CAHM 166: Breadmaking

Class Description: Breadmaking will introduce basic knowledge and techniques in the production of yeast breads. Several advanced techniques will also be included such as laminated doughs and sourdough. Lecture/demonstration will be interspersed with hands-on labwork. In this 4 day workshop we will prepare a variety of savory and sweet breads.

CLASS SYLLABUS:

Day 1  Introduction to Class, STRAIGHT DOUGHS
a.m.
  French Bread
  6/22/08  Large batch/using a machine
          Autolyse method
          Windowpane test
          Different yeast starters: old dough, biga, poolish, sponge
  Sweet dough
          Sponge method

p.m.  Finish Sweet dough
          Cinnamon buns, pecan sticky buns
  Bake French Bread
  Kalamata Olive Bread
          Straight dough, no knead/stir method
  Sourdough starter:

          Discuss and hand-out sourdough information
          Bring Focaccia toppings for next Sunday

Day 2  FLAT BREADS
a.m.
  6/29/08  Naan: Sponge Method, Zatar spice blend for dipping
          Focaccia: Straight Dough
          Green Onion Pancakes: unleavened, deep fried
          Soft Wrap Bread: cooked on dry griddle

p.m.  LAMINATED DOUGHS:
          Start Croissants

          Check in on Sourdough project
          Discuss Yeast Bread project #1

Day 3  WHOLE GRAIN BREADS
a.m.
  7/6/08  Whole Wheat Sandwich loaf bread
          Whole grain seed bread
Day 3  
3 p.m  
LAMINATED DOUGHS:  
Start Danish  
straight dough method  
laminated dough technique  
Finish Croissants  
classic shape  
pain au chocolat  
cinnamon walnut  

Yeast project #1 due  
Sourdough starter and diary due  
Review study sheet  
Discuss Yeast project #2

Day 4  
4 a.m.  
SOURDOUGHS  
7/13/08  
Sourdough cheese bread, sourdough walnut  
4 p.m.  
Finish Danish  
Coffee Cake  
Pinwheel  
Bear Claws/franchipan filling  
Twistees  
Glazing  

Yeast project #2 due  
Test

LAB FEE: there is a $20 non-refundable materials fee due on the 1st day of class. This covers the ingredients and products you will be making in class. All products you make are for you to eat and take home.

ATTIRE: On days 2, 3 and 4 you should wear light weight pants, close-toed shoes, some kind of hair restraint (baseball hat, chef’s hat, scarf or hair net), and an apron. Shorts, skirts, sandals or open shoes of any kind are not allowed and you will not be able to participate in lab until you come properly dressed.

EQUIPMENT: if you have any of the following items these will be helpful in lab: bench scraper, rolling pin, chef’s knife, serrated bread knife, pizza wheel cutter, small kitchen scale, and a quick read thermometer. I suggest you mark or label your equipment for easy identification. Cabrillo is not responsible for lost or missing items. Please bring a container of some kind to take your bread products home in. Cardboard boxes and paper bags work really well.

BREAKS AND EATING: Each day we will have a lunch break from 1/2 hour – 1 hour. If you are not going off-campus I suggest you bring a lunch. Also, because the class has long days, bring snacks and drinks to keep up your energy.
CELL PHONES: as a courtesy, please turn off the ringers of your cell phones during lecture. If you need to talk on your phone PLEASE TAKE IT OUTSIDE THE BUILDING -- this includes during the lab as well.

GRADING – this is primarily an attendance and participation driven class. Projects will be evaluated but the scores will not affect the outcome of the grade other than the project was completed and turned in on time.

A grade = sourdough project AND TWO yeast projects, test, on time to all days (a.m. and p.m.) and stayed for full class time

B grade = sourdough project and ONE yeast project, test, projects turned in on-time, on time to all days (a.m. and p.m.) and stayed for full class time OR did ALL 3 projects and test but had problems being on time (a few minutes late) to a.m. and p.m. sessions.

C grade or Credit = sourdough project OR a yeast project, AND take the test, on time to all days (a.m. and p.m.) and stayed for full class time, or more project(s) turned in but late, OR missed some class time – no more than 1/2 of one day.

Incomplete did A, or B, or C grades but missed 1 day

D, F, or No credit grade = missed two of four days, or missed 1 day but did no projects or tests, or was late to all sessions and turned in no projects or tests

It is assumed that you worked well in a class setting, and had satisfactory teamwork in your small group. If this is not the case, your grade might be affected.