

Northwest Arkansas Community College
(Food Studies Division)

Discipline Code

FDST

Course Number

2213

Course Title

Advanced Breads

Catalog Description

This course provides study and practice of artisan breads from around the world, whole grain breads and gluten free breads. French, Italian, German and other European breads will be covered with emphasis on understanding protein and ash content and different mixing techniques. Students will have use of a mill and will grind whole grain flours.

Prerequisites

FDST 1213

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 properly mix doughs utilizing the three main mixing techniques and explain the concept of strength as it relates to those mixing methods
- Explain the different ways to use fermentation and how to control it to ensure consistent quality products

- Explain the analytical specifications of various wheat and gluten free flours
- Properly produce pre-proofed frozen dough products

General Education Outcomes Supported

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

Standard Practices

Topics list

- History and Development of Bread
- Loss and Return of Artisan Bread Baking
- Mixing Techniques
- Preferments
- Retarding Techniques
- Sourdough
- Ash Content, Moisture Content and Enzyme Activity
- Milling Techniques
- Rich and Laminated Doughs
- Parbaked and Pre-proofed Frozen Products
- Commercial Production

Learning activities

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

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=0-59.9

Revised

April 22, 2022