

1

THE BAKING PROFESSION

THIS CHAPTER GIVES an overview of the baking profession. In the first part of the chapter, you will read about the development of baking from earliest times to the present. In the second section, you will learn about the many possible career paths open to trained bakers and pastry chefs, including some you may not have considered previously. Finally, you will find a discussion of the personal characteristics that are important precursors to achieving success in the baking profession.

After studying Chapter 1, you should be able to:

1. Describe the major events in the history of baking, from prehistoric times to the present.
2. Name the principal career positions in modern food service and bakery operations.

A. TERMS

Fill in each blank with the term that is defined or described.

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| _____ | 1. French term for a person who makes ice cream. |
| _____ | 2. An elastic substance made up of proteins in wheat flour. |
| _____ | 3. French term for pastry chef. |
| _____ | 4. French term for a person who prepares show pieces, sugar work, and decorated cakes. |
| _____ | 5. A cooking style that uses ingredients and techniques from more than one regional cuisine in a single dish. |
| _____ | 6. French term for a bread baker. |
| _____ | 7. The name of the Frenchman who started the first restaurant in Paris. |
| _____ | 8. The name of the modern method of flour milling in which the grains are broken between metal rollers. |
| _____ | 9. French word for a cook. |
| _____ | 10. The great French chef of the beginning of the twentieth century who simplified and systematized classical cooking and reorganized the kitchen. |
| _____ | 11. The greatest chef of the early nineteenth century, known for his contributions to the art of the pastry chef, as well as to refining classical cooking. |
| _____ | 12. French term for pantry chef. |
| _____ | 13. The worker in charge of production in a retail bakery. |
| _____ | 14. French term for confectioner or candy maker. |
| _____ | 15. French term for the person in charge of kitchen production. |

B. SHORT-ANSWER QUESTIONS

Fill in the blanks as required.

1. The earliest grain foods made by prehistoric people probably consisted of _____

_____.

2. Describe how the first yeast-leavened bread probably came into being.

3. In ancient and modern times, flour made from what grain was the most expensive, and thus, eaten primarily by wealthier people? _____

4. In ancient Greece, foods were divided into two categories: bread and _____.

5. In ancient Rome, the primary fat used in making pastries was _____ and the primary sweetener was _____.

6. True or false: Most bread in the Middle Ages was homemade. _____ Why or why not?

_____.

7. During the Middle Ages, the only people allowed to bake bread for sale were _____.

8. Refined sugar originally came from what part of the world? _____

9. From the point of view of pastry makers, the most important new food product that became available after the European discovery of the Americas was _____.

10. In addition to the product described in question 9, what other essential baking ingredient became more widely available after the European discovery of the Americas? _____

11. The first two major books on bread baking were published in the country of _____ in the last half of the _____ century.

12. In the Middle Ages, why was white bread more expensive than whole-grain bread?

_____.

13. What does the repetitive nature of much bakery work give the baker the opportunity to do?

_____.