

7-2124

CAMBRIAN COLLEGE
of Applied Arts and Technology
Sault Ste. Marie

COURSE OUTLINE

PRACTICAL COOKING

FDS 103-6

PRACTICAL COOKING

<u>Topic No.</u>	<u>Periods</u>	<u>Topic Information</u>
1	2	<u>Basic Stocks & Sauces</u>
	1	a) Brown Stock
	1	b) White Stock
	1	c) Chicken Stock
	1	d) Fish Stock
	1	e) Vegetable Stock
	1	f) Bechamel sauce
	2	g) Veloute sauce
	2	h) Espagnole sauce
	2	i) Tomato sauce
2	j) Rouxs & other thickeners	
2	3	<u>Basic Soups & Garnishes</u>
	1	a) Beef consommes
	3	b) Clarification of consommes
	1	c) Cream soups
	3	d) Veloute soups
	2	e) Pureed soups
	1	f) Vegetable soups
	1	g) Vegetable and cereal garnishes
1	h) Meat, poultry and sea food garnishes	
3	4	<u>Main Dishes and Entrees</u>
	4	a) Simmered (boiled) meats
	2	b) Simmered poultry
	2	c) Simmered smoked & cured meats
	2	d) Simmered variety meats
	6	e) Steaming of meats
	4	f) Stewing of meats
	2	g) Stewing of poultry
	6	h) Stewing of variety meats
	4	i) Braising dark meats
	4	j) Pot roasting
	5	k) Meat pies & loaves
	4	l) Ground meat entrees
	3	m) Pasta Cookery
3	n) Rice cookery	
4	3	<u>Roasts and Bakes</u>
	2	Roasting Beef cuts
	2	Roasting Veal cuts
	2	Roasting Lamb cuts
	2	Roasting Poultry cuts
2	Garnishing roasts	
5	3	<u>Sauteing and Pan Frying</u>
	1	a) Beef
	1	b) Veal
	1	c) Lamb
	1	d) Chickens
	1	e) Pork
	1	f) Turkey breasts & supremes
1	g) Garnishes	

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<u>Topic No.</u>	<u>Periods</u>	<u>Topic Information</u>
6	3	<u>Deep Fat Frying</u>
	2	a) Simple coatings & breadings
	2	b) Deep frying meats
	2	c) Poultry
	2	d) Croquettes
	1	e) Care of fats and fryers
7	1	<u>Potato and Vegetable Cookery</u>
	1	a) Boiling potatoes
	1	b) Steaming potatoes
	1	c) Baking potatoes
	1	d) Roasting potatoes
	1	e) Deep fat frying potatoes
	1	f) Cooking green vegetables
	1	g) Cooking root vegetables
8	1	<u>Fish & Sea Food</u>
	1	a) Court-bouillons
	1	b) Poaching fish
	1	c) Simmering & steaming fish
	1	d) Sauteing fish
	1	e) Broiling fish
	1	f) Deep fat frying fish
	1	g) Sauces & garnishes