SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO

SAULT COLLEGE

CICE COURSE OUTLINE

COURSE TITLE: Culinary Techniques - Basic

CODE NO. :   FDS144   **SEMESTER:**   Fall
MODIFIED CODE: FDS0144

PROGRAM: Culinary Skills - Chef Training, Culinary Management
Cook Apprentice

AUTHOR: Sarah Birkenhauer   B.Sc, (705) 759-2554 Ext.2588
sarah.birkenhauer@saultcollege.ca
MODIFIED BY: Shelley MacEachern, Learning Specialist CICE Program

DATE: Sept 2013   **PREVIOUS OUTLINE DATED:**   Sept 2012

APPROVED: "Angelique Lemay"   Sept 2013

_____   _____
                  Dean, School of Community Services   **DATE**
                  and Interdisciplinary Studies

TOTAL CREDITS: 8

PREREQUISITE(S):   NONE

HOURS/WEEK: 8

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I.   COURSE DESCRIPTION:

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

II.   LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the CICE student, with the assistance of a Learning Specialist will demonstrate a basic ability to:

1.   **Demonstrate kitchen safety procedures**

Potential Elements of the Performance:

Identify various kitchen equipment and tools from the perspective of usage, handling, assembling, sharpening, cleaning and storing.
- Knives
- Hand tools
- Cooking utensils
- Large equipment
- Mechanical equipment

Dress in full cook's uniform including
- Shoes
- Industry recognized pants
- Double breasted jacket
- Necktie
- Chef's hat
- Apron
- Thermometer
- Clean hand towels
- Short hair or hairnet.

Identify emergency and fire procedures
- Alarm
- Exits

Demonstrate food storage procedures and packaging
- Cooling
- Food rotation
- Labeling/dating
- Refrigeration
- Freezing: cellophane, foil wrap, sealed containers
- labelling

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2.   **Prepare stock cookery**
     Potential Elements of the Performance:

- Prepare vegetable cuts and flavouring agents
- Prepare white stock (veal, chicken, fish)
- Prepare brown stock (veal, beef, chicken)
- Prepare vegetable stock

3.   **Prepare thickening agents**
     Potential Elements of the Performance:

- Roux: white, blonde, brown
- Butter
- Beurre marnié
- Liaison
- Cream
- Starch: corn, arrowroot

4.   **Prepare soups**
     Potential Elements of the Performance:
- Classical consommé
- Classical purée
- Classical cream

5   **Prepare hot sauces**
     Potential Elements of the Performance:
- White (béchamel, velouté) – derivatives – reduction
- Brown (espagnole, demi-glace) – derivatives – reduction
- Glace de viande – reduction sauce
- Gravies – jus de rôti and jus lié

Prepare cold sauces and dressings
Potential Elements of the Performance:
- Mayonnaise – derivatives
- Vinaigrette – derivatives

6.   **Prepare egg and breakfast cookery**
     Potential Elements of the Performance:
- Prepare eggs: fry, boil, poach, scrambled, shirred.
- Prepare egg dishes:
  - Omelette (folded and flat; Spanish, French)
  - Quiche
  - Poached egg dish
  - Crepes, French toast, pancakes
- Prepare breakfast meat items
- Prepare breakfast fish item

7. **Prepare short order cookery**
    Potential Elements of the Performance:
    - Prepare classical hot sandwiches served in a contemporary presentation

8. **Prepare vegetable dishes**
    Potential Elements of the Performance:
    - Select vegetable (leaf, flower, root, pod, legume, bulb, fungi)
    - Prepare vegetable cuts
    - Prepare vegetable dishes utilizing cooking methods:
      - Simmer, boil, steam, stir fry, sauté, braise, roast, grill

9. **Prepare farinaceous cookery**
    Potential Elements of the Performance:
    - Prepare fresh pasta dishes: baked, noodle, stuffed, Spaetzle, gnocchi
    - Prepare rice dishes: boiled, pilaf, risotto
    - Prepare potato dishes
      Duchesse – derivatives
      Baked – derivatives
      Mashed – derivatives
      Château
      Sauté
      French fried
      Noisette
      Rösti
      Roasted

10. **Prepare salads**
    Potential Elements of the Performance:
    - Simple: lettuce, vegetable, legume
    - Compound: fruit

11. **Prepare poultry and small game birds (duck, quail, duck confit) dishes**
    Potential Elements of the Performance:
    1. **Prepare and butcher for:**
    - Whole roast
    - Spatchcock / crapaudine
    - Sauté
    - Suprêmes
    - Émincé
    2. **Utilizing appropriate cooking methods**
    - Roast
    - Sauté

- Poach
- Pan fry
- Fricassee
- Pies

12. **Prepare pork dishes**
Potential Elements of the Performance:
- Prepare / butcher for:
    - Roast loin and leg
    - Spare ribs
    - Forcemeat
- Utilizing appropriate cooking methods:
    - Roast (stuffed)
    - Grill
    - Pan fry
    - Sauté
    - Braised
    - Pork pie
    - Fricassee

13. **Prepare veal dishes**
Potential Elements of the Performance:
- Prepare / butcher for:
    - Escalope – paupiette
- Utilizing appropriate cooking methods:
    - Fricassée
    - Blanquette
    - Pan fry
    - Roast
    - Braised
    - Grill
    - Sauté

14. **Prepare beef dishes**
Potential Elements of the Performance:
- Prepare / butcher for:
    - Ground
    - Stewing
    - Émincé
    - Pot roast
    - Roast (prime Rib)
    - Paupiette
- Utilizing appropriate cooking methods:
    - Roast

- Pot roast
- Stew
- Braised
- Grill/broil
- Pan fry
- Sauté
-

15. **Prepare lamb dishes**
Potential Elements of the Performance:
- Prepare / butcher for
  - Leg
  - Shoulder-stuffed
  - Shank
  - Stewing
- Utilizing appropriate cooking methods:
  - Roast
  - Sauté
  - Pan fry
  - Stew
  - Braised
  - Grill/broil

16. **Prepare fish dishes**
Potential Elements of the Performance:
- Prepare / butcher
  - Whole
  - Darne
  - Fillet
  - Goujon
  - Crumbled and battered
- Utilizing appropriate cooking methods:
  - Poach (court bouillon)
  - Steaming
  - Pan fry
  - Deep fat fry
  - Grill/broil
  - Bake
  - En papillote

17. **Prepare shellfish dishes**
Potential Elements of the Performance:
- Prepare / butcher for:
  - Shrimp
  - Oyster

- Mussels
- Scallops
- Clams
- Utilizing appropriate cooking methods:
  - Steam
  - Poach
  - Pan fry
  - Deep fry
  - Grill/broil
  - En papillote

III.   TOPICS:

1. Kitchen safety procedures

2. Stock cookery

3. Thickening agents

4. Soups

5. Hot sauces

6. Egg and breakfast cookery

7. Short order cookery

8. Vegetable dishes

9. Farinaceous cookery

10. Salads

11. Poultry and small game birds

12. Pork dishes

13. Veal dishes

14. Beef dishes

15. Lamb dishes

16. Fish dishes

17. Shellfish dishes

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IV.   REQUIRED RESOURCES/TEXTS/MATERIALS:

"Professional Cooking", 7th edition, 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. No student is to leave the lab area until the end of the period

With the help of the above, students will be **graded in the labs** as follows:

Professionalism & Appearance   15%
-    uniform, grooming, deportment

Sanitation & Safety   25%
-    personal, work environmental, product management
-    safe handling, operation, cleaning & sanitizing of tools and equipment
-    organization of work area

Method of Work   40%
-    Application of theory
-    Application of culinary methods & techniques

Quality of Finished Product   20%
- appearance, taste, texture

EVALUATION PROCESS/GRADING SYSTEM:

NOTE THAT THE FINAL GRADE WILL CONSIST OF

Labs   100%
Total   100%

Note: Practical application:
      a. In all practical food labs, 40% of the unit final mark is to evaluate the "Method of work" which includes preparation.

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

Grade	Definition	Grade Point Equivalent
A+	90 - 100%	4.00
A	80 - 89%	4.00
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 - 59 %	1.00
F (Fail)	49% 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 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:

Attendance:
Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session. 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 "F" grade** unless extenuating circumstances occur – it is at the professor's discretion.

Dress Code:
All students are required to wear their uniforms while in the Hospitality and Tourism Institute, both in and out of the classroom. **(Without proper uniform, classroom access will be denied)**

VII.   COURSE OUTLINE ADDENDUM

1.   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.

2.   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.

3.   Prior Learning Assessment**:**
Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.

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

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4.   Accessibility Services:
        If you are a student with a disability (e.g. physical limitations, visual
        impairments, hearing impairments, or learning disabilities), you are
        encouraged to discuss required accommodations with your professor
        and/or the Accessibility Services office. Visit Room E1101 or call
        Extension 2703 so that support services can be arranged for you.

5.   Communication:
        The College considers **Desire2Learn (D2L)** as the primary channel of
        communication for each course. Regularly checking this software platform
        is critical as it will keep you directly connected with faculty and current
        course information. Success in this course may be directly related to your
        willingness to take advantage of this Learning Management System (LMS)
        communication tool.

6.   Plagiarism:
        Students should refer to the definition of "academic dishonesty" in *Student
        Code of Conduct*. 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.

7.   Tuition Default:
        Students who have defaulted on the payment of tuition (tuition has not
        been paid in full, payments were not deferred or payment plan not
        honoured) as of the first week of *November* will be removed from
        placement and clinical activities due to liability issues. This may result in
        loss of mandatory hours or incomplete course work. Sault College will not
        be responsible for incomplete hours or outcomes that are not achieved or
        any other academic requirement not met as of the result of tuition default.
        Students are encouraged to communicate with Financial Services with
        regard to the status of their tuition prior to this deadline to ensure that their
        financial status does not interfere with academic progress.

8.   Student Portal:
      The Sault College portal allows you to view all your student information in
      one place. **mysaultcollege** gives you personalized access to online
      resources seven days a week from your home or school computer. Single
      log-in access allows you to see your personal and financial information,
      timetable, grades, records of achievement, unofficial transcript, and
      outstanding obligations, in addition to announcements, news, academic
      calendar of events, class cancellations, your learning management system
      (LMS), and much more. Go to https://my.saultcollege.ca.

9.   Electronic Devices in the Classroom:
      Students who wish to use electronic devices in the classroom will seek
      permission of the faculty member before proceeding to record
      instruction. With the exception of issues related to accommodations of
      disability, the decision to approve or refuse the request is the responsibility
      of the faculty member. Recorded classroom instruction will be used only
      for personal use and will not be used for any other purpose. Recorded
      classroom instruction will be destroyed at the end of the course. To
      ensure this, the student is required to return all copies of recorded material
      to the faculty member by the last day of class in the semester. Where the
      use of an electronic device has been approved, the student agrees that
      materials recorded are for his/her use only, are not for distribution, and are
      the sole property of the College.

CICE Modifications:

Preparation and Participation

1. A Learning Specialist will attend class with the student(s) to assist with inclusion in the class and to take notes.
2. Students will receive support in and outside of the classroom (i.e. tutoring, assistance with homework and assignments, preparation for exams, tests and quizzes.)
3. Study notes will be geared to test content and style which will match with modified learning outcomes.
4. Although the Learning Specialist may not attend all classes with the student(s), support will always be available. When the Learning Specialist does attend classes he/she will remain as inconspicuous as possible.

A. Tests may be modified in the following ways:

1. Tests, which require essay answers, may be modified to short answers.
2. Short answer questions may be changed to multiple choice or the question may be simplified so the answer will reflect a basic understanding.
3. Tests, which use fill in the blank format, may be modified to include a few choices for each question, or a list of choices for all questions. This will allow the student to match or use visual clues.
4. Tests in the T/F or multiple choice format may be modified by rewording or clarifying statements into layman's or simplified terms. Multiple choice questions may have a reduced number of choices.

B. Tests will be written in CICE office with assistance from a Learning Specialist.

The Learning Specialist may:

1. Read the test question to the student.
2. Paraphrase the test question without revealing any key words or definitions.
3. Transcribe the student's verbal answer.
4. Test length may be reduced and time allowed to complete test may be increased.

C. Assignments may be modified in the following ways:

1. Assignments may be modified by reducing the amount of information required while maintaining general concepts.
2. Some assignments may be eliminated depending on the number of assignments required in the particular course.

The Learning Specialist may:

1. Use a question/answer format instead of essay/research format
2. Propose a reduction in the number of references required for an assignment
3. Assist with groups to ensure that student comprehends his/her role within the group
4. Require an extension on due dates due to the fact that some students may require additional time to process information
5. Formally summarize articles and assigned readings to isolate main points for the student
6. Use questioning techniques and paraphrasing to assist in student comprehension of an assignment

D. Evaluation:

Is reflective of modified learning outcomes.