

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



**CICE COURSE OUTLINE**

**COURSE TITLE:** Culinary Techniques Advanced

**CODE NO. :** FDS163 **SEMESTER:** Winter  
**MODIFIED CODE:** FDS0163

**PROGRAM:** Culinary Skills - Chef Training Program  
Cook Apprentices, Culinary Management Program

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**MODIFIED BY:** Shelley MacEachern, Learning Specialist CICE Program

**DATE:** Jan. 2011 **PREVIOUS OUTLINE DATED:** Jan. 2010

**APPROVED:** "Angelique Lemay" Jan. 2012

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	<b>Dean, School of Community Services and Interdisciplinary Studies</b>	<b>DATE</b>

**TOTAL CREDITS:** 8

**PREREQUISITE(S):** FDS144/FDS0144

**HOURS/WEEK:** 8

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*For additional information, please contact the Dean, School of Community  
Services and Interdisciplinary Studies*  
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**I. COURSE DESCRIPTION:**

This course will build on the basic knowledge from FDS0140 and expand culinary techniques for a la carte and banquet settings (small and large quantity) including contemporary presentation.

**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. Prepare soups****Potential Elements of the Performance:**

With assistance:

- Prepare bisque
- Prepare Specialty / International
- Prepare cold soups

**2. Prepare sauces****Potential Elements of the Performance:**

With assistance:

- Hot emulsified: Hollandaise
- Hot emulsified: Béarnaise
- And derivatives
- Beurre blanc
- Compound butters (3 types)

**3. Prepare salads****Potential Elements of the Performance:**

With assistance:

- Compound:
  - Fish
  - Shellfish
  - Meat
  - Vegetable
  - Warm salads
  - Warm vegetable salads

**4. Prepare garde-manger dishes**Potential Elements of the Performance:

With assistance:

- Terrine
- Mousse de foie
- Seafood appetizer
- Vegetable terrine
- Graved lax
- Aspic

**5. Prepare poultry dishes**Potential Elements of the Performance:

With assistance:

- Prepare / butcher for:
  - Ballontine
  - Galantine
  - Stuffed supreme
- Utilizing appropriate cooking methods:
  - Roast
  - Sauté
  - Poach
  - Grill
  - Pan fry
  - Fricassee
  - Pies

**6. Prepare pork dishes**Potential Elements of the Performance:

With assistance:

- Prepare / butcher for
  - Escalopes
  - Chops
  - Tenderloin
  - Emince
  - Medallion
- Utilizing appropriate cooking methods:
  - Roast (stuffed)
  - Grill
  - Pan fry
  - Sauté
  - Braised
  - Pork pie
  - Fricassee

**7. Prepare veal dishes**Potential Elements of the Performance:

With assistance:

- Prepare / butcher for:
  - Osso bucco
  - Sweet breads
  - Stuffed breast
  - Liver, kidney
  - Escalope (stuffed)
  - Cutlet
  - Chop
  - Leg (break down demonstration)
- Utilizing appropriate cooking methods:
  - Fricassee
  - Blanquette
  - Pan fry
  - Toast
  - Braised
  - Grill
  - Sauté

**8. Prepare beef dishes**Potential Elements of the Performance:

With assistance:

- Prepare / butcher for:
  - Short loin (porterhouse steaks, t-bone, wing)
  - Strip loin (whole, steaks)
  - Tenderloin (whole, tournedos, chateaubriand, filet steaks, filet mignon)
  - Medallion
  - Flank
  - Tongue
  - Oxtail
- Utilizing appropriate cooking methods:
  - Roast
  - Pot roast
  - Stew
  - Braised
  - Grill/broil
  - Pan fry
  - Sauté

**9. Prepare lamb dishes**Potential Elements of the Performance:

With assistance:

- Prepare / butcher for:
  - Carcass (break down leg demonstration)
  - Rack – cutlet
  - Loin – chops – noisettes
  - Kidney
  - Liver
- Utilizing appropriate cooking methods:
  - Roast
  - Sauté
  - Pan fry
  - Stew
  - Braise
  - Grill/broil

**10. Prepare fish dishes**Potential Elements of the Performance:

With assistance:

- Prepare / butcher for:
  - Paupiette
  - Trancon
  - Quenelle
  - Colbert
- Utilizing appropriate cooking methods:
  - Poach (court bouillon)
  - Steaming
  - Pan fry
  - Deep fat fry
  - Grill/broil
  - Bake
  - En papillote

**11. Prepare shellfish dishes**Potential Elements of the Performance:

With assistance:

- Prepare / butcher for:
  - Lobster
  - Crawfish
  - Crayfish
  - Crab

- Squid
- Octopus
- Salted and dry fish
- Fish cakes
- cubliac
- Utilizing appropriate cooking methods:
  - Steam
  - Poach
  - Pan fry
  - Deep fry
  - Grill/broil
  - En papillote

### III. TOPICS:

1. Soups
2. Sauces
3. Salads
4. Garde manger
5. Poultry
6. Pork
7. Veal
8. Beef
9. Lamb
10. Fish
11. Shellfish

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

"Professional Cooking", 7<sup>th</sup> 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

The following semester grades will be assigned to students:

<b>Grade</b>	<b><u>Definition</u></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:

### 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.

### 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:

The provisions contained in the addendum located on the portal form part of this course outline.



**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.