

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



Sault College

**COURSE OUTLINE**

**COURSE TITLE:** CULINARY TECHNIQUES – ADVANCED  
**CODE NO. :** FDS 133 **SEMESTER:** TWO  
**PROGRAM:** CHEF TRAINING / COOK APPRENTICES  
**AUTHOR:** GLEN DAHL  
**DATE:** Jan. 2005 **PREVIOUS OUTLINE DATED:** JAN.  
2004  
**APPROVED:**

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**DEAN** **DATE**

**TOTAL CREDITS:** 9  
**PREREQUISITE(S):** FDS 132  
**HOURS/WEEK:** 9

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*School of Business & Hospitality*  
*(705) 759-2554, Ext. 656*

**I. COURSE DESCRIPTION:**

This course will give the students an advanced level needed to prepare the food items described under "Topics to be Covered".

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

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

1. ***Prepare and present the following Fish & Shellfish dishes in a safe and sanitary manner.***

Potential Elements of the Performance:

Prepare fish in the following ways:

- Poach fish; prepare vinegar court-bouillon poach salmon steaks, garnish and serve in contemporary plated fashion

Prepare and serve sole bonne-femme (or equivalent)

- Boil fish; prepare court-bouillon (cut lobster in half, clean, garnish and serve hot, refresh shrimp and peel, devein and serve), boil shrimp and lobster.
- Pan fry fish: marinate and flour fish, prepare a la meuniere garnish, and serve in contemporary traditional fashion.

Describe the garnishes for Doria, Grenobloise, and Belle-Meuniere

- Deep fry fish
- Batter fish
- Cook fish in deep fryer, garnish and serve fish in a contemporary or classical manner
- Prepare fish Saint-Germain
- Cook fish
- Garnish and serve fish

Prepare various classical sole dishes (e.g. Sole Dieppoise, Sole MarsetRaise, Sole Murat, Cole Colbert)

- Prepare Colbert butter/maitre d'hotel butter
- Demonstrate filleting techniques for sole
- Demonstrate cutting sole en goujons
- Demonstrate filleting techniques for Sole Colbert

Prepare Fish Quenelles:

Demonstrate filleting techniques for salmon (or equivalent fish)

- Prepare a panada
- Mince filleted salmon
- Combine ingredients together for quenelles
- Shape and poach quenelles
- Prepare Sauce Bretonne (or equivalent sauce)
- Present quenelles de Saumon Bretonne

Prepare live lobster:

- Cut and clean a live lobster
- Prepare Lobster A l'americaine
- Prepare and present Lobster Bisque
- Demonstrate a pastry covered soup
- Equivalentents may be used

Prepare hot appetizers:

- Clean, marinate snails
- Prepare garlic butter
- Fill snail shells
- Present Escargots A la Bourguignonne
- Prepare and present Shrimp in Pemo
- Present Frogs Legs Provinciale
- Equivalentents may be used

Prepare the following shellfish dishes or equivalentents

- Oysters
- Oysters casino
- Oysters Florentine
- Kiwi Clams with Marinated Squid
- Clean and open fresh oysters
- Cook and refresh spinach, fennel and watercress
- Prepare and present

2. ***Prepare and present the following variety of canapés:***

Potential Elements of the Performance:

- Prepare a variety of canapé fillings
- Assemble a variety of canapés
- Glaze prepared canapés
- Assemble prepared canapés for service using contemporary presentation techniques

3. ***Prepare and present the following pates:***

Potential Elements of the Performance:

- Prepare pate en croute
- Prepare pate dough
- Prepare meat farce
- Assemble pate en croute
- Bake pate en croute
- Fill pate en croute with prepared aspic
- Arrange sliced pate on a serving platter for service using contemporary presentation techniques

4. ***Prepare and present a variety of Hors d'oeuvres:***

Potential Elements of the Performance:

- Assemble and garnish a tray of cold hors d'oeuvre for service using contemporary presentation techniques

5. ***Prepare and present a cold buffet piece demonstrating the application of Chaud-Froid:***

Potential Elements of the Performance:

- Cook chicken breasts
- Prepare Chaud-Froid sauce
- Prepare aspic
- Prepare cooked chicken breasts for coating
- Mask chicken breasts with Chaud-Froid sauce
- Decorate coated chicken breasts
- Assemble decorated chicken breasts on a platter for service

6. ***Prepare and present the following cold soups:***

Potential Elements of the Performance:

- Prepare Vichyssoise
- Prepare Gazpacho
- Fresh fruit soup

7. ***Prepare and present the following poultry and game:***

Potential Elements of the Performance:

- Coq-au-Vin
- Pomme Arlie
- Apinards au beurre (cut a chicken into 8 pieces, prepare Coq-au-Vin)
- Prepare Pommes Arlie, clean and wash spinach, cook and refresh
- Ballotine of duck

- Puree of carrot
- Rock Cornish Game Hen
- Muskoka dressing (or equivalent)
- Galette potatoes
- Braised onions

8. ***Prepare and present the following lamb dishes:***

Potential Elements of the Performance:

- Rack of Lamb Persille
- Prepare and serve a mustard sauce
- Puree of carrot
- Loin of Lamb en Croute (phyllo)
- Stuffed Shoulder of Lamb Boulanger
- Braised Lamb Shanks Cajun Style
- Spinach fettuccine

9. ***Prepare and present the following pork dishes:***

Potential Elements of the Performance:

- Roast Stuffed Tenderloin of Pork with Port Wine Sauce
- Pork Cutlets en Appellate
- Pork Chops Chacatiere
- Prepare Gnocchi a la Piemontaise
- Prepare Ratatouille

10. ***Prepare and present the following veal dishes:***

Potential Elements of the Performance:

- Escalope de Veau a la Viennoise
- Cordon bleu
- Piccata Milanese

11. ***Prepare and present the following beef dishes:***

Potential Elements of the Performance:

- Tournedos Rossini, Chateaubriand a la Bouquetiere, Paupiettes of Beef
- Duchesse potatoes and braised red cabbage
- Trim and cut a fillet of beef into tournedos, chateaubriand
- Prepare, cook, finish and present a la bouquetiere
- Prepare croutons
- Prepare sauce Madeira
- Sauté, assemble and present tournedos Rossini

- Turn and boil potatoes
- Prepare and braise Savoy cabbage
- Slice and tenderize beef or Paupiettes rouladen
- Assemble and braise paupiettes of beef
- Present paupiettes of beef
- Prepare and present duchesse potatoes
- Prepare, braise and present red cabbage

Prepare the following variety of meat dishes:

- Sweetbreads Marechal
- Sweetbreads toulousaine
- Chicken quenelles

12. ***Prepare and present the following pasta dishes:***

Potential Elements of the Performance:

- Prepare ravioli al sugo (or equivalent stuffed pasta)
- Prepare pasta
- Prepare filling
- Assemble, blanch and refresh pasta
- Prepare an accompanying sauce or jus
- Assemble and bake

13. ***Prepare and present savoury soufflés:***

Potential Elements of the Performance:

- Prepare hot savoury soufflés
- Prepare the required mise en place for making savoury soufflés
- Prepare and present a variety of hot savoury soufflés and discuss uses
- Describe the preparations of hot dessert soufflés and discuss uses
- Prepare and present a hot sabayon (zabaglione) and discuss uses

14. ***Prepare and present the following dining room dishes (mise-en-place):***

Potential Elements of the Performance:

- Mise-en-place
- Prepare in front of customer - Caesar Salad, Steak Diane and Steak Tartar

**III. TOPICS:**

1. Fish & Shellfish
2. Canapés
3. Pate
4. Hors d'oeuvres
5. Buffet (cold)
6. Cold Soups
7. Poultry and Game
8. Lamb Cookery
9. Pork Cookery
10. Veal Cookery
11. Beef Dishes
12. Pasta Dishes
13. Savoury Soufflés
14. Dining Room Mise-en-place

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Professional Cooking; 5<sup>th</sup> edition; by Wayne Gisslen

## 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.



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

| <b>Grade</b> | <b>Definition</b>  | <i>Grade Point Equivalent</i> |
|--------------|--|-------------------------------|
| A+           | 90 – 100%  | 4.00                          |
| A            | 80 – 89%   |                               |
| B            | 70 - 79%   | 3.00                          |
| C            | 60 - 69%   | 2.00                          |
| D            | 50 – 59%   | 1.00                          |
| F (Fail)     | 49% and below  | 0.00                          |
| CR (Credit)  | Credit for diploma requirements has been awarded.  |                               |
| S            | Satisfactory achievement in field /clinical placement or non-graded subject area.  |                               |
| U            | Unsatisfactory achievement in field/clinical placement or non-graded subject area.   |                               |
| X            | A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course. |                               |
| NR           | Grade not reported to Registrar's office.  |                               |
| 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 professor and/or the Special Needs office. Visit Room E1101 or call Extension 493 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.

*<include any other special notes appropriate to your course>*

**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.