

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY
SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: QUANTITY FOOD PREPARATION (LAB)

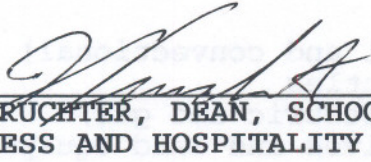
CODE NO.: FDS139 SEMESTER: ONE

PROGRAM: CHEF TRAINING/APPRENTICE COOK

AUTHOR: REX LEESON

DATE: SEPTEMBER 1996 PREVIOUS OUTLINE DATED: SEPT. 1995

APPROVED:


JOE FRUCHTER, DEAN, SCHOOL OF BUSINESS AND HOSPITALITY

DATE

96 06 12

TOTAL CREDITS 4

PREREQUISITE(S): _____

LENGTH OF COURSE: _____ TOTAL CREDIT HOURS: _____

QUANTITY FOOD PREPARATION "LAB"

FDS 139

COURSE NAME

COURSE CODE

COURSE LENGTH: 60 Hours

TEXT: Professional Cooking by Wayne Gisslen

OBJECTIVE

The subject of Quantity Food Preparation will give the student the basic knowledge of Quantity Cooking in: Beef Cookery, Fish Cookery, Potato Cookery, Vegetable Cookery, Salads and Desserts as set out by the Ministry of Skills Development of Ontario for the trade of Cook.

INTRODUCTION

1. Demonstrate the rules of personal hygiene and sanitation.
 - Dress for a lab in full cook uniform in accordance with the National Sanitation Code. Wash in a clean and sanitary manner in the food preparation area.
2. List and identify the equipment used in a large quantity food kitchen.
 - Identify, name , use, dismantle and assemble:
 - all large machinery and attachments: slicers, choppers, mixers
 - stoves and ranges
 - ovens (conventional and convectional)
 - steam units and kettles
 - deep fat fryers (electric and gas)
 - name and use of knives and hand equipment
3. Practice all the safety rules in the large quantity food kitchen.

LEARNING OUTCOMES

Stock Cookery

1. Prepare stocks for use in large quantity food recipes.
 - brown beef stock
 - white veal stock
 - white chicken stock
 - fish stock

2. Demonstrate the following applications:
 - brown beef bones
 - cut and brown a mirepoix
 - assemble and cook beef stock
 - blanch veal bones
 - blanch chicken bones
 - cut mirepoix for chicken stock
 - assemble and cook white chicken stock
 - slice onions for fish stock
 - sweat fish bones and onions
 - add water, seasonings and simmer fish stock

Soup Cookery

1. Prepare a variety of clear, cream and puree soups.
 - soups according to the following classifications: clear, thick and speciality soups
 - examples:
 - Scotch broth
 - spinach soup
 - potato and leek
 - chicken vegetable
 - lentil soup
 - celery soup
 - chicken noodle soup
 - borscht
 - corn chowder
 - puree of carrot
 - fish chowder
 - Mulligatawny
 - equivalents may be used

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Sauce Cookery

1. Prepare the basic sauces, derivative sauces, non-derivative sauces and compound butters needed for large quantity food recipes.
 - Espagnole Sauce
 - Bechamel Sauce
 - Chicken Veloute
 - Tomato Sauce
 - Mayonnaise
 - Hollandaise
 - Apple Sauce
 - Compound Butters

Poultry Cookery

1. Prepare a variety of basic, practical food preparation and cooking techniques while preparing several chicken dishes.
 - Examples:
 - Chicken ballotine
 - Chicken cordon bleu
 - Chicken pot pie
 - Arroz con pollo
 - Prepare rice pilaff
 - Equivalentents may be used
 - Debone, pound and stuff chicken legs for ballotine
 - Roast chicken ballotine
 - Debone chicken breasts
 - Butterfly chicken breasts and stuff with ham and cheese
 - Bread and pan fry stuffed chicken breasts cordon bleu
 - Prepare a basic pie dough
 - Cut vegetables into batons and blanch
 - Prepare chicken veloute
 - Boil boiling fowls for use in chicken pot pie
 - Combine vegetables, sauce and boiling fowl together for use in chicken pot pie
 - Roll dough and line pie plates
 - Assemble and bake chicken pot pies
 - Saute raw chicken pieces with raw rice, vegetables and cover with stock
 - Bake sauteed chicken and rice in an oven until cooked

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Lamb Cookery

1. Perform a variety of basic practical food preparation and cooking techniques while preparing one of several lamb dishes.
 - Examples:
 - Navarin of lamb and lamb curry
 - Roast boneless shoulders of lamb
 - Equivalentents may be used
 - Chine racks of lamb
 - Cut chined racks into cubes
 - Debone lamb shoulders
 - Debone and slice legs of lamb
 - Turn a variety of vegetables
 - Blanch and saute
 - Saute diced lamb, prepare sauce and braise lamb until cooked
 - Assemble and serve navarin of lamb
 - Debone, roll, tie and roast boneless shoulders of lamb

Pork Cookery

1. Perform a variety of basic practical food preparation and cooking techniques while preparing several pork dishes.
 - Examples:
 - Stuffed pork loin
 - Pork kebabs
 - Scotch eggs
 - Pork goulash
 - Pork sausages
 - Equivalentents may be used
 - Debone a loin of pork roast and tie
 - Prepare a filling and stuff the pork loin
 - Roast, garnish and serve the pork loin
 - Debone and dice legs of pork
 - Prepare pork goulash
 - Prepare, assemble and deep fry scotch eggs
 - Prepare, assemble and blanch pork sausages

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Beef Cookery

1. Perform a variety of basic practical food preparation and cooking techniques while preparing several beef dishes.

- Examples:
 - Cottage pie
 - Cabbage rolls
 - Beef and mushroom pie
 - Beef rouladen
 - Salisbury steaks
- Equivalents may be used
- Trim and cut a fillet of beef for Steak Diane
- Assemble mise-en-place for Steak Diane
- Prepare basic pie dough
- Prepare beef and mushroom filling for pies
- Assemble and bake beef and mushroom pies
- Slice and tenderize beef rounds or rouladen
- Assemble and braise beef rouladen
- Assemble and braise beef, cabbage rolls in tomato sauce
- Prepare tomato sauce
- Prepare duchess potatoes and top for cottage pie

Fish Cookery

1. Perform a variety of basic practical food preparation and cooking techniques while preparing several fish dishes.

- Fillet fish
- Bread fillets of sole
- Prepare fish cakes or coulibiac (or equivalents)
- Salmon pies or Sole Bonne Femme
- Skin and fillet dover sole
- Bread and deep fry fillets of sole
- Assemble and deep fry fish cakes
- Assemble and bake salmon pies
- Assemble, poach and finish sole bonne femme

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Potato Cookery

1. Prepare a variety of potato dishes from large quantity recipes.

- Examples:
 - Anna
 - Au gratin
 - Baked
 - Lyonnais
 - Baked stuffed
 - New
 - Croquette
 - Hongroise
 - Delmonico
 - Hash brown
 - Duchess
 - Chateau
- Equivalents may be used

Vegetable Cookery

1. Prepare a variety of vegetable dishes from large quantity recipes.

- Examples:
 - Batter fried onion rings
 - Fried egg plant
 - Braised cabbage fermiere
 - French fried parsnips
 - Harvard beets
 - Baked squash
 - Baked onions
 - Spinach
 - Stuffed tomatoes
 - Ratatouille
 - Zucchini provencale
 - Vichy Carrots
- Equivalents may be used

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Salads

1. Prepare a variety of salads and dressings from large quantity recipes.
 - Examples:
 - Cucumber salad
 - Pasta salad
 - Rice salad
 - Tomato aspic
 - Green bean salad
 - Salmon salad
 - Chicken salad
 - Tossed salad
 - Navy bean salad
 - Ham salad
 - Pickled mushrooms a la grecque
 - Tuna salad
 - Seafood salad
 - French dressing
 - Caesar salad
 - Vinaigrette dressing
 - Equivalents may be used

Desserts

1. Prepare a variety of desserts from large quantity recipes.
 - Examples:
 - Baked apples
 - Crepe caramel
 - Bread pudding
 - Queen's pudding
 - Cheese and Apple crisp
 - Lemon Meringue
 - Rice Pudding
 - Apple pie
 - Pastry cream
 - Whipped cream
 - Variety of pastry items
 - Ice Cream
 - Equivalents may be used

QUANTITY FOOD PREPARATION "LAB"

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STUDENT EVALUATIONS

The lab assignment includes the following:

1. Gathering of utensils and raw materials.
2. Pre-preparation of the assigned items.
3. Preparation (cooking, baking, butchering) 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. Handing in costing sheets when requested.
8. No student is to leave the lab area until the end of the period.

Practical lab work is marked as follows:

- A+ - outstanding achievement
- A - excellent achievement
- B - above average achievement
- C - average achievement

15 Labs @ 15 marks each = 225 possible marks.

CHEF TRAINING

APPRENTICES

A+ 203-225	A 191-225
A 180-202	B 169-190
B 158-179	C 135-168
C 135-157	D 113-134
R 156 or less	F 0-112 (Failure)

ATTENDANCE FOR ALL LABS IS COMPULSORY. There is no make-up work given for absenteeism. Maximum number of labs missed per semester are 3 in order to receive a passing grade.

