



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Yeast Fermented Products in Micro Baking

Manufacturing, Engineering and Technology / Manufacturing and Assembly

Unit Standard 243344 · NQF Level 1 · 6 Credits · 3 Days

COURSE OVERVIEW

This course equips learners with the practical skills and theoretical knowledge required to produce a range of yeast fermented products in a micro baking environment. Learners will understand the principles of yeast fermentation, ingredient functionality, and the steps involved in mixing, proofing, shaping, and baking. The course also covers quality control, hygiene, and safety practices specific to micro baking operations.

Category	Manufacturing, Engineering and Technology
Subfield	Manufacturing and Assembly
Unit Standard	243344
Accreditation	SAQA Accredited · NQF Level 1 · 6 Credits
Duration	3 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate the ability to select and prepare ingredients for yeast fermented products according to standard recipes.
- Apply mixing, kneading, and proofing techniques to produce consistent dough for various yeast products.
- Evaluate dough readiness and adjust fermentation conditions to achieve desired product characteristics.
- Shape, prove, and bake a range of yeast fermented products including breads, rolls, and specialty items.
- Implement quality control measures to assess finished products for appearance, texture, and taste.
- Maintain a clean and safe working environment in compliance with food safety regulations.

WHO SHOULD ATTEND

- This course is designed for aspiring bakers, small-scale bakery operators, and individuals seeking to start a home-based micro baking business.
- It is also suitable for hospitality and catering professionals who wish to expand their baking skills.

COURSE OUTLINE

Day 1: Fundamentals of Yeast Fermentation and Micro Baking

- Introduction to yeast: types (fresh, dry, instant) and storage.
- Fermentation process: how yeast works, temperature, time, and pH.
- Micro baking principles: small-scale production, equipment, and hygiene.
- Ingredients: flour types, water, salt, sugar, fats, and enrichments.
- Mixing methods: straight dough, sponge and dough.
- Dough development: gluten formation and windowpane test.
- Fermentation stages: bulk fermentation, knocking back, and proofing.
- Common faults: under/over-proofing, crust issues, and internal defects.

Day 2: Techniques and Variations in Yeast Fermented Products

- Dough handling: dividing, rounding, benching, and shaping.
- Scoring patterns: purpose and techniques for different products.
- Lean doughs: French baguette, ciabatta, and sourdough basics.
- Rich doughs: brioche, challah, and sweet doughs.
- Preferments: poolish, biga, and sourdough starter maintenance.
- Retarding and cold fermentation methods.
- Baking process: oven loading, steam injection, and temperature profiling.
- Quality assessment: crumb structure, crust colour, and flavour profile.

Day 3: Advanced Applications and Quality Control in Micro Baking

- Specialty products: artisan loaves, rolls, and flatbreads.
- Enriched doughs: using fats, eggs, and dairy for premium products.
- Dietary adaptations: gluten-free yeast products, sugar substitutes.
- Scaling recipes for small batch production.
- Quality control: temperature logs, weight checks, and sensory evaluation.
- Shelf life and staling: causes and prevention strategies.
- Production planning: scheduling, ingredient management, and waste reduction.
- Hygiene and safety: HACCP principles for micro bakeries.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **6 NQF credits** at **NQF Level 1**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 17,900.00	R 17,900.00
1	In-House	R 23,300.00	R 23,300.00
1	On-Campus (Pretoria)	R 26,800.00	R 26,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
04 Aug 2026	06 Aug 2026	On-Campus	Cape Town, South Africa
04 Aug 2026	06 Aug 2026	On-Campus	Lagos, Nigeria
05 Aug 2026	07 Aug 2026	On-Campus	Dubai, UAE
05 Aug 2026	07 Aug 2026	On-Campus	Johannesburg, South Africa
10 Aug 2026	12 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	12 Aug 2026	On-Campus	Cape Town, South Africa
11 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
11 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 243344) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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