

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: CUISINE A LA CARTE

CODE NO. : FDS219 **SEMESTER:** TWO

PROGRAM: CHEF TRAINING

AUTHOR: JAMES KREZEK

DATE: W2001 **PREVIOUS OUTLINE DATED:** W2000

APPROVED:

DEAN

DATE

TOTAL CREDITS: 4

PREREQUISITE(S): FDS139

HOURS/WEEK:

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I. COURSE DESCRIPTION:

The course will give the students an experience in "a la carte" cookery in an operating food establishment environment.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Produce on an a la carte basis, the following items in an operating food establishment:Potential Elements of the Performance:

- Practice food preparation cookery methods with emphasis on quality, sanitation and hygiene standards for large quantities in a 'table service' restaurant
- Produce food products to industry standards following the sanitation and hygiene code regulations
- Recall cookery methods and apply those methods to a variety of food products according to selected menus
- Produce a menu of various classical, contemporary and ethnic dishes (e.g. French - modern and regional; Italian - regional; Asian - Chinese, Japanese, Thai, Indian; North American - regional) following standard recipes using a variety of contemporary serving styles (including artistic plated presentations) and techniques.
- Menu to include - one appetizer; two soups; one salad; three entrees; two vegetables; two potatoes (or alternate); two desserts
- Describe the role of the Chef de Cuisine and the various party functions in an a la carte kitchen (such as saucier, garde-manger, entrentremetier, possonnier, rotisseur, patissier)
- Articulate instructions and provide guidance to food service staff, kitchen staff, and support staff
- Demonstrate oral skills that will result in the successful production of the planned menu

2. Prepare AppetizersPotential Elements of the Performance:

- Practice and demonstrate various techniques of appetizer preparation for volume function. This will include neatness, balance, quality, portion size, garnish, time and convenience.
- Prepare various side dishes that are tempting and smart in

appearance with small portions using skill and originality in combination and garnish. Organize a small portion of a number of hot or cold savouries of varied scope in design and arrangement

- Correctly prepare 10 portions in an allotted time span for any ten appetizers.

3. **Prepare Soups**

Potential Elements of the Performance:

- Demonstrate the mode of preparation of the different types and classifications of soups
- Produce soups of different types
- Utilize different stocks in preparing the different classifications of soups
- Prepare 10 portions correctly in a time frame allotted and serve this soup with appropriate garnish
- Demonstrate the care and handling of stocks used as a foundation in preparing soups
- Prepare selected national soups and garnishes
- Practise the preparation and procedure for consommé
- Demonstrate the procedure for preparing consommé

4. **Prepare Salads**

Potential Elements of the Performance:

- Use different salad greens and vegetables and demonstrate their various uses, their quality and their names and signify their best condition for salad preparation
- Prepare four basic parts of a salad, demonstrating eye appeal, flavour, color and body by combining them into various salads
- Produce non-salad items, main course salads, fruit salads, various dressings relating to salads of quality, eye appeal, flavour, texture and a harmonious combination
- Prepare various dressings, flavoured oils and vinegars to accompany the salads in harmonious combination
- Complete 10 portions of salad, dressing and garnish in a safe, sanitary manner in the allotted time frame using contemporary presentation and culinary techniques

5. **Prepare Vegetables**

Potential Elements of the Performance:

- Identify, cook and present a variety of fresh and frozen vegetables following the correct methods, sanitation and safety rules

- Perform the following tasks with vegetables: select, handle, clean, cut, blanch, boil, stew, saute, bake, stuff, roast, deep fry, braise, glaze/gratinate, turn, puree
- In an allotted time frame, prepare and present 10 vegetables from an approved recipe for 10 portions of each vegetable

6. **Prepare Potatoes/Farinaceous**

Potential Elements of the Performance:

Cook and present fresh potatoes following the correct methods, sanitation and safety rules

Perform the following tasks with potatoes (alternate starches or farinaceous products such as rice or pasta may be used where appropriate); handle, clean, cut, blanch, boil, steam, saute, stuff, deep fry, puree, roast, glaze/gratinate, turn, and bake

In an allotted time frame, prepare and present 10 forms of potatoes (or alternate starches) using approved recipes for 10 portions

7. **Prepare Entrees: Fish, Meat, and Poultry**

Potential Elements of the Performance:

- Demonstrate various techniques for the production of entrees with emphasis on quality, sanitation, and safety standards
- Perform various tasks such as: grill, broil, glaze, braise, saute, roast, bake, steam, blanch, panfry, puree, stuff, debone, trim and portion
- Prepare a selection of entrees within the allotted time according to standards of taste and presentation using correct procedures
- Serve a finished product keeping in mind taste, portion size, selection and neat appearance, and contemporary serving and artistic plated techniques
- Produce a selection of entrees: 10 fish; 10 meat; and 10 poultry (10 portions of each)

8. **Prepare Desserts**

Potential Elements of the Performance:

- Prepare ingredients to produce a variety of finished desserts following correct sanitation, cookery and safety rules
- Prepare desserts utilizing the following concepts and/or products: season/spice/flavour; thicken; gratinate; shape/form; decorate/present; portion; purees (and dessert coulis); set; pie dough; sweet short dough; puff pastry; choux paste; sponge batter; steamed pudding; cold pudding; gelatine products; fruit products; chilling/freezing; poaching; deep frying, yeast dough;

and proofing

- Prepare 10 desserts from an approved recipe in 10 portions within an allotted time frame utilizing contemporary culinary techniques and presentation

9. **Name and Demonstrate the Use of all the Equipment used in an a la carte Kitchen**

Potential Elements of the Performance:

- Identify, name, use, dismantle, clean, reassemble with efficiency and safety; all slicers, buffalo choppers, mixers, cuisinart, stoves, ranges, salamander, grill and broiler; ovens (conventional and convection); steam units and kettles; deep fat fryers (electric and gas); hand equipment; knives; meat grinder; ice cream machine; microwave oven; tilting fryer; potato peeler

III. TOPICS:

1. A la Carte Introduction and Equipment
2. Appetizers
3. Soups
4. Salads
5. Vegetables
6. Potatoes/Farinaceous
7. Entrees: Fish, Meat & Poultry
8. Desserts
9. Equipment

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Professional Cooking; 4th edition, by W. Gisslen

V. EVALUATION PROCESS/GRADING SYSTEM:

In order to pass this course, the student must obtain an overall test/quiz average of 605 or better.

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 are extenuating circumstances.

The ability to upgrade an incomplete grade is at the discretion of the professor. It may consist of such things as make up work, rewriting tests, and comprehensive examinations.

Attendance is one of the most important components of the lab. Therefore, any student who misses more than 3 labs in one semester will be issued an "R" grade unless extenuating circumstances occur. The decision rests with the Dean.

The following semester grades will be assigned to students in postsecondary courses:

<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
R (Repeat)	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.

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.

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.