bake the twists in the preheated oven until golden brown, 11 to 15 minutes.
12. For the salt bread, cut the butter into ¼-inch by 1 ¾-inch batons. Reserve cold.
13. Degas the remaining rounded pieces. Using a dowel pin, roll each piece, one at a time, out into a ⅛-inch thick oval shape.
14. Place a butter baton near the bottom of the dough and roll up (see Chef demo), making sure to stretch the dough as you roll up.
15. Arrange the bread with the seam side down on the 2 of the prepared sheet pans, allowing enough room for the bread to double in size.
16. Egg wash the tops of the bread. Proof the bread in the prepared proofer for 45 minutes.
17. Preheat oven to 380°F.

18. Remove the proofed bread from the proofer. Gently egg wash the tops of the bread a second time. Sprinkle with the Maldon salt.
19. Bake the bread in the preheated oven until golden brown, 11 to 15 minutes.
20. Brush the bread with the melted butter after removing them from the oven, if desired.

EGG WASH

Yield: 500 grams

Ingredients

Egg, whole
Egg, yolk
Salt, kosher
Water

Amounts

8 ea.
8 ea.
1 pinch
as needed

Method

1. In a medium bowl, whisk to combine the whole eggs, egg yolks, salt, and a splash of water.

BISCUITS

CHEF DEMO

Yield: 24 small or 12 large biscuits

Ingredients

Amounts

Biscuit Dough (From prior day)	1x recipe
Egg Wash (Recipe follows)	1x recipe

Method

1. Preheat deck oven to 400°F.
2. Roll the Biscuit Dough to a 1-inch thickness. Brush off any excess flour.
3. Cut into the desired shape. (See Chef demo.)
4. Transfer to a parchment paper lined sheet pan.
5. Egg wash the tops of the cut biscuits, being careful not to drip down the sides.
6. Chill in the refrigerator for 20 minutes.
7. Bake in the preheated oven until stable and lightly tanned around the edges, about 15 minutes.

EGG WASH

Yield: 500 grams

Ingredients

Egg, whole
Egg, yolk
Salt, kosher
Water

Amounts

8 ea.
8 ea.
1 pinch
as needed

Method

1. In a medium bowl, whisk to combine the whole eggs, egg yolks, salt, and a splash of water.

CHOCOLATE MOUSSE

CHEF DEMO

Yield: enough for two, 8-inch cakes

Ingredients	Amounts
Gelatin, sheet	8 g
Cream, heavy, cold	665 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	283 g
Egg, whole	113 g
Egg, yolk	57 g
Sugar, granulated	113 g
Liquor, triple sec	20 g

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a stand mixer fitted with a whisk attachment, whip the cold heavy cream on medium speed to soft peaks form. Reserve in the refrigerator.
3. Melt the chocolate over a bain marie, stirring until smooth. Reserve hot.
4. In a Kitchen Aid bowl, combine the eggs, egg yolks, sugar, and liquor. Place the bowl over a bain marie. Whisk constantly until the mixture reaches 110 to 120°F and is slightly thickened with no visible sugar granules.
5. Remove from heat and immediately add the bloomed gelatin. Whisk until completely dissolved.
6. Place the sabayon in a stand mixer fitted with a whisk attachment. Whip on medium-high speed until light, aerated, and slightly cooled but still warm, 3 to 5 minutes.
7. Turn down the speed to low. Add the melted chocolate. Mix until fully incorporated and smooth.
8. Transfer to a large bowl. Fold $\frac{1}{3}$ of the whipped cream in with a rubber spatula until just incorporated. Fold in the remaining $\frac{2}{3}$.
9. Using a spoon or piping bag, place the mousse into molds or serving vessels.
10. Refrigerate until set, 2 to 4 hours.

Note: Cacao Barry OCOA 70% dark chocolate couverture pistoles can be substituted for the Guittard Lever du Soleil 61% dark chocolate couverture.

SIMPLE SYRUP

CHEF DEMO

Yield: 2 pounds

Ingredients	Amounts
Sugar, granulated	16 oz.
Water	16 oz.

Method

1. Place the sugar and water in a saucepan. Bring to a boil over medium-high heat, stirring until the sugar is completely dissolved.
2. Remove from the heat and transfer to a heatproof container. Cool to room temperature.
3. Cover and store in the refrigerator.

BISCUITS

Yield: 24 small or 12 large biscuits

Ingredients

Amounts

Biscuit Dough (From prior day)	1x recipe
Egg Wash (Recipe follows)	1x recipe

Method

1. Preheat deck oven to 400°F.
2. Roll the Biscuit Dough to a 1-inch thickness. Brush off any excess flour.
3. Cut into the desired shape. (See Chef demo.)
4. Transfer to a parchment lined sheet pan.
5. Egg wash the tops of the cut biscuits, being careful not to drip down the sides.
6. Chill in the refrigerator for 20 minutes.
7. Bake in the preheated oven until stable and lightly tanned around the edges, about 15 minutes.

EGG WASH

Yield: 500 grams

Ingredients

Egg, whole
Egg, yolk
Salt, kosher
Water

Amounts

8 ea.
8 ea.
1 pinch
as needed

Method

1. In a medium bowl, whisk to combine the whole eggs, egg yolks, salt, and a splash of water.

CHOCOLATE MOUSSE

Yield: enough for two, 8-inch cakes

Ingredients	Amounts
Gelatin, sheet	8 g
Cream, heavy, cold	665 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	283 g
Egg, whole	113 g
Egg, yolk	57 g
Sugar, granulated	113 g
Liquor, triple sec	20 g

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a stand mixer fitted with a whisk attachment, whip the cold heavy cream on medium speed to soft peaks form. Reserve in the refrigerator.
3. Melt the chocolate over a bain marie, stirring until smooth. Reserve hot.
4. In a Kitchen Aid bowl, combine the eggs, egg yolks, sugar, and liquor. Place the bowl over a bain marie. Whisk constantly until the mixture reaches 110 to 120°F and is slightly thickened with no visible sugar granules.
5. Remove from heat and immediately add the bloomed gelatin. Whisk until completely dissolved.
6. Place the sabayon in a stand mixer fitted with a whisk attachment. Whip on medium-high speed until light, aerated, and slightly cooled but still warm, 3 to 5 minutes.
7. Turn down the speed to low. Add the melted chocolate. Mix until fully incorporated and smooth.
8. Transfer to a large bowl. Fold $\frac{1}{3}$ of the whipped cream in with a rubber spatula until just incorporated. Fold in the remaining $\frac{2}{3}$.
9. Using a spoon or piping bag, place the mousse into molds or serving vessels.
10. Refrigerate until set, 2 to 4 hours.

Note: Cacao Barry OCOA 70% dark chocolate couverture pistoles can be substituted for the Guittard Lever du Soleil 61% dark chocolate couverture.

SIMPLE SYRUP

Yield: 2 pounds

Ingredients	Amounts
Sugar, granulated	16 oz.
Water	16 oz.

Method

1. Place the sugar and water in a saucepan. Bring to a boil over medium-high heat, stirring until the sugar is completely dissolved.
2. Remove from the heat and transfer to a heatproof container. Cool to room temperature.
3. Cover and store in the refrigerator.

MILK BREAD

Yield: 5 pounds

Ingredients	Amounts
Milk Bread Dough (From prior day) (Divided)	1x recipe
Egg Wash (Recipe follows) (Divided)	1x recipe
Sugar, pearl	1 lb.
Butter, unsalted	½ lb.
Salt, Maldon	as needed
Butter, unsalted, melted	½ lb.

Method

1. Prepare the proof box and set it between 77 and 80°F.
2. Line 4 sheet pans with parchment paper.
3. Divide the Milk Bread Dough into 75-gram pieces. Round them and arrange them seam side down on the prepared sheet pans.
4. For the twists, degas ½ of the rounded pieces. Starting from the top, fold down and seal, repeating until you have a long piece. Repeat for each piece.
5. With both hands, evenly roll out each piece until it is approximately 11-inches long. Place them seal side down.
6. Starting from the first piece that was finished, shape the twists. (See Chef demo.)
7. Arrange the twists on 2 of the prepared sheet pans, allowing enough room for the rolls to double in size.
8. Egg wash the tops of the twists. Proof the twists in the prepared proofer for 30 minutes.
9. Preheat oven to 350°F.
10. Remove the proofed twists from the proofer. Gently egg wash the tops of the twists a second time. Sprinkle with the pearl sugar.
11. Bake the twists in the preheated oven until golden brown, 11 to 15 minutes.
12. For the salt bread, cut the butter into ¼-inch by 1 ¾-inch batons. Reserve cold.
13. Degas the remaining rounded pieces. Using a dowel pin, roll each piece, one at a time, out into a ⅛-inch thick oval shape.
14. Place a butter baton near the bottom of the dough and roll up (see Chef demo), making sure to stretch the dough as you roll up.
15. Arrange the bread with the seam side down on the 2 of the prepared sheet pans, allowing enough room for the bread to double in size.
16. Egg wash the tops of the bread. Proof the bread in the prepared proofer for 45 minutes.
17. Preheat oven to 380°F.

18. Remove the proofed bread from the proofer. Gently egg wash the tops of the bread a second time. Sprinkle with the Maldon salt.
19. Bake the bread in the preheated oven until golden brown, 11 to 15 minutes.
20. Brush the bread with the melted butter after removing them from the oven, if desired.

EGG WASH

Yield: 500 grams

Ingredients

Egg, whole
Egg, yolk
Salt, kosher
Water

Amounts

8 ea.
8 ea.
1 pinch
as needed

Method

1. In a medium bowl, whisk to combine the whole eggs, egg yolks, salt, and a splash of water.

CHOCOLATE MOUSSE

Yield: enough for two, 8-inch cakes

Ingredients	Amounts
Gelatin, sheet	8 g
Cream, heavy, cold	665 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	283 g
Egg, whole	113 g
Egg, yolk	57 g
Sugar, granulated	113 g
Liquor, triple sec	20 g

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a stand mixer fitted with a whisk attachment, whip the cold heavy cream on medium speed to soft peaks form. Reserve in the refrigerator.
3. Melt the chocolate over a bain marie, stirring until smooth. Reserve hot.
4. In a Kitchen Aid bowl, combine the eggs, egg yolks, sugar, and liquor. Place the bowl over a bain marie. Whisk constantly until the mixture reaches 110 to 120°F and is slightly thickened with no visible sugar granules.
5. Remove from heat and immediately add the bloomed gelatin. Whisk until completely dissolved.
6. Place the sabayon in a stand mixer fitted with a whisk attachment. Whip on medium-high speed until light, aerated, and slightly cooled but still warm, 3 to 5 minutes.
7. Turn down the speed to low. Add the melted chocolate. Mix until fully incorporated and smooth.
8. Transfer to a large bowl. Fold $\frac{1}{3}$ of the whipped cream in with a rubber spatula until just incorporated. Fold in the remaining $\frac{2}{3}$.
9. Using a spoon or piping bag, place the mousse into molds or serving vessels.
10. Refrigerate until set, 2 to 4 hours.

Note: Cacao Barry OCOA 70% dark chocolate couverture pistoles can be substituted for the Guittard Lever du Soleil 61% dark chocolate couverture.

SIMPLE SYRUP

Yield: 2 pounds

Ingredients	Amounts
Sugar, granulated	16 oz.
Water	16 oz.

Method

1. Place the sugar and water in a saucepan. Bring to a boil over medium-high heat, stirring until the sugar is completely dissolved.
2. Remove from the heat and transfer to a heatproof container. Cool to room temperature.
3. Cover and store in the refrigerator.

CINNAMON ROLLS

Yield: 8 large rolls

Ingredients	Amounts
<i>Filling</i>	
Butter, unsalted, melted	14 g
Sugar, brown, light	107 g
Flour, bread	14 g
Cinnamon, ground	8 g
Salt, sea, fine	1 pinch (large)
<i>Icing</i>	
Butter, unsalted, melted	21 g
Vanilla, bean, paste	3 g
Salt, sea, fine	1 pinch (large)
Sugar, powdered, 10x	170 g
Cream, heavy	14-28 g
Cinnamon Roll Dough (From prior day)	1x recipe
Butter, unsalted, melted	as needed

Method

1. Prepare the proof box and set it between 77 and 80°F.
2. For the filling, using a stand mixer fitted with a paddle attachment, combine the butter, brown sugar, bread flour, cinnamon, and salt. Reserve.
3. For the icing, in a separate stand mixer fitted with a paddle attachment, combine the butter, vanilla, salt, 10x sugar, and cream. Reserve.
4. To assemble, transfer the cinnamon roll dough to lightly greased surface (such as sprayed cutting board). Press and/or roll it into a 10-inch by 12-inch rectangle with a ½-inch thickness.
5. Leaving a ½-inch boarder along one of the 12-inch sides empty, sprinkle filling on dough.
6. Starting on the filling covered 12-inch side, roll up into a log.
7. Score the dough lightly into 8 equal portions. Cut along the score lines using dental floss. (See Chef demo.)
8. Arrange the cinnamon rolls of a on a ½ sheet pan in a 3-2-3 arrangement. Tuck the ends of the rolls underneath themselves so they do not unravel.
9. Proof the cinnamon rolls in the prepared proofer, 20 to 30 minutes.
10. Preheat convection oven on fan speed 1 to 375°F.
11. Bake in the preheated oven until golden brown and the internal temperature reaches 190°F, about 15 minutes.
12. Remove and brush hot rolls with melted butter.

13. Cool the cinnamon rolls before icing.

Note: Buttermilk can be substituted for the heavy cream.

CHOCOLATE MOUSSE

Yield: enough for two, 8-inch cakes

Ingredients	Amounts
Gelatin, sheet	8 g
Cream, heavy, cold	665 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	283 g
Egg, whole	113 g
Egg, yolk	57 g
Sugar, granulated	113 g
Liquor, triple sec	20 g

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a stand mixer fitted with a whisk attachment, whip the cold heavy cream on medium speed to soft peaks form. Reserve in the refrigerator.
3. Melt the chocolate over a bain marie, stirring until smooth. Reserve hot.
4. In a Kitchen Aid bowl, combine the eggs, egg yolks, sugar, and liquor. Place the bowl over a bain marie. Whisk constantly until the mixture reaches 110 to 120°F and is slightly thickened with no visible sugar granules.
5. Remove from heat and immediately add the bloomed gelatin. Whisk until completely dissolved.
6. Place the sabayon in a stand mixer fitted with a whisk attachment. Whip on medium-high speed until light, aerated, and slightly cooled but still warm, 3 to 5 minutes.
7. Turn down the speed to low. Add the melted chocolate. Mix until fully incorporated and smooth.
8. Transfer to a large bowl. Fold $\frac{1}{3}$ of the whipped cream in with a rubber spatula until just incorporated. Fold in the remaining $\frac{2}{3}$.
9. Using a spoon or piping bag, place the mousse into molds or serving vessels.
10. Refrigerate until set, 2 to 4 hours.

Note: Cacao Barry OCOA 70% dark chocolate couverture pistoles can be substituted for the Guittard Lever du Soleil 61% dark chocolate couverture.

SIMPLE SYRUP

Yield: 2 pounds

Ingredients	Amounts
Sugar, granulated	16 oz.
Water	16 oz.

Method

1. Place the sugar and water in a saucepan. Bring to a boil over medium-high heat, stirring until the sugar is completely dissolved.
2. Remove from the heat and transfer to a heatproof container. Cool to room temperature.
3. Cover and store in the refrigerator.

MOUNTAIN APPLE CHAUSSON

Yield: 10 to 12 pastries

Ingredients	Amounts
Puff Pastry (From prior day)	1x recipe
Egg Wash (Recipe follows)	1x recipe
Mountain Apple Filling (From prior day)	1x recipe

Method

1. Using a sheeter, roll the Puff Pastry Dough to a 2 ½-millimeter thickness.
2. Transfer the rolled-out dough to a sheet pan. Let the dough rest for at least 30 minutes in the cooler.
3. Using a paring knife and a template, cut out 20 callison shapes from the dough. Reserve the dough scraps for later use.
4. Mark 10 of the callisons using a #2 cutter. Egg wash around the edges.
5. Using a red scoop, place 35 to 40 grams of the Mountain Apple Filling in the middle of each of the egg washed callisons.
6. Place the unmarked callisons on top of the filling. Press the edges of the callisons together to firmly seal. (You can also use the back of the #2 cutter to seal.)
7. Transfer the chaussons to a sheet pan. Freeze until the dough is very firm but not frozen, 20 to 20 to 30 minutes. Trim the edges of the dough with a knife.
8. Preheat convection oven to 375°F or deck oven to 400°F.
9. Remove the chaussons from the freezer and flip them over. Egg wash the tops, being careful not to drip down the sides.
10. Score the chaussons to look like a "leaf."
11. Bake in the preheated oven until golden brown, 35 to 45 minutes.

EGG WASH

Yield: 500 grams

Ingredients

Egg, whole
Egg, yolk
Salt, kosher
Water

Amounts

8 ea.
8 ea.
1 pinch
as needed

Method

1. In a medium bowl, whisk to combine the whole eggs, egg yolks, salt, and a splash of water.

GOAT CHEESE AND TOMATO TART

Yield: 10 pastries

Ingredients	Amounts
Puff Pastry (From prior day)	1x recipe
Egg Wash (Recipe follows)	1x recipe
Goat Cheese Filling (From prior day)	1x recipe
Tomato, cherry	1 lb.
Arugula	½ lb.
Oil, olive, extra-virgin	as needed
Cheese, Italian, hard	as needed
Chive, bunch	½ ea.
Salt, Maldon	as needed

Method

1. Using a sheeter, roll the Puff Pastry Dough to a 2 ½-millimeter thickness.
2. Transfer the rolled-out dough to a sheet pan. Let the dough rest for at least 30 minutes in the cooler.
3. Transfer the dough to the freezer until it is very firm, but not completely frozen, 10 to 20 minutes.
4. Preheat convection oven to 350°F on fan speed 2.
5. Using the largest round cutter, cut out 20 circles from the dough.
6. Using the 3rd largest cutter, cut the middles out of 10 circles of the dough to create rings. (These will act as “tops” for the tart.) Reserve the middles as dough scraps for later use.
7. Place the 10 uncut circles onto ½ parchment paper. (These will act as the bottom of the tarts.) Dock well with a fork.
8. Egg wash a ½-inch ring around the edge, of the bottom layer, being careful not to drip down the sides. Place the top ring of puff pastry on top of the egg wash.
9. Egg wash the top ring, being careful not to drip down the sides.
10. Using the back of a spoon, spread about 15 grams of the Goat Cheese Filling onto the bottom of the dough, being careful not to get any filling on the top layer of puff pastry.
11. Arrange the tomato halves on top of the filling.
12. Bake in the preheated oven until golden, 30 to 40 minutes.
13. In a small bowl, lightly drizzle the arugula with oil. Toss to combine.
14. Top the tarts with the dressed arugula. Finish with the cheese, chives, and salt.

EGG WASH

Yield: 500 grams

Ingredients

Egg, whole
Egg, yolk
Salt, kosher
Water

Amounts

8 ea.
8 ea.
1 pinch
as needed

Method

1. In a medium bowl, whisk to combine the whole eggs, egg yolks, salt, and a splash of water.

CHOCOLATE MOUSSE

Yield: enough for two, 8-inch cakes

Ingredients	Amounts
Gelatin, sheet	8 g
Cream, heavy, cold	665 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	283 g
Egg, whole	113 g
Egg, yolk	57 g
Sugar, granulated	113 g
Liquor, triple sec	20 g

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a stand mixer fitted with a whisk attachment, whip the cold heavy cream on medium speed to soft peaks form. Reserve in the refrigerator.
3. Melt the chocolate over a bain marie, stirring until smooth. Reserve hot.
4. In a Kitchen Aid bowl, combine the eggs, egg yolks, sugar, and liquor. Place the bowl over a bain marie. Whisk constantly until the mixture reaches 110 to 120°F and is slightly thickened with no visible sugar granules.
5. Remove from heat and immediately add the bloomed gelatin. Whisk until completely dissolved.
6. Place the sabayon in a stand mixer fitted with a whisk attachment. Whip on medium-high speed until light, aerated, and slightly cooled but still warm, 3 to 5 minutes.
7. Turn down the speed to low. Add the melted chocolate. Mix until fully incorporated and smooth.
8. Transfer to a large bowl. Fold $\frac{1}{3}$ of the whipped cream in with a rubber spatula until just incorporated. Fold in the remaining $\frac{2}{3}$.
9. Using a spoon or piping bag, place the mousse into molds or serving vessels.
10. Refrigerate until set, 2 to 4 hours.

Note: Cacao Barry OCOA 70% dark chocolate couverture pistoles can be substituted for the Guittard Lever du Soleil 61% dark chocolate couverture.

SIMPLE SYRUP

Yield: 2 pounds

Ingredients	Amounts
Sugar, granulated	16 oz.
Water	16 oz.

Method

1. Place the sugar and water in a saucepan. Bring to a boil over medium-high heat, stirring until the sugar is completely dissolved.
2. Remove from the heat and transfer to a heatproof container. Cool to room temperature.
3. Cover and store in the refrigerator.

WHITE CHOCOLATE-MACADAMIA NUT COATING

BONUS RECIPE

Yield: 400 grams

Ingredients	Amounts
Chocolate, white couverture, Zéphyr 34%, pistoles, Cacao Barry	300 g
Oil, vegetable	30 g
Macadamia nuts, toasted, finely cut, no dust	50 g
Coconut, toasted	30 g
Salt, sea, fine	1 g
Vanilla, bean, scraped	1 ea.

Method

1. Place the chocolate in a bowl and place over a bain marie. Stir until melted. (Do not overheat.)
2. Remove the bowl from the bain marie. Mix in the oil, macadamia nuts, coconut, salt, and vanilla seeds.
3. Reserve for use at 31°C.

DAY FIVE:

CHOCOLATE TEMPERING, GLAZING, & DECORATING

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Chop and melt chocolate properly.
- Temper chocolate without a thermometer, using a block.
- Evaluate tests of chocolate for temper.
- Use tempered chocolate to make cut-outs.
- Glaze and decorate cakes with attention to finish, consistency, and presentation.
- Prepare a range of baked goods using standardized recipes with accuracy and consistency.
- Create and assemble an original dessert based on techniques learned in class.

CHEF DEMONSTRATIONS

- Chocolate Tempering and Chocolate Deco
- Glazing Chocolate Mousse Cakes
- Decorate Chocolate Mousse Cakes

DAY FIVE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMONSTRATIONS

Chocolate Tempering and Chocolate Deco

Glazing Chocolate Mousse Cakes

Decorate Chocolate Mousse Cakes

EACH TEAM

Glaze and Decorate Chocolate Mousse Cakes

EACH STUDENT

Using the techniques and concepts we have learned in class, design and prepare an original dessert using the ingredients currently available in the kitchen.

You will have 1 hour and 45 minutes to complete this assignment (10:30 AM – 12:15 PM).

Within this time, you are expected to:

- Plan your dessert concept
- Prepare and execute the dessert
- Plate and present your final product thoughtfully

Your dessert should demonstrate:

- Proper use of techniques covered in class
- Creativity and originality
- Effective use of available ingredients
- Attention to presentation and detail

Be prepared to briefly explain your concept, ingredient choices, and techniques used.

MILK CHOCOLATE GLAZE

Yield: enough for three, 8-inch cakes

Ingredients	Amounts
Gelatin	33 g
Milk, whole	600 g
Glucose	240 g
Chocolate, milk couverture, Lactée Supérieure 38%, pistoles, Cacao Barry	720 g
Pate Glacier, blonde	720 g

Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. Place the milk and glucose in a saucepan. Bring to a boil over medium heat.
3. Add the bloomed gelatin. Stir to dissolve.
4. Place the chocolate in a heatproof bowl. Pour the milk mixture over the chocolate. Let it sit until the chocolate has melted, about 2 minutes.
5. Stir until emulsified.
6. Pass through a chinois and into a bowl.
7. Cool to 92°F to use.

DESSERT DEVELOPMENT WORKSHEET

Use the following worksheets and templates to help design your dessert and sketch your presentation compositions.

Flavor Combinations

Number of Components on Plate

Proper Technique

Colors

Height of Food

Texture Variations

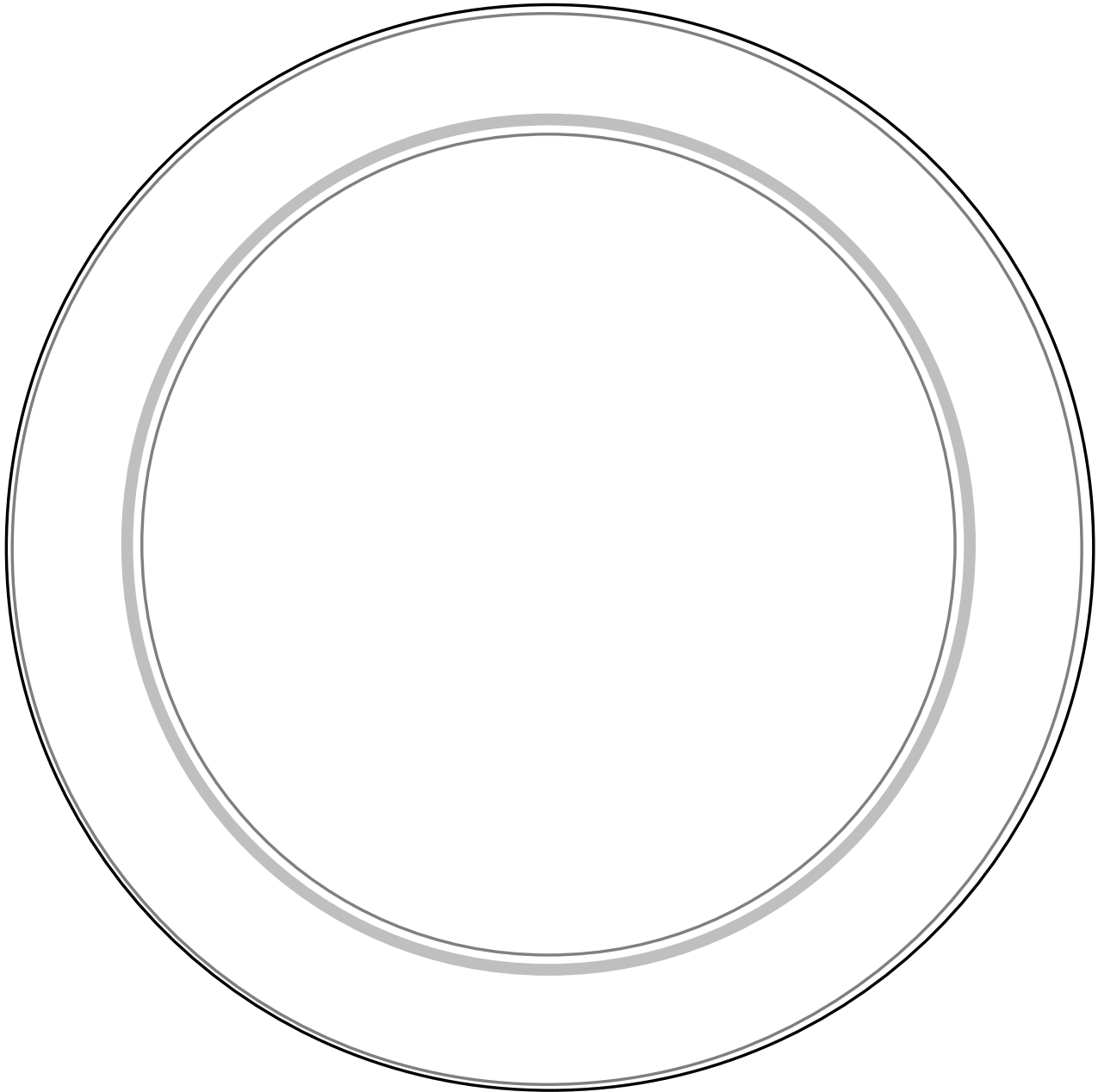
Plate Layout

Plating, Balance, & Composition

Practicality

Trends

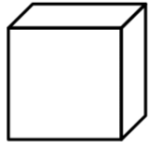
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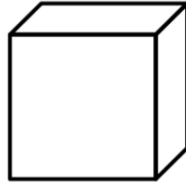
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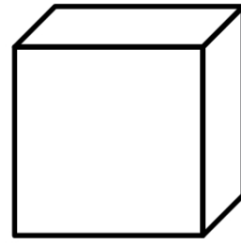
BASIC KNIFE CUTS



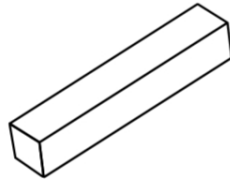
Small Dice
1/4" cube



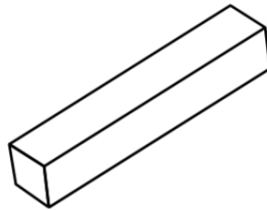
Medium Dice
1/2" cube



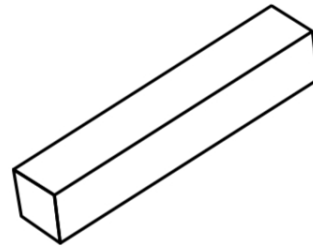
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



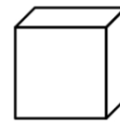
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



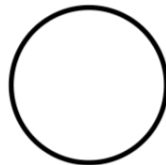
Chop
1/8"-1/4" cube



Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

Fundamentals of Baking and Pastry Arts Course Guide v.100.docx

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