LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Intro to Baking: Breads, Biscuits & Simple Cakes

Workshop Level

LAPT — London Academy of Professional Training

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Reference FD-PPB-W • Culinary Centres (old)

UKPRN 10067351 • Registered in England and Wales, company 4984798

6	18	72	440	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**FD-PPB-W**
AWARD	**Certificate**
ASSESSMENT	**440 marks — 264 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1 The Bakery Kitchen Tour

3 chapters · 12 classes · 65 marks

- **1 Meeting the Bakery Team** — 4 classes
  - 1.1 Roles in a Bakery Kitchen
  - 1.2 Bakery Uniform and Personal Hygiene
  - 1.3 Reading a Simple Recipe Card
  - 1.4 Planning Your Baking Day
- **2 Ovens, Mixers and Equipment** — 4 classes
  - 2.1 How a Bakery Oven Works
  - 2.2 Mixers, Bowls and Dough Hooks
  - 2.3 Tins, Trays and Baking Paper
  - 2.4 Hand Tools Every Baker Needs
- **3 Safety in the Bakery** — 4 classes
  - 3.1 Working Safely Around Hot Ovens
  - 3.2 Preventing Cuts, Slips and Lifting Injuries
  - 3.3 Food Safety and Clean Surfaces
  - 3.4 Allergens in Baked Goods

2 Flour, Yeast and Sugar Explained

3 chapters · 12 classes · 65 marks

- **1 Understanding Flour** — 4 classes
  - 1.1 Types of Flour and Their Uses
  - 1.2 Protein and Gluten in Simple Terms
  - 1.3 Storing and Sifting Flour
  - 1.4 Wholemeal and Other Grains
- **2 Yeast and Raising Agents** — 4 classes
  - 2.1 What Yeast Is and How It Works
  - 2.2 Fresh, Dried and Instant Yeast
  - 2.3 Baking Powder and Bicarbonate of Soda
  - 2.4 Why Temperature Matters for Rising
- **3 Sugar, Fat, Eggs and Salt** — 4 classes
  - 3.1 Sugar and Sweetness in Baking
  - 3.2 Butter, Margarine and Oils
  - 3.3 Eggs as Binder and Lifter
  - 3.4 Salt and Flavour Balance

3 Measuring and Mixing Methods

3 chapters · 12 classes · 65 marks

- **1 Accurate Measuring** — 4 classes
  - 1.1 Using Digital Scales Correctly
  - 1.2 Measuring Liquids and Small Amounts
  - 1.3 Scaling a Recipe Up or Down
  - 1.4 Mise en Place for Bakers
- **2 Rubbing-in and Creaming** — 4 classes
  - 2.1 Rubbing-in Method Step by Step
  - 2.2 Creaming Butter and Sugar
  - 2.3 Adding Eggs Without Curdling
  - 2.4 Folding in Flour Gently
- **3 Whisking and Dough Mixing** — 4 classes
  - 3.1 Whisking Eggs for Sponge Cakes
  - 3.2 Mixing a Simple Dough by Hand
  - 3.3 Kneading Techniques for Beginners
  - 3.4 Spotting Over-mixed and Under-mixed Batters

4 Your First Loaf

3 chapters · 12 classes · 65 marks

- **1 Making the Dough** — 4 classes
  - 1.1 Choosing a Basic Bread Recipe
  - 1.2 Mixing Flour, Water, Yeast and Salt
  - 1.3 Kneading Until Smooth and Elastic
  - 1.4 The Windowpane Test
- **2 Proving and Shaping** — 4 classes
  - 2.1 First Proving in a Warm Place
  - 2.2 Knocking Back the Dough
  - 2.3 Shaping a Tin Loaf and a Round Loaf
  - 2.4 Final Proof and Scoring
- **3 Baking the Bread** — 4 classes
  - 3.1 Preheating and Loading the Oven
  - 3.2 Baking Times and Crust Colour
  - 3.3 Testing a Loaf for Doneness
  - 3.4 Fixing Common Bread Problems

5 Biscuits and Simple Sponge Cakes

3 chapters · 12 classes · 90 marks

- **1 Easy Biscuits** — 4 classes
  - 1.1 Mixing a Simple Butter Biscuit Dough
  - 1.2 Rolling and Cutting Biscuit Shapes
  - 1.3 Making Drop Cookies
  - 1.4 Baking and Cooling Biscuits Evenly
- **2 Victoria Sponge Basics** — 4 classes
  - 2.1 Preparing Tins and Batter
  - 2.2 Mixing an All-in-One Sponge
  - 2.3 Baking the Sponge Layers
  - 2.4 Filling and Sandwiching the Cake
- **3 Checking Doneness and Texture** — 4 classes
  - 3.1 Skewer and Touch Tests
  - 3.2 Judging Crumb and Texture
  - 3.3 Why Cakes Sink or Crack
  - 3.4 Tasting and Self-Assessment

6 Finishing Touches and Next Steps

3 chapters · 12 classes · 90 marks

- **1 Cooling and Storing** — 4 classes
  - 1.1 Cooling Racks and Resting Times
  - 1.2 Storing Bread, Biscuits and Cakes
  - 1.3 Keeping Baked Goods Fresh
  - 1.4 Packing Treats for Gifts
- **2 Glazing and Simple Decoration** — 4 classes
  - 2.1 Egg Wash and Milk Glazes
  - 2.2 Making Icing Sugar Glaze
  - 2.3 Buttercream Basics
  - 2.4 Simple Piping and Dusting
- **3 Your Baking Journey Ahead** — 4 classes
  - 3.1 Reviewing What You Baked
  - 3.2 Costing a Simple Bake
  - 3.3 Careers in Bakeries
  - 3.4 From Workshop to Foundation Level