



**The Art Institutes
International-Kansas CitySM**

Catalog Addendum
Baking and Pastry Arts
Associate of Applied Science

Effective August 1, 2009

Baking and Pastry Arts – Associate of Applied Science

The Baking and Pastry Arts program provides students with culinary skills combined with a focus on baking and pastry. This combination skill set and business knowledge enhances each graduate's ability to meet the challenges of an increasingly demanding and rapidly changing field. Two strengths of the program of study are an emphasis on culinary skills as well as the core baking and pastry courses and the business courses. The program focuses upon both production and individualized skills necessary to gain employment in bakeries, restaurants, and other catering or institutional settings. In addition to technical skills, the program offer food safety and sanitation, nutrition and kitchen supervision/career development and related business courses to support their professional skills for employment and supervision. The program also includes an internship at a quality food service operation and culminates with a Capstone project. This project consists of a complete business plan to open a commercial baking and pastry facility.

Students studying this field at The International Culinary School at The Art Institutes International – Kansas City leave prepared to enter the field in an entry-level position such as lines cooks, pastry cooks, caterers, cake decorators, or managers.

The general objectives for the program are:

- Produce a wide variety of artisan breads, pastries and plated desserts
- Create sugar, chocolate and pastillage centerpieces
- Produce complex pastries and cakes involving multiple skills and techniques
- Design a business plan for a commercial bakery or bakery-café

About The International Culinary Schools at The Art Institutes International – Kansas City

The International Culinary School at The Art Institutes International – Kansas City educates tomorrow's culinarians in the cuisines and flavors of the world. Based on classical Escoffier, Asian, and Latin culinary techniques, with an emphasis on progressive trends and practices, the school's curriculum is designed to develop and sharpen fundamental cooking techniques and professional skills and introduce a variety of international cuisines. Internships, guest lectures, Web-based seminary, and study-abroad programs help broaden the scope of learning for students. Upon graduation, students are prepared to work in the hospitality industry.

<i>Course No.</i>	<i>Course Name</i>	<i>Lecture Hours</i>	<i>Lab Hours</i>	<i>Externship/Contact</i>	<i>Credit</i>
Quarter 1					
CU100	Fundamentals of Classical Techniques	11	99	0/110	6
CU110	Culinary Theories and Concepts	22	22	0/44	3
CU145	Sanitation & Safety	44	0	0/44	3
CG110	Computer Applications	22	22	0/44	3
Quarter 2					
CU130	American Regional Cuisine	11	99	0/110	6
CU122	Introduction to Baking	11	44	0/55	3
CU190	Purchasing and Product Identification	22	22	0/44	3
ENG101	English Composition	44	0	0/44	4
Quarter 3					
CU123	Introduction to Pastry	11	99	0/110	6
CU135	Latin Cuisine	11	44	0/55	3
CU155	Nutrition	22	22	0/44	3
MAT104	College Algebra	44	0	0/44	4
Quarter 4					
CU209	Artisan Breads and Baking Production	11	99	0/110	6
CU225	Management by Menu	22	22	0/44	3
CU219	European Cakes and Tortes	11	44	0/55	3
HIS301	U.S. History	44	0	0/44	4
Quarter 5					
CU229	Advanced Patisserie and Display Cakes	11	99	0/110	6
CU245	Planning and Controlling Cost	22	22	0/44	3
CU255	Food & Beverage Operations Management	22	22	0/44	3
COM201	Speech	44	0	0/44	4
Quarter 6					
CU240	A la Carte	11	154	0/165	6
EX301	Externship	0	0	150/150	3
CU165	Kitchen Management and Career Development	22	22	0/44	3
PSY261	Psychology	44	0	0/44	4
Quarter 7					
CU279	Chocolate, Confections and Centerpieces	11	99	0/110	6
CU260	Culinary Capstone	22	22	0/44	3
PHI201	Critical Thinking	44	0	0/44	4
Totals		616	1078	150/1844	108

CORE COURSE DESCRIPTIONS

CU100 FUNDAMENTALS OF CLASSICAL TECHNIQUES

6 Credits

Course Prerequisite: None

Through demonstrations and hands-on work, fundamental concepts, skills, and techniques involved in basic cookery are covered. These include the study of ingredients and cooking theories; the preparation of stocks, broths, glazes, soups, thickening agents, the grand and emulsion sauces. The cookery basics for vegetables, starches, meat, fish, and poultry are also introduced, as well as techniques such as sautéing, roasting, poaching, braising, broiling, grilling, stir-fry. In addition to learning organizational skills and work coordination, students will learn the basics of classical French culinary vocabulary, basic food chemistry and flavor profiles, as well as identification, application and use of equipment and tools.

CU110 CULINARY THEORIES AND CONCEPTS

3 Credits

Course Prerequisite: None

The fundamental concepts, skills and techniques involved in basic cookery are covered in the course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, soups, thickening agents, the grand sauces and emulsion sauces. Lectures teach organization skills in the kitchen and work coordination. The basics of stocks, soups, sauces, vegetable cookery, starch cookery, meat and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying.

CU145 SANITATION & SAFETY

3 Credits

Course Prerequisite: None

This course is an introduction to environmental sanitation and safety in food production. Topics covered are food-borne illnesses and their origins, basic safety and sanitation procedures in the food service industry, facility planning, safe working environments, sanitary working conditions in all areas of the facility, maintenance costs, and production. This course is approved by the Federal Food and Drug Administration (FDA) and is recognized by 95 percent of state and local jurisdictions that require training or certification.

CG110 COMPUTER APPLICATIONS

3 Credits

Course Prerequisite: None

This course introduces students to the basic operation of computer hardware on both Mac and PC platforms. File management and storage, basic word processing, spreadsheet, and database techniques are explored. The use of scanners, printers, external drives and other equipment will be examined. Students will also be introduced to the Internet as a research and networking tool.

CU130 AMERICAN REGIONAL CUISINE

6 Credits

Course Prerequisite: CU100 Fundamentals of Classical Techniques, CU110 Culinary Theories and Concepts

The knowledge learned in Culinary Skills is reinforced to build student confidence and strengthen the techniques of basic cookery. Attention is given to portion control, costing, plate presentation, and teamwork in production. American Regional Cuisine introduces culture, food, local growing, and regional cooking methods with emphasis on cooking and classical French culinary techniques.

CU122 INTRODUCTION TO BAKING

3 Credits

Course Prerequisite: None

Students are introduced to the fundamental concepts, skills and techniques of baking. Special significance is placed on the study of ingredient functions, product identification and weights and measures as applied to baking. Lectures, demonstrations, production, tasting and testing, students learn yeast-raised dough mixing methods, pie dough, quick dough, cookie dough, and product finishing techniques. Students must pass a practical exam.

CU190 PURCHASING AND PRODUCT IDENTIFICATION

3 Credits

Course Prerequisite: None

This course provides students with an overview of the purchasing procedures for foodservice operations, which includes the theory of the flow of goods, purchasing trends and cycles, and the ethical and legal considerations for purchasing and comparing product and bidding specifications. Students gain hands-on experience with inventory, proper receiving and issuing techniques, product quality, and comparison testing. Identification of common and specialty products is addressed.

CU123 INTRODUCTION TO PASTRY

6 Credits

Course Prerequisite: CU145 Sanitation and Safety

This course is a combination of theory, lecture, demonstration and hands-on production to provide an introduction to pastry techniques for use in a commercial kitchen. Students learn a variety of dough, batters, fillings, and glazes with an emphasis on formulas. Instruction regarding the preparation of basic cakes and icings, roll-in dough, preparations of pastry cream and finishing techniques; plus selection and proper use and handling of various chocolates used in baking and decorating are introduced. Emphasis is also placed on dessert plating and presentation. Students must pass a practical exam.

CU135 LATIN CUISINE

3 Credits

Course Prerequisite: CU110 Culinary Theories and Techniques, CU100 Fundamentals of Classical Techniques

This course emphasizes both the influences and ingredients that create the unique character of selected Latin cuisines. Students prepare, taste, serve, and evaluate traditional, regional dishes of Mexico, South America and the Caribbean Islands. Importance will be placed on ingredients, flavor profiles, preparations, and techniques representative of these cuisines.

CU155 NUTRITION

3 Credits

Course Prerequisite: None

This class centers on an explanation of the basic principles of nutrition and their relationship to health. The structure, functions, and sources of nutrients—including proteins, carbohydrates, fats, vitamins, minerals, and water—are discussed. Current issues in nutrition are reviewed, including the U.S. Dietary Guidelines, energy balance, vitamin supplements, and food fads.

CU209 ARTISAN BREADS AND BAKING PRODUCTION

6 Credits

Course Prerequisite: CU122 Introduction to Baking

This course provides the information, tools and instruction to gain proficiency in the preparation of a variety of artisan breads. Emphasis will be placed upon learning to mix, ferment, shape, bake and store hand crafted breads. Students will focus on traditional fermentation, as well as the science of the ingredients. Students learn assembly speed and increased their proficiency in meeting production deadlines with quality products.

CU225 MANAGEMENT BY MENU

3 Credits

Course Prerequisite: None

This course prepares future food service managers by giving a clear picture of the important role menu planning plays within operations. It covers topics ranging from menu development, pricing, evaluation to facilities design and layout. Students will benefit because of the understanding menus is crucial to the success of any foodservice operation, i.e., a planning tool, source of operational information and a merchandising method for reaching patrons.

CU219 EUROPEAN CAKES AND TORTES

3 Credits

Course Prerequisite: CU122 Introduction to Baking, CU123 Introduction to Pastry

Students will build on competencies previously learned and apply those skills into new products to create more elaborate tortes and cakes using complex finishing methods by applying glazes, using decorative sponges, and building multi-component cakes. Topics to be covered include comparison of classical and modern preparations, classical cakes; glazed, iced, molded, and cream filled cakes, and bombes.

CU229 ADVANCED PATISSERIE AND DISPLAY CAKES

6 Credits

Course Prerequisite: CU122 Introduction to Baking, CU123 Introduction to Pastry

This course explores the techniques of plated desserts and the theory behind building edible art for A la Carte service, competition or banquet functions. Methods and procedures for producing high quality specialty decorated cakes, as well as the design, assembly, and decorating of wedding cakes will be introduced.

CU245 PLANNING AND CONTROLLING COST

3 Credits

Course Prerequisite: None

This course helps the student appreciate the planning and control process in the restaurant service industry. This course will introduce the tools required to maintain sales and cost histories, develop systems for monitoring current activities, and teach the techniques required to anticipate what is to come. The student will learn about pricing support systems, including food-cost breakdown. The fundamentals of purchasing, receiving, storing, issuing and production are covered. The importance of budgeting and an accurate profit and loss statement are emphasized. Forms and suggestions for implementing effective cost control procedures are given, and the menu's effect on planning and control is covered.

CU255 FOOD AND BEVERAGE OPERATIONS MANAGEMENT

3 Credits

Course Prerequisite: None

Topics covered include the psychology of service, professional standards of performance for dining room personnel, the fundamental skills required for service-ware handling, the service sequence, order taking, guest relations and the liability and consumer dimensions of alcohol service. Highlight the specific management opportunities and challenges in managing a bar, lounge, or food service establishment serving alcoholic beverages. Significant product knowledge orientation, as well as cost control and purchasing, production, and service issues are addressed.

CU240 A LA CARTE

6 Credits

Course Prerequisite: CU130 American Regional Cuisine, CU255 Food & Beverage Operations Management

The students prepare modern and regional American cuisine in a public restaurant. Correct application of culinary skills, plate presentation, organization and timing in producing items off both a fixed-price menu and an a la carte menu are stressed. The principles of dining room service and the philosophy of food are further explored and examined in light of today's understanding of food, nutrition and presentation.

EX301 EXTERNSHIP

3 Credits

Course Prerequisite: Completed five quarters of study; CGPA of 3.0 or higher for graphic design students and/or Academic Director approval. Culinary Arts and Baking and Pastry students must have completed five quarters and/or Academic Director approval.

This course can be chosen as an elective for students in the Associates of Applied Science (A.A.S.) in Graphic Design. This is a required course for students in the Culinary Arts (A.A.S. and B.A.) and Baking & Pastry (A.A.S.) degree programs. Students enrolled in the externship participate by working part-time with cooperating employers. Field experience in the student's area of interest is gained by applying competencies learned in previous courses. Coordinated by Career Advisors, administered by Academic Directors, and evaluated by Faculty advisors, the experience enhances the student's overall understanding of his/her chosen field.

CU165 KITCHEN MANAGEMENT AND CAREER DEVELOPMENT

3 Credits

Course Prerequisite: None

This course focuses on managing people from the hospitality supervisor's viewpoint. The emphasis is on techniques for increasing productivity and controlling labor costs, managing time, facilitating change, motivating employees, and resolving conflict. This course also stresses effective communication and explains the responsibilities of a supervisor in the food service operation. Specific focus is placed on interviewing and hiring employees, and is explored from the perspective of a manager looking for staff, and as workers involved in a job search.

CU279 CHOCOLATE, CONFECTIONS AND CENTERPIECES

6 Credits

Course Prerequisite: CU122 Introduction to Baking, CU123 Introduction to Pastry

Students are introduced to the fundamental concepts, skills and techniques of chocolates and confections. Students are introduced to the basic techniques used in forming simple centerpieces. Lectures and demonstrations teach chocolate tempering, candy production and the rules that apply when creating centerpieces.

CU260 CULINARY CAPSTONE

3 Credits

Course Prerequisite: 5th Quarter of Study or Higher

Through competencies developed with previous related studies course work, students will develop a complete business plan for a minimum 100 seat restaurant. This project will include: market analysis and marketing strategy, operating budget, sales projections, opening inventories, capital equipment, standardized recipes and costing for all standardized recipes, menu and facilities design. The student will have the assistance of a Chef/Instructor to facilitate with the completion of the capstone restaurant project.

GENERAL EDUCATION COURSE DESCRIPTIONS

ENG101 ENGLISH COMPOSITION

4 Credits

Course Prerequisite: None

This course emphasizes the planning, writing, and revising of compositions, including the development of critical and logical thinking skills. Essays demonstrate expressive and informative writing, as well as analytical, evaluative, and persuasive writing.

MAT104 COLLEGE ALGEBRA

4 Credits

Course Prerequisite: None

This course includes the necessary skills to solve algebraic problems, graph algebraic functions, and simplify complex algebraic expressions.

HIS301 U.S. HISTORY

4 Credits

Course Prerequisite: None

This course will examine the history of the United States by exploring the origins of contemporary American culture, its institutions, and values

COM201 SPEECH**4 Credits****Course Prerequisite: None**

Students will learn how to communicate their ideas effectively to others through oral and visual presentations. Students learn how to assimilate and present information logically and rationally, using research methodology and available resources, demonstrating professional performance.

PSY261 PSYCHOLOGY**4 Credits****Course Prerequisite: None**

This course is designed to introduce the student to the nature of psychology. Topics discussed include aspects of human development, personality theory, psychological aspects of stress, and the psychology of learning, creativity, and motivation. The course will provide, through both content and methodology, insight into human behavior and self-awareness.

PHI201 CRITICAL THINKING**4 Credits****Course Prerequisite: None**

This course is designed to assist students in becoming more effective learners. Content focuses on identifying and developing skills, processes, and techniques for effective assimilation of knowledge. Reasoning principles for critical analysis and evaluation of thought and discourse will be explored. Students learn to apply creative and critical techniques in problem solving and decision-making.