



SAN FRANCISCO COOKING SCHOOL

Baking and Pastry Arts Program Overview

The SFCS Baking and Pastry Program is designed to balance academic fundamentals with relevant industry exposure. You will simultaneously dive into a rigorous in-class, hands-on curriculum while also gaining access to and learning about the San Francisco food community. The Baking and Pastry program is built on a core set of classic fundamentals, and as the program progresses, more modern skills and relevant techniques are introduced, ensuring students graduate with a skill set that prepares them for entry level work in many aspects of the culinary industry. We impart not only the hard skills that go into being proficient with technique, but the soft skills so important for knowing how to build intuition and strong kitchen work habits.

In order to graduate, you must complete all education hours (720 hours), your grades must average a minimum of 70%, and you must not be on any type of probation, as per the student handbook.

The Full Time Baking and Pastry class meets Monday through Friday from 8am to 2pm, until your externship begins. The full term is six months.

The Part Time Baking and Pastry class meets Wednesday and Thursday from 6-10pm and Saturdays from 8am-2pm, until your externship begins. The full term is one year.

This is a rigorous and intensive class that is hands-on every day, with an immense amount of verbal instruction. The four curriculum modules for our program are outlined below. Each module includes the education objectives we expect you to meet as you progress through the course.

UNIT I: FOUNDATIONS (210 Hours)

In these first modules of your program you will be building basic pastry foundations as well as knowledge of key ingredients. You'll begin with an introduction to the pastry kitchen through tools, measurements, math, science, and sanitation. From day one you will learn how to work smart; building a prep list, organizing your work, communicating professionally, and practicing food safety. You will work in the pastry kitchen daily, practicing towards a thorough understanding of eggs, cakes, pastry dough and chocolate fundamentals. Repetition is critical these first weeks. Knowing how to perfectly beat egg whites or the precise way to combine ingredients doesn't come from one or two short lessons. These are instincts developed after much practice and you will get this practice each week. Our goal here is to help you create a battery of innate skills, values, and a taste memory that become second nature to you in the kitchen.

Week One:	Introduction to Baking Techniques
Week Two:	Eggs--Meringues, Custards, Soufflés
Week Three:	Introduction to Chocolate
Week Four:	Cakes 1: Intro to Baking
Week Five:	Cakes 2: Fillings and Assembly, Written and Practical Exams
Week Six:	Pastry Doughs 1
Week Seven:	Pastry Doughs 2



SAN FRANCISCO COOKING SCHOOL

Learning Objectives for Unit I are as follows, and will be measured via your in class participation and your first exams. Exam #1 will happen during week five of school for full time students and during week 10 for part time students, and will include a written test (25% of your grade) and a three-hour practical exam (75% of your grade). At the end of Unit I we will assign you a general performance grade, based on your participation in class. Your general performance is 25% of your total course grade and your exam scores are 75% of your grade

- Proper Sanitation and Food Safety
- Efficient Knife Skills and familiarity with basic cuts
- Smart work habit and organization
- Knowledge of key ingredients and their functions
- Proper execution of basic custards and meringues
- Basic chocolate tempering and emulsification skills
- Proper execution of classic pastry dough

UNIT II: APPLICATIONS (90 Hours)

The next set of modules in the program takes the foundations you've mastered and teaches you how to apply them to more complex creations. You'll practice techniques for creating molded chocolates and confections as well as a range of frozen preparations, expanding and refining the foundational skills from Unit One.

Week Eight: Advanced Chocolate and Confections

Week Nine: Boot Camp: A Week of Review, Repetition and Timed Drills

Week Ten: Ice Cream, Gelato, and Frozen Desserts, Written and Practical Exams

Learning Objectives for Unit II are as follows, and will be measured via your in class participation and your first exams. Exam #2 will happen during week ten of school for full time students and during week 20 for part time students, and will include a written test (25% of your grade) and a three-hour practical exam (75% of your grade). At the end of Unit II we will assign you a general performance grade, based on your participation in class. Your general performance is 25% of your grade and your exam is 75% of your grade.

- Preparation of ganaches and caramels
- Techniques for producing ice cream, sorbets and ices
- Cooking sugar syrups to achieve a variety of textures
- Shelling and molding chocolates



SAN FRANCISCO
COOKING SCHOOL

UNIT III: EXTENDING YOUR LEARNING (180 Hours)

With a strong core of pastry knowledge, you're now ready to explore new techniques in the world of baking. You'll work with yeasted dough, utilizing a wide variety of fermentation and mixing methods. You will practice daily mixing shaping and proofing breads, from rustic to refined. We end the time in the classroom with a final project (Pop Up Market or Bakery Day), when you and your fellow students will transform the school into a working food business. This is the ideal bridge between your classroom work and your externship.

Week Eleven:	Bread 1
Week Twelve:	Laminated Dough
Week Thirteen:	Bread 2
Week Fourteen:	Plated Desserts
Week Fifteen:	Bakery Week Prep, Bakery Day
Week Sixteen:	Reviews, Written and Practical Exams

Learning Objectives for Unit III are as follows, and will be measured via your in class participation and your first exams. Exam #2 will happen during week fifteen of school for full time students and week 30 for part time students, and will include a written test (25% of your grade) and a three-hour practical exam (75% of your

grade). At the end of Unit III we will assign you a general performance grade, based on your participation in class. Your general performance is 25% of your grade and your exam is 75% of your grade.

- Scaling and mixing yeasted dough
- Proofing dough
- Shaping techniques
- Lamination
- Baking and finishing techniques

At the end of your time in the classroom we will average your grades from each of the three units to assign a cumulative grade. You must have a cumulative grade of at least 70% in order to be placed in your externship, and be eligible for graduation.



SAN FRANCISCO COOKING SCHOOL

Unit IV: EXTERNSHIP (240 hours)

The final portion of your curriculum is extending your learning into a real work experience. We graduate restaurant-ready pastry cooks who are equipped to work in many types of professional kitchens and bakeries. Learning the foundations in the kitchen classroom is important but knowing how to apply these foundations to the real world is critical too. Provided you've met or exceeded your graduation requirements, we will work locally to place you in an externship. Here you will experience many aspects of that business in order to round out your education.

The externship is a required part of the program and SFCS will work to find you a placement that makes sense. Once this placement is made, it is your responsibility to set up a time to meet with your mentor and follow through with scheduling your externship hours. The goal of the externship is to apply all that has been learned in the previous modules to learning in a real world setting. This experience is an invaluable extension of the curriculum.

Learning objectives for Unit IV are outlined below. Your mentor will submit a feedback form to San Francisco Cooking School detailing your performance at the end of your externship based on these key areas. Externships are graded pass/fail based on this feedback, and any other conversations we may have had with your mentor. Maintaining a minimum grade of 70% (cumulative) at the end of the classroom portion, along with completing and passing your externship, will determine your ability to graduate. If you choose to do a Food Entrepreneurship or Food Media externship, you will be presented with your learning objectives prior to starting your project.

- Culinary Basics: demonstrating a competent grasp of core skills
- Pace: keeping up with the pace of the kitchen
- Taking direction: asking appropriate questions, taking direction, and working independently where necessary
- General Performance and Attitude: Showing up on time, preparedness, going the extra mile without prompting, showing a drive/passion

Note: San Francisco Cooking School reserves the right to amend and updates this curriculum. This document is designed to give you an overview of what you will learn as a student at SFCS but the order of instruction and specific lessons are subject to change.