

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: BAK 284 **Credits:** 3

Course Title: Specialty, Spa, and Plated Desserts

Course Description:

Provides an integrated study of specialty, spa, and plated desserts, which possess enhanced value through artistic presentation. Prerequisite: BAK 128. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

General Course Purpose:

This course is intended to provide students with the knowledge and skills to explain and demonstrate the principles for producing, plating, and garnishing specialty and spa desserts.

Course Prerequisites/Corequisites:

Prerequisite: BAK 128

Course Objectives:

Upon completing the course, the student will be able to:

- Produce and work with acetate and chocolate for wrapping cakes;
- Demonstrate proper piping and garnishing techniques;
- Produce gels;
- Identify the differences and differentiate between flour types and their uses in pastry kitchens;
- Explain the various mixing methods and their uses for pastry production;
- Explain and discuss correct pastry terminology;
- Understand and be able to discuss the differences in production of the various styles of specialty desserts;
- Produce several styles of cheesecake products;
- Produce sugar-reduced and fat-reduced spa desserts; and
- Add value to portioned desserts through artistic plate presentation.

Major Topics to be Included:

- Puff pastry
- Puddings
- Garnishments
- Sauces
- Plate design
- Petit fours
- Reduced fat desserts
- Reduced sugar desserts
- Mousse desserts
- Sponge desserts

Effective Date/Updated: August 1, 2024