



Georgia FCCLA Culinary Academy Adviser Guide

Updated April 2019



WHO: Culinary Students & Advisers
WHAT: Georgia FCCLA Culinary Academy
WHEN: July 12-14, 2019
WHERE: Georgia FFA-FCCLA Center, Covington
COST: \$120 per person

Description

Culinary Academy-Baking School will take you beyond just recipes and lists of ingredients. Instead, over the weekend we will be learning, discussing, and practicing all the fundamental techniques that make us better bakers.

We will touch on classic French pastry, bread baking, cake decorating, and more. You'll walk through some of the swankiest types of baking to make you feel like you did indeed touch down in Paris. as well, like bread, cookies and other glorious desserts.

Not only will we explore different pastries and baking methods, we will also take a peek at some of the science involved in turning dough and raw ingredients into tender pastries and delicious baked goods. We will be adding a few new words to your vocabulary and looking at how things like egg proteins and gluten work, and even getting familiar with some lactobacilli in the form of yeast.

Each day you will have several opportunities to make baked goods. The goal is to gain knowledge about different methods and a better understanding of the roles each ingredient plays so that you can apply everything you learn to your own recipes at home.

Ultimately, Culinary Baking Academy is going to be a set of fun practical lessons and assignments to give you more confidence and joy in the satisfying, nourishing work of baking beautiful things for people you love. Whether you learn just one new skill, or go over the top to master puff pastry, we're rooting for you!

Registration

Registration is all online, [HERE](#).

Registration is limited to the first 30 participants with only 5 students per school.

Registration deadline is May 17.

All students and members registered at midnight on the deadline date are obligated to pay. No refunds after the deadline.

Students must be affiliated FCCLA members for the 2018-2019 school year.

Fee

The \$120 fee includes lodging, meals, supplies for hands-on activities, access to camp amenities. Payment postmark deadline is May 24th.

GA FFA-FCCLA Center

GA FFA-FCCLA Center is located near Covington, Georgia. Visit <http://www.georgiaffacamp.org/MapsDirections> for directions and more information about the campgrounds.

Dress Code

During labs, all attendees must wear:

- Closed toe, non-skid shoes
- Long pants (extra just in case)
- Appropriate head gear – hat, hairnet, hair pulled back
- 2-3 Aprons
- Chef jacket



Tentative Agenda

**Subject to change*

Friday, July 12, 2019

- 12:30 pm Registration
1:00 pm Welcome
1:15 pm Mise en Place
Basic Yeast Dough
Prepare Cinnamon Rolls
Prepare Dinner Rolls
3:00 pm Prepare Pie Crusts
Prepare Pie Filling
4:15 pm Break
5:00 pm Bake Dinner Rolls
5:30 pm Dinner ---- Provided by the Camp Served with
Student-Chef Prepared Dinner Rolls
Short Break
7:00 pm Prepare and Bake Cookies --- Drop, Bar, and Rolled
9:00 pm Clean-Up and Set-Up for Day 2
10:00pm Curfew
11:00pm Lights Out

Saturday, July 15, 2019

- 7:30 am Prepare Breakfast Quiche
Bake Cinnamon Rolls
Make Cinnamon Roll Icing
8:15 am Breakfast
9:00 am Assemble Pies
11:00 pm Break ---- Free Recreation
12:00 pm Lunch ---- Provided by the Camp
1:00 pm Prep for Dinner
- Puff Pastry
- Savory Salmon
- Bow-tie Pasta Primavera
- Zesty Coleslaw
- Garden Salad
2:45 pm Break
3:00 pm Continue Dinner Prep
5:30 pm Dinner ---- Prepared by Student Chefs
7:00 pm "Jr. Chopped" Mystery Basket
9:00 pm Clean-Up and Set-Up for Day 3

10:00 pm Curfew
11:00 pm Lights Out

Sunday, July 14, 2019

7:00 am Clean Cabins --- Pack Up for Home
8:00 am Prep for Breakfast
- Fruit Tarts with Pre-Prepared Puff Pastry
- Belgium Waffles
- Cream Cheese Pastry
- Prepare Whip Cream
11:00 pm Enjoy Breakfast Prepared by Student-Chefs
Discuss Learnings from the Weekend
12:00 pm So Long, Farewell, We'll See you in the Fall

Packing List

There are several items that you will need to bring to ensure the students have a great hands-on experience. There should be enough items brought so they can be shared among all your students.

ITEMS TO BRING:

- Completed Multiple Release Form
- See the Dress Code ---- listed above
- Flashlight
- Rain gear
- Water bottle (Anything to drink except energy drinks)
- Sunscreen
- Bug spray
- Personal grooming items (deodorant, toothbrush, toothpaste, etc.)
- Soap/shampoo/hand soap
- Linens – twin size sheets and blanket or sleeping bag, pillow
- Towels/washcloths
- A positive attitude!

BASIC KITCHEN EQUIPMENT:

- Mixing bowls
- Measuring spoons and cups

- Medium saucepan
- Plastic wrap and parchment paper
- Kitchen scale
- Cutting boards (at least 2)
- Disposable gloves
- Hot pads or mitts
- Sanitation buckets

KITCHEN UTENSILS

- Whisk
- Spatula
- Rolling Pin
- Ice Cream Scoop
- Small Cookie Scoop
- Fine Mesh Strainer
- Instant Read Thermometer



BAKEWARE

- Baking Sheets
- Cake pans
- Bread loaf pans
- Pie pans
- Tart pans
- 1 cup ramekins

SPECIALITY BAKING EQUIPMENT

- A NOTE ON MIXERS: A stand mixer is not essential for Baking School. However, we will be covering some projects – like meringue, buttercream, and other things –that are much better with some kind of electric mixer.
- Stand mixer or hand mixer
- Piping bags and tips
- Garnishing tools
- Pastry scraper
- Pie weights

	Culinary Camp Checklist
May 17	Registration Deadline https://gafccla.wufoo.com/forms/2019-culinary-academy-registration/
May 24	Payment Postmark Deadline Send payment to: Georgia FCCLA PO Box 840 Bogart, GA 30622
July 12 - July 14	Culinary Academy, GA FFA-FCCLA Center <ul style="list-style-type: none"> ● Bring completed FCCLA Multiple Release Form ● See Packing List