

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: FOOD THEORY I

Code No.: FDS130

Program: HOTEL & RESTAURANT MANAGEMENT I

Semester: ONE

Date: SEPTEMBER, 1995

Previous Outline Dated: SEPTEMBER, 1994

Author: GLEN DAHL

New: _____ Revision: X

APPROVED: Dean, Business & Hospitality _____
Date

FOOD THEORY I

FDS130

Course Name

Course Code

REQUIRED TEXT: Professional Cooking, Wayne Gisslen

PURPOSE:

Identify standard practices and techniques related to measuring, cutting, cooking, portioning, handling, preparing, holding, and maintaining the quality of various products. Identify and describe standard practices and techniques related to the preparation of stocks, soups, sauces, eggs and egg dishes, farinaceous dishes, vegetables, poultry, fish/shellfish, meats, salads, and sandwiches.

STUDENT EVALUATION:

There will be chapters assigned for each class that will be reinforced by discussion and demonstrations. The student's final grade will consist of the following components:

Module #1 Test	30%
Module #2 Test	30%
Module #3 Test	30%
Attendance	10%
	<hr/>
	100%

PASS GRADE: **60%**

NOTE: Tests must be written on the dates given - NO RE-WRITES!

GRADING:

A+	90 - 100%
A	80 - 89%
B	70 - 79%
C	60 - 69%
R	Repeat - under 59%

SMALL QUANTITY FOOD DEMONSTRATIONS

INTRODUCTION TO THE KITCHEN

- Review and examine the different types of cooking tools and equipment: stock pots, sauce pans, brazier, saute pan, roasting pan, hotel pan, double boiler, sheet pan, portion scale, ladles, skimmers, chinos, china cap, wire ships, sieve, colander, zester, pastry bags and tubes
- Different methods and uses are demonstrated for the above equipment

KNIVES, HAND TOOLS, AND SMALL EQUIPMENT

- Examine the French or Chef's knife, utility knife, paring knife, boning knife, slicer, serrated slicer, butcher knife, sharpening stone, steel
- Demonstrate the proper sharpening methods for the above knives
- Demonstrate the different cutting techniques and the basic cutting shapes and sizes. Brunoise, small dice, medium and large dice, juliene, batonnet

STOCKS AND PREPARATIONS

- Demonstration of the preparations of: mirepoix, white mirepoix, sachet, bouquet garni, blanching bones, browning bones
- Demonstration of brown stock, white stock, chicken and fish

STOCKS AND GLAZES

- Demonstration of the set-up for cooling stocks in a cold water bath
- Procedure for preparing glazes
- Demonstrate beef glaze, chicken and fish glaze

SAUCES AND THICKENING AGENTS

- Demonstration of roux - basic preparation for making a white, blond, or brown roux
- Other thickeners examined are beurre manie, cornstarch, white wash, egg yolk and cream liaison
- Demonstrate: Bechamel, Veloute, Espagnole, Tomato Sauce

LEADING AND SMALL SAUCES

- This demonstration will show the main uses of the leading sauces:
 - Espagnole -- Demiglaze -- Sauce Robert
 - Chicken Veloute -- Supreme Sauce
 - Bechamel -- Mornay Sauce
 - Tomato -- Creole Sauce

BUTTER SAUCES

- This demonstration will involve the clarification of butter, method of preparing Hollandaise -- Mousselines Sauce and Bearnaise
- Compound butters such as Maitre d'Hotel Butter, Escargot Butter, and Anchovy will be prepared

CLEAR SOUPS AND GARNISHES

- Demonstration of French Onion, Chicken Noodle, Beef Consomme, and Tomato Bouillon and their appropriate garnishes. This class shows the very important clarification process of consomme.

THICK SOUPS AND GARNISHES

- Demonstration of Cream of Mushroom soup which is thickened with a roux and liaison. Puree of Split Pea soup that is naturally thickened. Clam Chowder and Lobster Bisque will also be prepared and properly garnished.

SPECIALTY AND NATIONAL SOUPS

- This will consist of a demonstration of Vichyssoise, Borscht, Minestrone, and Gazpacho soups. This is a combination of hot and cold soups that will be appropriately garnished.

EGG COOKERY

- The most important rule of egg cookery is a very simple one: **avoid high temperatures and long cooking times.** In this section, we take a look at proper cooking and serving methods for:
 - a) Simmering in the shell
 - b) Procedure for poaching eggs
 - c) Fried eggs with its different variations
 - d) Scrambled eggs
- All items will be plated and properly garnished

BREAKFAST PREPARATIONS (EGG COOKERY)

- Demonstration of the following items:
 - a) Poached Eggs Benedict
 - b) Shirred Eggs and Variations
 - c) Omelets - French, Plain, Souffle
- All items will be plated and served with suitable sauces and garnishes

SALAD DRESSINGS

- Most of the basic salad dressings can be divided into three categories.
 - a) Oil and Vinegar - most unthickened dressings
 - b) Mayonnaise-based
 - c) Cooked dressings
- Demonstration of the following dressings:
 - a) Mayonnaise
 - b) Vinaigrette
 - c) Tomato French
 - d) Cooked Salad Dressing
 - e) Thousand Island

SALAD PREPARATIONS

- There are four basic parts of a salad: Base, Body, Garnish and Dressing. Salads may or may not have all four parts. A demonstration showing preparation and arrangement of the following salads:
 - a) Tossed Salad Greens
 - b) Chef's Salad Plate
 - c) Fruit Salad Plate
 - d) Potato Salad

GELATIN SALADS

- This demonstration highlights the guidelines for making gelatin salads. Both fruit and vegetable salad will be shown.
 - a) Ginger Ale Salad
 - b) Fresh Vegetable Mold
 - c) Niagara Peach Mold

COLD SANDWICHES

- This section by demonstration illustrates different spreads, meats and poultry, cheese, fish and shellfish
Example of demo:
 - a) Club House Sandwich
 - b) Tuna Salad Sandwich
 - c) Cheese and Egg Sandwich
 - d) Chicken Salad Sandwich
- The above items are all presented with a variety of garnishes

HOT SANDWICHES

- Demonstrate preparation and suitable garnishes for the following sandwiches:
 - a) Hot Roast Turkey Sandwich
 - b) Reuben Sandwich
 - c) Monte Cristo Sandwich
 - d) Hot Roast Beef Sandwich

HOT SANDWICHES (cont'd)

- Demonstration showing preparation and suitable garnishes for the following:
 - a) Toasted Western Sandwich
 - b) Beef Burger
 - c) Grilled Cheese
 - d) Grilled Swiss and Bacon

FRESH VEGETABLE PREPARATION

- Demonstration of the proper washing, soaking, peeling, and cutting of fresh vegetables. Preparation and cooking methods of the following:
 - a) Artichokes
 - b) Cauliflower
 - c) Broccoli
 - d) Asparagus
 - e) Carrots
 - f) Kohlrabi
 - g) Tomatoes

POTATO COOKERY AND PREPARATIONS

- Demonstration of the proper washing, soaking, peeling, and cutting of fresh vegetables. Preparation and cooking methods of the following:
 - a) Garlic
 - b) Cabbage - Red and Green
 - c) Celery
 - d) Onions, Leeks, Shallots
 - e) Mushrooms
 - f) Spinach
 - g) Watercrest

POTATO COOKERY AND PREPARATIONS

- Demonstration of the proper washing, peeling and storage of fresh potatoes:
 - a) Tourneing Potatoes
 - b) Parisienne Potatoes
 - c) Sauteed Potatoes
 - d) Baked and Stuffed Potatoes
 - e) Anna Potatoes
 - f) Lyonnaise Potatoes

POTATO COOKERY

- Demonstration of the preparations and cooking methods for the following:
 - a) Potato Puree
 - b) Mashed Potatoes
 - c) Duchesse Potatoes
 - d) Croquette Potatoes
 - e) Dauphinoise Potatoes

POTATO COOKERY

- Demonstration of the preparation and cooking method for the following:
 - a) Scalloped Potatoes
 - b) Potatoes au Gratin
 - c) Potato Pancakes
 - d) French Fries
 - e) Gaufrette Potatoes

RICE COOKERY

- Demonstration of the cooking methods for the following:
 - a) Steamed Rice
 - b) Boiled Rice
 - c) Wild Rice
 - d) Rice Pilaf
 - e) Fried Rice

PASTA AND DUMPLINGS

- Demonstration of the making of fresh egg pasta used in:
 - a) Fettuccine
 - b) Lasagna
 - c) Linguine
- Preparation of spaghetti sauce served with penne and spaghetti
- Preparation and serving of spaghetti

ENTREE PREPARATIONS

- The following items will be prepared and presented to the student:
 - a) Braised Swiss Steak
 - b) Beef Stroganoff
 - c) Swedish Meatballs
- The above items will be plate presented and students are able to taste the end product

FISH COOKERY

- The following items will be prepared and presented to the students:
 - a) Coquilles Ste. Jacques
 - b) Broiled Fish Fillets
 - c) Battered Cod Fillets - Deep Fried
 - d) Shrimp Saute
- The above items will be plated and presented. Students are able to taste the end product.

PORK COOKERY

- The following items will be prepared and presented to the students:
 - a) Roast Loin of Pork
 - b) Sweet and Sour Pork
 - c) Pork Chop MacIntosh
- The above items will be plated and presented and students will be able to taste the end product

POULTRY COOKERY

- The following items will be prepared and presented:
 - a) Chicken Breast Cordon Bleu
 - b) Stuffed Chicken Legs
 - c) Stuffed Cornish Game Hen
 - d) Roast Duck
- The above items will be plated and presented and students will be able to taste the end product

SHOW PIECES

- This is a demonstration which will show different methods of preparing show pieces suitable for buffets, Sunday Brunch, etc. Displays covered.
- a) Ham in Aspic
- b) Turkey Chaud Froid
- c) Glazed Salmon