

Course Objectives/Course Outline
Spokane Community College

Course Title: Artisan Breads

Prefix and Course Number: BAK 110

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Identify and prepare artisan breads using appropriate ingredients
- Explain and demonstrate the bread making process using established formulas and techniques

Course Outline

- I. Ingredients
 - A. Wheat Flour
 - B. Other Flours, Meals, and Starches
 - C. Sugars
 - D. Fats
 - E. Milk and Milk Products
 - F. Eggs
 - G. Leavening Agents
 - H. Jelling Agents
 - I. Fruits and Nuts
 - J. Salt, Spices, and Flavorings
- II. Yeast Doughs
 - A. Yeast Product Types
 - B. Steps in Yeast Dough Productions
 - C. Types of Dough-Making Processes
 - D. Controlling Fermentation
 - E. Bread Faults and Their Causes
- III. Understanding Artisan Breads
 - A. What is Artisan Breads
 - B. Flour
 - C. Pre-ferments and Sour Dough Starters
 - D. Autolyse
 - E. Fermentation
 - F. Baking
 - G. Artisan Bread Formulas
- III. Lean Yeast Doughs
 - A. Introduction to Handcrafted Breads
 - B. Crisp-Crusted Bread Formulas
 - C. Sourdough Formulas and Special Breads for the Artisan Baker
 - D. Makeup Techniques