

Northwest Arkansas Community College
(Food Studies Division)

Discipline Code

FDST

Course Number

1213

Course Title

Breads

Catalog Description

This course provides an introduction to the study and practice of the culinary art of quick bread and yeast bread techniques, including biscuit, scones, muffins, miscellaneous quick breads as well as basic lean and enriched yeast breads, artisan bread techniques and sourdough bread production.

Prerequisites

FDST 1203

Credit Hours

3 credit hours

Contact hours

75 lab contact hours

Load hours

3.75 load hours

Semesters Offered

Fall, Spring

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Demonstrate proper use of ingredients and appropriate mixing methods for a variety of yeast breads and quick breads
- Prepare and bake a variety of traditional lean and rich yeast and natural-leavened breads
- Prepare and bake a variety of quick breads and laminated dough products
- Critique and troubleshoot baked bread products and evaluate corrective measures

General Education Outcomes Supported

- Students develop higher order thinking skills.
- Students demonstrate information literacy.

Standard Practices

Topics list

- Mixing Method/Straight Doughs
- Scaling and Shaping
- Ingredient Uses
- Quick Breads
- Incorporation of Eggs and Milk
- Soakers and Multigrain Breads
- Natural Starters – Rustic Sour Doughs
- Pre-Fermented doughs
- Sweet Roll and Rich Sweet Doughs
- Specialty Breads
- Baguettes
- Poached Breads
- Laminated Doughs
- Pizza

Learning activities

- In class demonstrations and discussions
- Scalable recipes supplied for daily labs
- Lab safety and equipment training

Assessments

- Competency Based Learning Activities
- Review of student uniform, attitudes, behavior (Professionalism)
- Practical mid-term and final exams
- Written final exam
- Presentations or Projects
- Service-Learning Activity

Grading Guidelines

Grading Scale/Course Evaluation Methods – A=90-100, B=80-89, C=70-79.9, D=60-69.9, F=0-59.