

International Baking and Pastry

IBP101C—LOWER DIVISION CERTIFICATE PROGRAM

DAY/EVENING PROGRAMS

CIP CODE: 12.0501 | SOC CODE: 51-3011

C Columbia Campus

total instructional hours 1080

total semester credit hours* 37.5

approximate weeks to complete—day 61 (including holidays and scheduled breaks)

approximate weeks to complete—eve 74 (including holidays and scheduled breaks)

*The listing of credit hours is not meant to imply that credits can be transferred into college or other private career school programs. Transfer credits are at the sole discretion of the receiving school.

program objective

The program's objective is to develop graduates who are "Industry Ready"; confident, competent and with a sense of urgency. Graduates are prepared to enter the foodservice industry in a variety of entry level positions. The program's educational approach to this objective includes the following:

- Provide students with the proper balance of theory and practical application of the baking and pastry arts.
- Provide students with a qualified, meaningful, well managed experiential learning opportunity.
- Provide student with an opportunity to participate in community events and services.

This approach to education not only produces technically skilled students, but also well rounded graduates who are prepared to be professional members of the communities in which they live and work.

Students will be required to complete out-of-class assignments in each course, except externship.

number	course	lecture hours	lab hours	externship hours	total hours	total credits	prerequisites
CUL140C	Introduction to Culinary Arts	45	45	0	90	3.5	
CUL240C	Foodservice Operations	45	45	0	90	3.5	
FBM100C	Food and Beverage Management	45	45	0	90	3.5	
IBP150C	Artisan Breads and Viennoiserie	45	45	0	90	3.5	
IBP160C	American and European Pastry and Baked Goods	45	45	0	90	3.5	
IBP170C	Contemporary and Classical Cakes	45	45	0	90	3.5	
IBP140C	Baking and Pastry Techniques	45	45	0	90	3.5	
IBP180C	Techniques and Artistry in Sugar	45	45	0	90	3.5	
IBP190C	Techniques and Artistry in Chocolate	45	45	0	90	3.5	
CUL250C	Experiential Learning—Externship A	0	0	90	90	2.0	Students must complete all course work prior to taking externship.*
CUL260C	Experiential Learning—Externship B	0	0	90	90	2.0	Students must complete all course work prior to taking externship.*
CUL270C	Experiential Learning—Externship C	0	0	90	90	2.0	Students must complete all course work prior to taking externship.*
TOTALS		405	405	270	1080	37.5	

Course numbers and sequences are listed here for reference only. The actual delivery sequence of courses contained in this program may vary depending on individual campus scheduling.

Each externship course is five weeks with a minimum of 90 hours; total Experiential Learning period is 15 weeks with a minimum of 270 hours of training at an approved externship site, working under the direction of a Chef and/or Manager, following all internal rules and regulations. Most externship assignments are scheduled during daytime hours for both day and evening programs. All weeks exclude holidays, course change days and make-up hours for absences during externship. Actual times are set by the externship sites. Students are responsible for transportation to and from the extern site, as well as meals.

Maximum Time Frame (MTF) 56.0 semester credits



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Important information about the educational debt, earnings, and completion rates of students who attended a Lincoln campus and enrolled in a program can be found at: www.LincolnTech.edu/ConsumerInfo

course descriptions

International Baking and Pastry—IBP101C Lower Division Certificate Program

CUL140C—INTRODUCTION TO CULINARY

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course provides students with an introduction to the fundamentals needed to build a successful culinary career. It starts with an introduction to culinary history, an orientation to the professional kitchen and an overview of the career opportunities available in the foodservice industry. Students participate in culinary product identification and taste exploration, equipment identification, standard measurement, and a thorough examination of knife safety and basic knife skills. The theory and practice of proper foodservice sanitation is studied and leads to national certification upon successful completion of the examination. Nutrition plays an important role and this course also provides students with the knowledge of the role of nutrition science in various segments of the food service industry. Students learn how to apply healthy and nutritious food selection and preparation to classical and modern cuisine. The path to professional and personal development starts here with the commitment to the highest standards of attitude, attendance, dress, respect and lifelong learning.

Prerequisite(s): None

CUL240C—FOODSERVICE OPERATIONS

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course serves as an introduction to the real world of foodservice operations in which students make use of the skills that they have acquired. Making use of the classic brigade system, individuals will have the opportunity to prep and work all stations both in the kitchen and dining room. Stations will include, but are not limited to Sous Chef, Maitre d', Saucier, Garde Manger, Server, Back Waiter, Grillardin. This course will expand upon the creation of menus in regards to seasonality and demographics, all the while, monitoring food & beverage costs and labor cost. The exploration of different types of menus will be a focal point of this course. From the creation of cohesive menus, to proper applications of the products available, to the execution of individual's job description, the future foodservice professional will be a great fit in the modern kitchen. Adherence to proper safety and sanitation requirements will also be strictly monitored. This class will take all knowledge, skills, and techniques that have been taught, and apply it in such a way to link the training to the externship section and finally to the long successful careers ahead.

Prerequisite(s): None

FBM100C—FOOD AND BEVERAGE MANAGEMENT

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course teaches the use of restaurant control systems in menu development, accounting principles, staff training, table service and wine technology. Students learn to create and design menus. Students will explore accounting principles with foodservice industry comparisons. Basic computer literacy and restaurant-related computer applications are introduced. Students study the management process, effective communication skills, the supervisor's role in decision-making and problem solving, effective use of delegation, conflict resolution, motivational techniques, and stress management. Organizational design, line and staff relationships and employee training programs are also presented in this course. Knowledge and techniques of table service are explored; guest check control, federal, state and local control laws and third party liability. Beverage technology studied includes distinguishing wines by grape, variety, growing region, production process and proper service.

Prerequisite(s): None

IBP140C—BAKING AND PASTRY TECHNIQUES

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course explores the world of baking and pastry making through the eyes and needs of the culinary student. The baking skill, knowledge, experience and perspective gained through this course leads to the development of better overall chefs, managers and business owners. Each aspect of the baking spectrum is examined through its function of ingredients, mixing methods and finishing techniques. Basic bread baking principles explain how a simple formula of water, yeast,

salt and flour is transformed into bread with irresistible taste, texture and fragrance. Danish pastries, pies and cakes are prepared, presented, tasted and critiqued. Restaurant-style desserts are prepared in both classical and modern styles. On-going professional and personal development is continued through the exposure to, and examination of, professional baker and pastry chef organizations, and dessert menu development.

Prerequisite(s): None

IBP150C—ARTISAN BREADS AND VIENNOISERIE

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course explores the time-honored craft of bread making. The focus is on the world of breads, doughs, and batters from the simplicity of the classical French baguette to the elegance of a flaky croissant. The art and science of baking is explored through extensive ingredient identification and experimentation. Today's educated and quality-minded public has turned its sights to the professional baker to create handcrafted artisan-style breads. Viennoiserie style breakfast pastries such as Danish pastry along with muffins, scones and a variety of croissants are created, critiqued and consumed. Elements of healthy alternatives are discussed and prepared.

Prerequisite(s): None

IBP160C—AMERICAN AND EUROPEAN PASTRY AND BAKED GOODS

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course hones student's baking skills and explores the preparation of pate choux, cookies and petit fours. Additionally emphasis is placed on the preparation and presentation of a variety of traditional and contemporary tarts, pies, and puff pastry items. Students study the use and function of ingredients, mixing methods and finishing techniques of desserts and baked goods. Elements of healthy alternatives are discussed and prepared.

Prerequisite(s): None

IBP170C—CONTEMPORARY AND CLASSICAL CAKES

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course focuses on the study and preparation of contemporary and classical cakes, torts, entremets, and petit gateaux from around the world. As a part of this focus, mousses, creams, and meringues are studied and used as included as fillings and toppings. A variety of classical American and International cake mixing methods is studied to include creaming, sponge and high ratio. A variety of icings and frostings are explored and prepared to fill and ice the baked cakes. Basic cake decoration is practiced in an effort to build skills, speed, and accuracy. Elements of healthy alternatives are discussed and prepared.

Prerequisite(s): None

IBP180C—TECHNIQUES AND ARTISTRY IN SUGAR

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course focuses on the many applications of sugar based components as they are used to create stunning decorations and centerpieces. It includes the design and creation of special occasion cakes such as wedding, birthday, and anniversary cakes. These beautiful expressions require a study and practice of advanced decoration, including rolled fondant, gum paste, and marzipan, which is also included in this course. The brilliant and exciting world of sugar art is studied and practiced with the inclusion of pulled sugar, blown sugar, spun sugar, pressed sugar, and pastillage. The various techniques of sugar art are combined to create stunning showpieces.

Prerequisite(s): None

IBP190C—TECHNIQUES AND ARTISTRY IN CHOCOLATE

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course enters the wide world of chocolate with an extensive study of this delectable delicacy. Chocolate is used to create everything from flavored truffles and candies to cocoa paintings and elaborate centerpieces. Also included in this course is a study of the design and execution of contemporary restaurant-style plated desserts and the preparation of a variety of frozen desserts

including ice creams, sorbets, and gelatos. Elements of healthy alternatives are discussed and prepared.

Prerequisite(s): None

CUL250C—EXPERIENTIAL LEARNING—EXTERNSHIP A

90 Contact Hrs (90 Externship); 2.0 Credits

For students, especially those with little previous experience, an experiential learning opportunity offers many benefits. This initial externship intends to broaden the scope of the "new" chef experience not commonly encountered in a student's resident portion of their education or previous workplace environment. The focus is on training the student in culinary skills through greater insight into an actual work environment, developing sensitivity to professional responsibility and promoting student self-learning. Students typically receive an hourly wage. They perform a variety of challenging tasks in and out of the kitchen, under the guidance of a supervising chef/manager at an approved externship location.

Prerequisite(s): Students must complete all course work prior to taking externship. Note: Externships must be taken in sequence.

CUL260C—EXPERIENTIAL LEARNING—EXTERNSHIP B

90 Contact Hrs (90 Externship); 2.0 Credits

Once the initial externship has been completed, students are ready to move on to intermediate skills. Students should work on mastery of given tasks to achieve a reasonable level of competence so that they may continue to grow as an extern and fit into the team aspects of the establishment. Externs should be accepting and following school and company policies as well as maintaining the highest standards of professionalism and acceptable behavior in the workplace.

Prerequisite(s): Students must complete all course work prior to taking externship. Note: Externships must be taken in sequence.

CUL270C—EXPERIENTIAL LEARNING—EXTERNSHIP C

90 Contact Hrs (90 Externship); 2.0 Credits

This third segment of the externship experience allows students further opportunities to improve their skills, techniques, and most importantly, their speed, accuracy, and efficiency. It is also an opportunity for students to consider their next career moves. The Lincoln Culinary Institute's Career Services Department welcomes students to return to the school during this phase to freshen up their resumes and cover letters, review the available job postings, and discuss whether they wish to stay on as regular employees at their current site or consider alternate options.

Prerequisite(s): Students must complete all course work prior to taking externship. Note: Externships must be taken in sequence.