



ACF Apprenticeship Training Courses

Course:	Introduction to Baking
Instructor:	Lynn Krause, CEPC, AAC
Instructor E-mail:	takmlk@sbcglobal.net
Instructor Phone:	1-828-743-1659
Course Length:	30 Hours
Allotted Timeframe:	12 weeks (suggested schedule 2 to 4 hours per week)
Prerequisites:	No prerequisites
Credit:	30 CEH

Course Description:

Welcome to the ACF e-culinary professional development “Introduction to Baking” course. This is a 12-week, self-paced, instructor-moderated course. Successful completion of the course will provide you with 30 ACF Continuing Education Hours (3.0 CEUs), which can be used to satisfy ACF education requirements for initial and renewal certifications and will be accepted as an approved class for ACFF apprenticeship training programs.

This course will cover all the fundamentals of baking including the science of baking, ingredients and their specific uses; equipment identification and uses; baking and finishing techniques for a variety of baked goods.

Lessons (12):

1. Get Your Act Together
 - Mise en Place (*everything in its place*)
 - Defining what equipment is needed
2. Knowing Your Ingredients
 - Chocolate – *Solid – Cocoa Powder*
 - Dairy Products – *Eggs – Milk – Creams*
 - Fats – *Butter – Lard – Shortening*
 - Flavorings – *Spices*
 - Flours – *All-Purpose – Soft – Hard*
 - Leavening Agents – *Baking Powder – Baking Soda – Yeast*
 - Sugars – *Granulated – Powdered – Liquid*
3. Baking Cookies
 - Mixing methods
 - Varieties of cookies
4. Quick Breads
 - Biscuit Mixing Method
 - Creaming Mixing Method
 - Muffin Mixing Method
5. Breakfast of Champions
 - Doughnuts
 - Beignets
 - Fried Pies
 - Pancakes and Crepes
 - Waffles



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6. Lean Breads
 - The Basic Yeast Dough
 - Mixing Methods
 - Variety of Breads
7. Rich Breads
 - Ingredients
 - Mixing methods
 - Danish and croissants
8. Pies and Tarts
 - Pie Crusts
 - Mixing Methods
 - Varieties
9. Basic Cakes
 - Mixing methods
 - Ingredients
 - Varieties
 - Baking and cooling
 - Problems and solutions
10. Icings
 - Basic Icings
 - Frostings and Fillings
 - Make the Cake! Cake Assembly
11. Simple Syrups, Cake Fillings, Baked Custards
 - Simple syrups – two ingredients to sweet success
 - Basic cake fillings – crème anglaise, butter crème and pastry crème
 - Baked custards – simple but elegant
12. Comprehensive Review – Baking Test Questions

Assignments:

- Lesson Readings (11)
- Discussion Forum Interaction (twice per lesson)
- Lesson Quizzes (11)
- Review (1)
- Final (1)

Texts:

A good reference textbook to use as a companion learning tool is American Culinary Federation's Baking Fundamentals, 2006 written by master baker Nobel Masi, CEPC, CMB, AAC HOF which is published by Prentice Hall; you can purchase a book from the ACF eShop at the website www.acfchefs.org. The textbook is only required for apprenticeship training programs, and is a valuable tool for everyone else interested in professional cooking.



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Course Completion:

After successfully completing all 12 units of instruction, all 11 quizzes, the final exam (100 questions) and all required discussion board interactions you will be graduated from the course and be able to print a certificate of completion.

This course is 12 weeks long with 12 units of instruction, interactive discussion forum participation, Internet networking opportunities, moderated learning and a comprehensive review for the final lesson. You can contact the instructor by e-mail at any time if you have questions about the course content. Any technical questions or requests for assistance with the KDS eClassroom platform should be directed to the KDS customer support team at ACF@kdsi.org or 1-800-728-0032.

A completion certificate will be awarded only to those students whom the instructor determined successfully completed the course. No partial credit is given for incomplete course work.

Grading Rubric

Component	Requirement	Percent of Course Credit
Reading	Complete all reading sections	10%
Discussions	Post two messages to the discussion forum: <ol style="list-style-type: none">1. Respond to a posting by the instructor.2. Either respond to a posting by another student or post your own unique message.	25%
Quizzes	Complete all quizzes	25%
Final	Complete final exam (100 questions)	40%