

ELEMENTARY BAKERY AND PASTRY SHORTCOURSE

Course Description

This short course introduces the learner to modern baking and pastry work, where they are immersed in a 360-degree overview of the modern bakery and pastry kitchen- from layout to equipment, main ingredients, and essential bakery and pastry products. This course covers all of the essential patisserie and confectionery skills and is designed to prepare learners for a successful career as pastry chefs while also increasing their overall culinary competence. It is perfect for people who want to pursue careers as pastry chefs. Learners may opt to enroll for the 10-day program over the holidays or choose the Saturdays-only option for those busy with school or work during the weekdays.

Course Objectives

By the end of the course, the students will have the abilities, and information required to competently:

- a) Understand the kitchen environment; use of kitchen utensils and equipment
- b) Prepare basic yeast dough products
- c) Prepare and decorate basic cakes
- d) Prepare basic pastries and other sweet products

Detailed content

Session	Duration	Content
Day one	5 hours	<ul style="list-style-type: none">• Kitchen etiquette• Bakery tools and equipment• Bakery and pastry ingredients
Day two	5 hours	<ul style="list-style-type: none">• Baking principles• Quick bread- muffins, scones, pancakes and biscuits
Day three	5 hours	<ul style="list-style-type: none">• Yeast doughs<ul style="list-style-type: none">○ Lean doughs-basic loaf and rolls○ Rich doughs-brioche or buns
Day four	5 hours	<ul style="list-style-type: none">• Laminated doughs<ul style="list-style-type: none">○ Croissants○ Danish pastries
Day five	5 hours	<ul style="list-style-type: none">• Cakes<ul style="list-style-type: none">○ Shortened○ Sponges
Day six	5 hours	<ul style="list-style-type: none">• Basic cake decorations<ul style="list-style-type: none">○ Buttercream icing○ Royal icing○ Fondant decorations
Day seven	5 hours	<ul style="list-style-type: none">• Cookies and brownies

Day eight	5 hours	<ul style="list-style-type: none"> • Pastry <ul style="list-style-type: none"> ○ Puff pastry ○ Filo pastry ○ Sweet sauces
Day nine	5 hours	<ul style="list-style-type: none"> • Pastry <ul style="list-style-type: none"> ○ Choux pastry ○ Sweet/sugar pastry
Day ten	5 hours	<ul style="list-style-type: none"> • Pastry <ul style="list-style-type: none"> ○ Puddings ○ Souffle ○ custards

Entry Requirements

- No prior culinary experience is required
- No minimum academic requirements applicable
- English proficiency

Mode of Delivery

- **Weekday program**
 - Duration: 5 hours sessions for 10 days (50 Hours-Mon-Fri)
 - Offered between April and August
 - Application Fee: Ksh 1,000
 - Course Fee: Kshs 25,000.00 (inclusive of materials and Certificate of Achievement)
- **Weekend program**
 - Duration: 5 hours sessions for 10 days (50 Hours-Saturdays only)
 - Offered throughout the year
 - Application Fee: Ksh 1,000
 - Course Fee: Kshs 25,000.00 (inclusive of materials and Certificate of Achievement)

Fees are Inclusive of:

- Chuka University-branded apron
- All training equipment
- Certificate of Achievement

Teaching methods

Class discussion, practical demonstrations, and participation

References

1. Labensky, S., Martel, P., & Damme, V. E. (2015, January 6). *On Baking: A Textbook of Baking and Pastry Fundamentals, Updated Edition* (3rd ed.). Pearson.
2. Singh, D. J., Davidson, J., & Books, M. C. (2014, December 28). *Introduction to Yeast Breads - Bread and Bread Pastries*. CreateSpace Independent Publishing Platform.

3. Foskett, D., Paskins, P., Pennington, A., & Rippington, N. (2016, May 27). *The Theory of Hospitality & Catering (Illustrated)*. Hodder Education.
4. Foskett, D., Paskins, P., Rippington, N., & Thorpe, S. (2019, June 28). *Practical Cookery 14th Edition*. Hodder Education.
5. *Fundamentals of Culinary Art (Theory and Practice of Cooking)*. (n.d.). S Chand & Co Ltd.
6. Hammond, B., & Davies, J. (1997, September 30). *Cooking Explained (4th ed.)*. Pearson Education Ltd.

List of Academic Staff

Name	Qualification
Prof. Fwaya, E. O. (Ph.D.)	Ph.D. in Hotel Mgt, Masters in Hotel Mgt & Bachelors Hotel and Institutional Mgt, (Maseno University)
Dr. Muriuki, L.M. Ph.D.	Tourism Mgt. (Chuka), MTM, BTM, Moi University
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Musyoki, J. M.	Master of Hospitality Management, Bachelor of Hotels and Hospitality Mgt (Moi University),
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Ms. Judy Mwikali	Bsc. Hospitality and Tourism Management (KU); Diploma in Catering and Accommodation Management (TUK).