

### **Program of Professional pastry Chef Courses**

Professional Pastry Chef Courses are practical courses that prepare students as pastry chefs in diverse contexts (artisanal bakeries, cafe-bakeries, restaurants, confectioners). The course is taught by qualified professional pastry chef-teachers. The courses are led by professionally qualified instructors. At the end of the course, a certificate of attendance and an evaluation of specific technical skills will be issued. The certificate is recognized for work in the private sector but it does not have academic validity. The courses are organized along the lines of the European Qualification Framework (EQF)<sup>o</sup>.

### **Course objectives**

Outline of the profession, the work place and utensils;  
Prime ingredients: recognizing their merchantable quality (merceologia) and their sensory characteristics; eg aroma,taste; To equip the participants for the profession of pastry chef.  
Applying the skills of the pastry chef in the work place;  
Characteristics of and techniques for using, equipment for pastry making including the working, raising and cooking of pastry;  
The phases of pastry making;  
Working as a pastry chef: regulations, health, safety and hygiene;  
Recognising the merchantable quality of prime ingredients (merceologia);  
Organisation and business of pastry making;  
Preparation for employment in the pastry making business.

### **Didactic Activities**

Basis of pastry making: dough, egg mixtures;  
Short pastry: jam tarts, small tarts, tartellette;  
Baked egg mixtures (eg custard) and puddings: crème caramel, crème brûlée, panna cotta, bonet;  
Breakfast pastries: plum cakes, muffins, ciambelle (eg doughnuts), pies;  
Pastries using raising agents: babà, savarin, doughnuts, ciambelle fried;  
Christmas pastries or cakes: certosino, panone, struffoli, Christmas log;  
Carnival pastries: mardi gras fritters, friture (fritters), tortelli fritti, castagnole (crackers), tagliatelle fritte;  
Traditional bolognese pastries: pinza, raviole, sabadoni, torta degli addobbi (decorated cake);  
Rustic cakes using particular ingredients: sbrisolona (like a crumble), carrot cake, nut cakes, strudel;  
Biscuits and shortbread;  
Small savoury pastries: pizzette, calzoncini, cream puffs, cheese tarts, crackers;  
Savoury pastry in portions: quiche, puff pastry preparations, spinach tart, savoury strudel;  
Small pastries: cannolini, cream puffs, tarts, tranci (slices);  
Items made with chocolate: mousse, ganache, icing, chocolate figures;  
Classic chocolate cakes: Sacher, schwarzforst, mexican cake,  
The hardening (temperaggio) of chocolate for use in confectionary etc;  
Choux pastry: choux, cream puff, éclaires, corone;  
Flaky pastry: foglie di palma, small biscuit appetizers, small flaky pastry items-;  
Cakes based on flaky pastry: millefoglie (layered cake with cream), Saint-Honorè;  
Meringues: swiss, french, argentine and italian meringues;  
Classic cakes: moka (eg coffee flavoured), meringue, mimosa;  
Desserts: mousse, semifreddi, bavaresi:

Modern cakes;  
Decoration using sugar and chocolate.

### Techniques

Before starting, organise the work space.

Arrange the ingredients in an orderly fashion.

Use of the correct containers. During practice we provide guidance about this equipment, its characteristics and how to use and to clean it.

Quality in presentation dishes are carefully presented because appearance is important along with the flavour and the aroma. All the cookery exercises conclude with serving. Creative presentation depends more on style than on technique. It prompts the mouth to water which also aids the digestion.

Characteristics and methods for conservation (techniques and equipment);

Understanding conservation processes and how to control risks and frequent errors;

Devising simple gastronomic preparations, understanding their characteristics and techniques to apply.

### Skills

Choosing ingredients (raw and semi-finished) of a quality and quantity suitable for preparing simple dishes;

Identifying ingredients (raw and semi-finished), assisted by technical information, needed to create the course dishes;

selecting raw and semi-finished material on the basis of quality;

using a quantity of raw and semi-finished material sufficient to make the course dishes.

Preparing simple dishes using appropriate techniques and utensils:-

mixing (cold and hot) ingredients using appropriate techniques and utensils according to the recipe;

cooking the ingredients, separately or together as required by the recipe, using the techniques indicated and in correct time and temperature;

making adjustments, guided by the instructing chef, if the quality is not quite right;

Recognising the merchantable quality of food (mercelogia):-

elements of the science of diet;

base recipes;

cookery procedures and techniques.

### Tasks

Preparing the work place following the guidance of the instructing chef on food hygiene and safety at work.

Preparing raw ingredients:-

Preparing semi-finished preparations

Work the ingredients to make dough

Use methods to keep the semi-finished preparations fresh

Assisting and collaborating in the preparation

Completing simple tasks for the chef (handing over utensils, lighting and turning off the ovens etc).

Completing simple gastronomic preparations

Applying different cookery techniques suitable to varying contexts;

Cleaning the kitchen and equipment in accordance with hygiene rules and standards using suitable cleaning agents:-

- cleaning the work place;

- sterilising the work place;

- cleaning the equipment area;

- sterilising the equipment area;
- putting the equipment back in the right place.

° *The European Qualification Framework (EQF) is an initiative of the European Union to create a common understanding of professional qualifications in member countries and to promote work mobility.*