SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: MEAT THEORY AND DEMO

Code No.:   FDS120

Program: CHEF TRAINING & HOTEL AND RESTAURANT MANAGEMENT

Semester: ONE   &   THREE

Date: SEPTEMBER, 1989

Author: G.W. DAHL

New: _____   Revision: ___X_____

APPROVED: _____   _____ '89

Chairperson   Date

MEAT THEORY AND DEMO   FDS120
_____   _____
      Course Name   Course Code

COURSE LENGTH: 30 Hours - 2 periods per week

REQUIRED TEXT: "Professional Cooking", by Wayne Gisslen

PURPOSE:

Meat is the mainstay of most diets. As a Cook, Chef, or Food Service Operator, you will be spending more of your time and money on meats than on any other food. It is important, then, to understand meats thoroughly in order to cook them well and profitably.

MODULE ONE: UNDERSTANDING MEATS:

Upon completion of this module, the student will be able to:

1) Describe the composition and structure of meat and tell how it relates to meat selection and cooking methods

2) Use the Federal/Provincial meat inspection grading system to help you select and purchase meats

3) Explain the significance of aging meat

4) Store meats for maximum shelf life

MODULE TWO: BEEF:

Upon completion of this module, the student will be able to:

1) Identify the primary cuts of beef and list the major fabricated cuts obtained from each of them

2) Select appropriate cooking methods for the most important meat cuts, based upon meat tenderness and other characteristics

3) Differentiate the sections of a side of beef (consists of three demonstrations)

1) Identify the primary cuts of veal and list the major fabricated cuts obtained from each of them

2) Select appropriate cooking methods for the most important meat cuts, based upon meat tenderness and other characteristics

3) This module consists of two demonstrations

MODULE FOUR: LAMB:

Upon completion of this module, the student will be able to:

1) Identify the primary cuts of lamb and list the major fabricated cuts obtained from each of them

2) Select appropriate cooking methods for the most important meat cuts based on meat tenderness and other characteristics

This module consists of two demonstrations

MODULE FIVE: PORK:

Upon completion of this module, the student will be able to:

1) Identify the primary cuts of pork and list the major fabricated cuts obtained from each of them

2) Select appropriate cooking methods for the most important meat cuts based upon meat tenderness and other characteristics

This module consists of two demonstrations

MODULE SIX: POULTRY:

Upon completion of this module, the student will be able to:

1) Identify any domestic poultry item with reference to its kind, class and style

2) Store poultry items properly

3) Determine doneness in cooked poultry

4) Truss poultry for cooking

MODULE SIX: cont'd

This module consists of the following demonstrations:

a) Cutting up chicken into parts
b) Cutting up turkey into parts
c) Cutting up cornish game hen
d) Boning poultry for stuffing, gallantines
e) Preparing boneless roasts

MODULE SEVEN: **FISH AND SHELLFISH:**

Upon completion of this module, the student will be able to:

1) Explain how the cooking qualities fo fish are affected by its lack of connective tissue

2) Determine doneness in cooked fish

3) Select appropriate cooking methods for fat and lean fish

4) Recognize the basic market forms of fish

5) Recognize the most common variety of fin fish

6) Check fish for freshness

7) Store fish and fish products properly

8) Understand the popular variety of shellfish including their characteristics

   This module consists of two demonstrations:

   a) Dress and fillet round fish and flat fish
   b) Open oysters and clams, split lobsters, and peel and devein shrimp

STUDENT EVALUATION:

The student's final grade will consist of the following components:

- There will be six tests with a value of 10% each   -   60%
- Final Test   -   40%
                                                         _____
                                                          100%

NOTE: Tests must be written on the dates given --   NO REWRITES

GRADING:

A+	95 -	100%
A	75 -	94%
B	65 -	74%
C	55 -	64%
R	0 -	54%

PASS GRADE - 55%