
Course Name

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I. COURSE DESCRIPTION:

This course will give the students the basic knowledge needed to prepare food items.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. **Be familiar with and demonstrate the proper dress required to work in a culinary environment.**

Potential Elements of the Performance:

The student will attend all classes and college functions dressed according to stated requirements below:

- a) Dress in full cook's uniform:
 - sturdy shoes, blue check pants, double-breasted jacket, necktie, chef's hat, apron, clean hand towels, short hair or hair net

2. **Be familiar with all kitchen books and equipment and safe handling of food products.**

Potential Elements of the Performance:

- a) identify various kitchen equipment and tools from the perspective of handling, sharpening, cleaning and storing
- b) identify and list the uses of the following:
 - knives: French, paring, boning, slicer, palette, peeler, spatula, steel spoons, ladles, can opener, brushes, thermometers
 - cooking utensils; stock pot, frying pan, braising pan, sauce pan, roasting pan, colander, strainer, china cap - chinois, cutting board
 - large equipment: salamander, oven, deep fryer, stove, steamer, tilting fry pan, grill, griddle
 - mechanical equipment: whipping machine, slicer, meat grinder, rotating bowl, blender, scale
- c) demonstrate proper fire procedures:
 - alarm
 - exits

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- d) demonstrate correct food storage procedures and packaging;
 - cooling, refrigerating, freezing
 - saran wrap, foil wrap
 - sealed containers

3. To produce stock and soups from specified recipes.

Potential Elements of the Performance:

- a) clean, peel, wash, store a variety of vegetables
- b) prepare the following vegetable cuts and flavoring agents (classical names);
 - mirepoix
 - matignon
 - macedoine
 - julienne
 - brunoise
 - paysanne
 - jardiniere
 - dice onions
 - slice onions
 - slice onion rings
- c) prepare the following stocks:;
 - white chicken stock: following all of the recommended hygiene, sanitation and safety regulations, prepare a white chicken stock free from any impurities ready for further use
 - fish stock: following all of the recommended hygiene, sanitation and safety regulations, prepare a fish stock free from any impurities ready for further use
 - brown beef stock: following all of the recommended hygiene, sanitation and safety regulations, prepare a brown beef stock free from any impurities ready for further use
- d) prepare the following clear soups:
 - beef consomme: following all of the recommended hygiene, sanitation and safety regulations, prepare a beef consomme soup, free from any impurities ready for further use
 - minestrone soup (or equivalent unstrained clear soup) -- following all of the recommended hygiene, sanitation and safety regulations, prepare a minestrone soup free from any impurities ready for further use
- e) prepare the following puree soup:
 - potage parmentier (or equivalent puree soup); following all of the recommended hygiene, sanitation and safety regulations,

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prepare a thick soup free from any impurities ready for further use

- e) prepare the following cream soup:
- cream of cauliflower (or equivalent cream soup); following all of the recommended hygiene, sanitation and safety regulations, prepare a cream soup, free from any impurities ready for further use

4. **Prepare sauces using proper cooking techniques and thickening procedures.**

Potential Elements of the Performance:

Demonstrate the ability to prepare the following roux:

- white roux; melt roux, add hard flour, cook roux lightly, cool, use for bechamel sauce
- blond roux; melt butter, add hard flour, colour roux lightly, cool, use for veloute and tomato sauces
- brown roux; melt butter, add hard flour, colour roux brown, importance of not burning flour, cool, use for espagnole sauce
- prepare beurre manie and use it to 'quickly' thicken a sauce that is too thin
- prepare the following hot sauces:
 - Brown Sauce (Espagnole): following all of the recommended hygiene, sanitation and safety regulations, prepare a brown sauce, free from any impurities ready for further use.
 - White Sauce (Bechamel): following all of the recommended hygiene, sanitation and safety regulations, prepare a white sauce, free from any impurities ready for further use.
 - Veloute (chicken, veal, or fish); following all of the recommended hygiene, sanitation and safety regulations, prepare a veloute, free from any impurities ready for further use
 - Tomato Sauce; following all of the recommended hygiene, sanitation and safety regulations, prepare a tomato sauce, free from any impurities ready for further use

5. Prepare various breakfast items and short order cooking.

Potential Elements of the Performance:

- a) prepare the following egg dishes:
- spanish omelette: season omelette pan, prepare garnish for

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- omelette, mix eggs together, cook omelette with colour, turn omelette
- b) present using contemporary concepts:
French omelette: season omelette pan, mix eggs together, cook omelette without colour, fold omelette, add garnish
- c) present using contemporary concepts:
Quiche Lorraine (or equivalent)
Make short pastry
Roll pastry
Form pastry in pie shell
Blind bake shell
Cook ham or bacon
Grate swiss cheese
Make egg custard
Put ingredients in shell
Bake Quiche Lorraine
Control temperatures
Keep warm
Serve in contemporary fashion
- d) Prepare the following egg dishes:
Poached Egg Florentine (or equivalent poached egg dish)
Poach eggs in cold water
Cool eggs
Cook spinach
Refresh spinach
Make mornay sauce from bechamel
Reheat spinach
Make mornay sauce from bechamel
Reheat spinach
Reheat eggs
Place spinach on serving dish
Place eggs on spinach
Pour mornay sauce over eggs
Sprinkle parmesan cheese and glaze lightly
- e) Demonstrate modern presentation techniques:
Crepes: mix eggs and milk together, add hard flour, mix to smooth texture, season crepe pan, cook crepes very thin with little colour, cool, store
- f) Discuss modern presentation techniques
- g) Prepare the following breakfast dishes:
Bacon; tray bacon for cooking, cook bacon, keep warm
Sausages; blanch sausages, tray sausages for cooking, cook sausages and keep warm

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Eggs; fried sunny side, fried over easy, scrambled, boiled, poached, a variety of omelettes
French toast; egg mixture, slice bread, cinnamon sugar or equivalent, cook French toast
Pancakes; prepare pancake mixture (commercial or homemade), cook pancakes

6. Prepare Vegetables and Various Starch Items.

Potential Elements of the Performance:

- a) prepare the following vegetable dishes (or equivalent) for service:
- braised cabbage fermiere
 - green beans amandine
 - broccoli, sauce hollandaise
 - glazed carrots
- b) prepare the following potato dishes for service:
- duchesse potato
 - baked potato
 - savoyarde potatoes (or equivalent)
 - french fries
- c) prepare the following rice dishes:
- cabbage rolls (or equivalent) dish with rice stuffing: boil rice (short grain), prepare filling, (meat, vegetables, rice), blanch cabbage leaves, stuff cabbage leaves, cut mirepoix, make tomato sauce, assemble and cook, garnish and serve cabbage rolls
 - risotto italienne (or equivalent); sweat onions and tomatoes, add rice (short grain), add boiling stock, add wine if necessary, add cheese(s) and butter, garnish and serve
- d) prepare the following rice dishes:
- pilaff: finely dice onions, sweat onions, boil stock, add rice (long grain), onions, bayleaf, salt, pepper, add stock, bring to boil, cover and serve
- e) prepare the following rice dishes:
- arroz con pollo (or equivalent ethnic rice dish): cut chicken into pieces, prepare garnish, saute chicken pieces, add garnish, add rice (long grain), add boiling stock, add saffron tea, season and cook, garnish and serve
- f) prepare the following pasta dishes:
- lasagne al forno (or an equivalent baked pasta dish); prepare meat sauce, cook lasagne, cool and strain pasta, assemble lasagne, bake lasagne, garnish and serve

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- spatzli (or one type of gnocchi); make spatzli batter, cook spatzli, refresh, drain, reheat, and serve
- h) prepare the following sandwiches:
 - monte cristo (hot); prepare filling and assemble dip sandwich in beaten eggs, cook to golden brown, garnish and serve
 - club (hot); prepare filling, toast bread, assemble sandwich, cut sandwich, garnish and serve
 - toasted western (hot); prepare filling, beat eggs, make western omelette, toast bread, assemble sandwich, garnish and serve
 - egg salad (cold); prepare filling, garnish, butter bread, assemble sandwich, garnish and serve
 - chicken salad (cold); prepare filling, prepare garnish, butter bread, assemble sandwich, garnish and serve
 - cream cheese (cold); prepare filling, prepare garnish, assemble sandwich, garnish and serve
 - fancy sandwiches; open faced, pinwheel, checkerboard triangles, garnish and serve using modern presentation techniques

7. Prepare Meat:

Potential Elements of the Performance:

- a) prepare the following dishes:
 - roast chicken; prepare chicken for roasting, roast chicken, deglaze pan for gravy, carve chicken, keep warm or cool, garnish and serve
- b) prepare Navarin of Lamb and Veal Blanquette
 - cut meat for cooking, cut vegetables, cook meat, finish cooking, keep warm, garnish and serve
- c) pan fry; Calves Liver Tyrolienne (or equivalent); slice liver, flour liver, pan fry, keep warm, garnish and serve
- d) meat pie (tourtiere or equivalent); make pastry, grind meat, sear meat, cut vegetables, cook tourtiere, keep warm, garnish and serve
- e) cottage pie or equivalent; grind meat, cut vegetables, cook meat, cook potatoes, assemble pie, cook cottage pie, keep warm, garnish and serve
- f) prepare the following dishes:
 - pork goulash (or equivalent); cut vegetables, sweat, cook, keep warm, garnish and serve
 - breast of chicken Cordon Bleu (or equivalent); bone chicken, prepare filling, stuff and coat (bread), cook, keep warm, garnish and serve in contemporary style.

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- Chicken Ballotine (leg); prepare rice filling, stuff legs, cook legs, keep warm, garnish and serve.
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8 Prepare Salads

Potential Elements of the Performance:

- a) prepare salad dressing/cold sauces, store correctly, garnish and serve; vinaigrette, flavoured oils, and infused vinegars, coleslaw, mayonnaise, tarter sauce, calypso sauce, blue cheese dressing, sauce verte, thousand island dressing
- b) prepare a decorated meat platter; slicing of meats, cut chicken. Fold and correctly assemble, decorate, store properly, garnish and serve in a contemporary fashion
- c) prepare and cut various fresh fruits: identify degree of ripeness, peel correctly, cut correctly, add lemon juice or fruits where required, marinate garnish and serve
- d) prepare a variety of vegetable salads; wash salad vegetables, cut salads, mix salad items, hold salad items, garnish and serve
- e) prepare cooked vegetable salads, cut, cook, refresh, mix with dressing, decorate, store, garnish and serve

III. TOPICS:

1. Introduction, Dress Code
2. Safe Handling of Equipment/Food Products
3. Stocks and Soups
4. Sauces
5. Eggs, Breakfast and Short Order Cooking
6. Vegetable and Farinaceous Cookery
7. Meats
8. Salads

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IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

"Professional Cooking", 5th edition, Wayne Gisslen

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V. EVALUATION PROCESS/GRADING SYSTEM:

The lab assignment includes the following:

1. Gathering of utensils and raw materials
2. Pre-preparation of the assigned items
3. Preparation (cooking, baking) of the items
4. Proper storage of the ready items including packaging, refrigeration and freezing
5. Cleaning of utensils, equipment, work areas and cooking surfaces. No mark will be assigned until work areas are clean
6. Putting all utensils and small wares into their allocated places
7. Handing in costing sheets when requested
8. No student is to leave the lab area until the end of the period

Mid Term Test	20%
Final Test	20%
Practical Exam	20%
Daily Performance	40%

1. In order to pass this course the student must obtain an overall test/quiz average of 60% or better.
2. Assignments must be submitted by the due date according to the specifications of the instructor. Late assignments will normally be given a mark of zero. Late assignments will only be marked at the discretion of the instructor in cases where there were extenuating circumstances.
3. The instructor reserves the right to modify the assessment process to meet any changing needs of the class. Consultation with the class will be done prior to any changes and all changes will be presented in writing.
4. The ability to upgrade an incomplete grade is at the discretion of the instructor. It may consist of such things as make up work, rewriting tests and comprehensive examinations.
5. Attendance is one of the most important components of the lab, therefore, ANY student who misses more than three labs in one semester will be issued an "R" grade unless extenuating circumstances occur. The decision rests with the Dean.
6. Gallery functions and external banquets are considered part of the Hospitality curriculum, therefore, attendance is MANDATORY and will be assigned at the Professor's discretion..
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<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50-59%	1.00
F (Fail)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies & Procedures Manual – Deferred Grades and Make-up</i>).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades.	
W	Student has withdrawn from the course without academic penalty.	

VI. SPECIAL NOTES:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

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Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean’s secretary. Students will be required to provide a transcript and course outline related to the course in question.