

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: **CULINARY TECHNIQUES - BASIC**

Code No.: **FDS131**

Program: **CHEF TRAINING**

Semester: **One**

Date: **FALL 1998**

Author: **Glen Dahl**

Date: **May 1998** Previous Outline Dated: **Sept 1997**

APPROVED: _____
Dean Date

TOTAL CREDITS: 6

PREREQUISITES: NONE

LENGTH OF COURSE: 16 weeks

COURSE NAME

CODE

TOTAL CREDITS: 6

PREREQUISITES: NONE

I. COURSE DESCRIPTION:

This course will give the students the basic knowledge needed to prepare food items

II. TOPICS TO BE COVERED:

1. INTRODUCTION
2. STOCK COOKERY
3. THICKENING AGENTS
4. SOUP COOKERY
5. SAUCE COOKERY
6. EGGS AND BREAKFAST COOKERY
7. SHORTORDER COOKERY
8. VEGETABLE AND FARINACEOUS COOKERY
9. FISH AND SHELLFISH COOKERY
10. MEAT ENTREES
11. SALADS

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

1. INTRODUCTION

Elements of the performance:

Identify various kitchen equipment and tools from the perspective of handling, sharpening, cleaning and storing.

Identify and list the uses of the following:

Knives:

French, paring, boning, slicer, palette, peeler, spatula, steel

Hand Tools:

Zester, decorator, egg slicer, cutters, rolling pin, tongs, whip, spoons, ladles, can opener, brushes, thermometers.

COURSE NAME

CODE**Cooking Utensils:**

stock pot, frying pan, braising pan, sauce pan, roasting pan, colander, strainer, china cap (chinois), cutting board.

Large Equipment:

Salamander, oven, deep fryer, stove, steamer, tilting fry pan, grill, griddle.

Mechanical Equipment:

whipping machine, slicer, meat grinder, rotating bowl, blender, scale

Dress in full cook's uniform:

Sturdy shoes

Blue check pants Double breasted jacket Necktie

Chefs hat Apron

Clean hand towels

Short hair or hair net

Demonstrate proper fire procedures:

Alarm

Exits

Demonstrate correct food storage procedures and packaging:

Cooling

Refrigerating

Freezing

Saran wrap

Foil wrap

Sealed containers

2. STOCK COOKERY

Elements of the performance:

Clean, peel, wash, store a variety of vegetables

Prepare the following vegetable cuts and flavoring agents (classical names):

Mirepoix

Matignon

Macedoine

Julienne

Brunoise

Paysanne

COURSE NAME

CODE

Jardiniere
Dice onions
Slice onions
Slice onion rings

Prepare the following stocks:

WHITE CHICKEN STOCK

Following all of the recommended hygiene, sanitation and safety regulations, prepare a white chicken stock free from any impurities ready for further use.

FISH STOCK

Following all of the recommended hygiene, sanitation and safety regulations, prepare a fish stock free from any impurities ready for further use.

BROWN BEEF STOCK

Following all of the recommended hygiene, sanitation and safety regulations, prepare a brown beef stock free from any impurities ready for further use.

3. THICKING AGENTS

Elements of the performance:

Prepare the following roux:

White roux:

Melt roux

Add hard flour

Cook roux lightly

Cool

Use for Bechamel Sauce'

Blond roux:

Melt butter

Add hard flour

Colour roux lightly

Cool

Use for Veloute and Tomato Sauces

Brown roux:

Melt butter

Add hard flour

Colour roux brown

importance of not burning flour

COURSE NAME

CODE

Cool
Use for Espagnole Sauce

Prepare Beurre Manie and use it to "quickly" thicken a sauce that is too thin.

4. SOUP COOKERY

Elements of the performance:

Prepare the following clear soups:

BEEF CONSOMME

Following all of the recommended hygiene, sanitation and safety regulations, prepare a beef consomme soup, free from any impurities ready for further use.

MINISTRONE (or equivalent unstrained clear soup)

Following all of the recommended hygiene, sanitation and safety regulations, prepare a minestrone soup, free from any impurities ready for further use.

Prepare the following puree soup:

POTAGE PARMENTIER (or equivalent puree soup)

Following all of the recommended hygiene, sanitation and safety regulations, prepare a thick soup, free from any impurities ready for further use.

Prepare the following cream soup:

CREAM OF CAULIFLOWER (or equivalent cream soup)

Following all of the recommended hygiene, sanitation and safety regulations, prepare a cream soup, free from any impurities ready for further use.

COURSE NAME

CODE

5. SAUCE COOKERY

Elements of the performance:

Prepare the following basic hot sauces:

BROWN SAUCE (ESPAGNOLE):

Following all of the recommended hygiene, sanitation and safety regulations, prepare a brown sauce, free from any impurities ready for further use.

WHITE SAUCE (BECHAMEL):

Following all of the recommended hygiene, sanitation and safety regulations, prepare a white sauce, free from any impurities ready further use.

VELOUTE (CHICKEN, VEAL OR FISH):

Following all of the recommended hygiene, sanitation and safety regulations, prepare a veloute, free from any impurities ready for further use.

TOMATO SAUCE:

Following all of the recommended hygiene, sanitation and safety regulations, prepare a tomato sauce, free from any impurities ready for further use.

6. EGGS AND BREAKFAST COOKERY

Elements of the performance:

Prepare the following egg dishes:

Spanish omelette

Season omelette pan

Prepare garnish for omelette

Mix eggs together

Cook omelette with colour

Turn omelette

Present using contemporary concepts:

French omelette

Season omelette pan

Mix eggs together

Cook omelette without colour

Fold omelette

Add garnish

COURSE NAME

CODE

Present using contemporary concepts
Quiche Lorraine (or equivalent)
Make short pastry
Roll pastry
Form pastry in pie shell
Blind bake shell
Cook ham or bacon
Grate swiss cheese
Make egg custard
Put ingredients in shell
Bake Quiche Lorraine
Control temperatures
Keep warm
Serve in contemporary fashion

Prepare the following egg dishes :
Poached Egg Florentine (or equivalent poached egg dish)
Poach eggs in cold water
Cool eggs
Cook spinach
Refresh spinach
Make mornay sauce from bechamel
Reheat spinach
Reheat eggs
Place spinach on serving dish
Place eggs on spinach
Pour mornay sauce over eggs
Sprinkle parmesan cheese and glaze lightly

Demonstrate modern presentation techniques:
Crepes:
Mix eggs and milk together
Add hard flour, mix to smooth texture
Season crepe pan
Cook crepes very thin with little colour
Cool
Store

Discuss modern presentation techniques

WART TECHNICAL COLLEGE

COURSE NAME

FDS131

CODE

Prepare the following breakfast dishes:

Bacon:

tray bacon for cooking.

cook bacon

keep warm

Sausages:

blanch sausages

tray sausages for cooking

cook sausages

keep warm

Eggs:

fried sunny side

fried over easy

scrambled

boiled

poached

omelettes (variety)

French toast:

egg mixture

slice bread

cinnamon sugar (or equivalent)

cook french toast

Pancakes

Prepare pancake mixture (commercial or homemade)

cook pancakes

7. SHORT ORDER COOKERY

Elements of the performance:

Prepare the following sandwiches:

Monte Christo (hot)

prepare filling and assemble dip sandwich in beaten eggs cook to gold brown garnish and serve

Club (hot)

prepare filling

toast bread

assemble sandwich

cut sandwich

garnish and serve

COURSE NAME

CODE

Toasted western (hot)
prepare filling
beat eggs
make western omelette
toast bread
assemble sandwich
garnish and serve

Prepare the following sandwiches:

Egg salad (cold)
prepare filling
garnish
prepare
butter bread
assemble sandwich
garnish and serve

Chicken salad (cold)

prepare filling
prepare garnish
butter bread
assemble sandwich
garnish and serve

Cream cheese (cold)

prepare filling
prepare garnish
assemble sandwich
garnish and serve

Fancy sandwiches Open faced, pinwheel checkerboard triangles garnish and serve using modern presentation techniques

8. VEGETABLES AND FARINACEOUS COOKERY

Elements of the performance:

Prepare the following vegetable dishes (or equivalent) for service:

braised cabbage fermiere
green beans amandine.
broccoli, sauce hollandaise
glazed carrots

COURSE NAME

CODE

Prepare the following potato dishes for service:

duchesse potato
baked potato
savoyarde potatoes (or equivalent)
french fries

Prepare the following rice dishes:

Cabbage rolls (or equivalent dish with rice stuffing)
boil rice (short grain) prepare filling, (meat, vegetables, rice) blanch cabbage leaves stuff
cabbage leaves cut mirepoix make tomato sauce assemble and cook
garnish and serve cabbage rolls

Risotto Italienne (or equivalent)

sweat onions and tomatoes add rice (short grain) add boiling stock add wine if necessary
add cheese(s) and butter garnish and serve

Prepare the following rice dishes

Pilaff
finely dice onions
sweat onions
boil stock
add rice (long grain) to onions
bayleaf, salt, pepper
add stock
bring to boil
cover
serve

Boiled Rice

boil salt water
add long grain rice
cook
refresh
strain
reheat
garnish and serve

Prepare the following rice dishes:

Arroz con pollo (or equivalent ethnic rice dish)
cut chicken into Pieces
prepare garnish
saute chicken pieces
add garnish, add rice (long grain), add boiling stock
add saffron tea season
cook
garnish and serve

prepare meat sauce
cook lasagne
garnish and serve

Spatzli (or one type of gnocchi):
make spatzli batter
cook spatzli
refresh, drain
reheat and serve

9. FISH AND SHELLFISH COOKERY

Elements of the performance:

Prepare fish in the following ways:

Poach Fish:

prepare a vinegar court-bouillon poach salmon steaks garnish and serve in contemporary plated fashion

prepare and serve Sole Bonne-Femme (or equivalent)

Boil fish

prepare court-bouillon

boil shrimp

boil lobster

court bouillon - cut lobster in half, clean, garnish and serve hot refresh shrimp and peel, devein and serve

Pan fry fish

marinate and flour fish prepare *a la Meuniere* garnish and serve in contemporary or traditional fashion.

describe the garnishes for Doria, Grenobloise and Belle-Meuniere

Prepare fish in the following ways:

Deep fry **fish**

bread crumb **fish**

batter fish

cook fish in deep fryer garnish and serve fish in a contemporary or classical manner 9

Prepare fish *Saint-Germain*

bread **fish**

cook **fish**

garnish and serve

COURSE NAME

CODE

10. MEAT COOKERY

Elements of the performance:

Prepare the following dishes:

Roast Chicken

prepare chicken for roasting roast chicken deglaze pan for gravy carve chicken keep warm or cool garnish and serve

Prepare Navarin of Lamb and Veal Blanquette

cut meat for cooking

cut vegetables

cook meat

finish cooking

keep warm

garnish and serve

Pan frying

Calves' Liver Tyrolienne (or equivalent)

slice liver

flour liver

pan-fry

keep warm

garnish and serve

Prepare the following dishes:

Steak Flamande (or equivalent)

cut steaks

flour steaks

sear

cook

keep warm

garnish and serve

Meat pie (tourtiere - or equivalent)

make pastry

grind meat

sear meat

cut vegetables

cook tourtiere

keep warm

garnish and serve

Cottage pie (or equivalent)

assemble pie

cook cottage pie

keep warm

garnish and serve

Prepare the following dishes:

Pork goulash (or equivalent)

cut vegetables

sweat

cook

keep warm

garnish and serve

Breast of chicken cordon bleu (or equivalent)

bone chicken prepare filling, stuff and coat (bread) cook

keep warm

garnish and serve in contemporary style

Chicken ballotine (leg)

prepare rice filling

stuff legs

cook legs

keep warm

garnish and serve

11. SALADS

Elements of the performance:

Prepare salad dressing/cold sauces

Examples:

vinaigrette

flavoured oils and infused vinegars

coleslaw

mayonnaise

tartare sauce

Calypso sauce

blue cheese dressing

sauce verte

1000 Island

store correctly, garnish and serve

COURSE NAME

CODE

Prepare a decorated meat platter
slicing of meats
cut chicken
fold and correctly assemble
decorate
store properly
garnish and serve in a contemporary fashion

Prepare and cut various fresh fruits:
identify degree of ripeness peel correctly cut correctly add lemon juice or fruits where
required marinate
garnish and serve

Prepare a variety of vegetable salads:
wash salad vegetables
cut salads
mix salad items
hold salad items
garnish and serve

Prepare cooked vegetable -salads:
cut
cook
refresh
mix with dressing
decorate
store
garnish and serve

COURSE NAME

CODE

Prepare a decorated meat platter
slicing of meats
cut chicken
fold and correctly assemble
decorate
store properly
garnish and serve in a contemporary fashion

Prepare and cut various fresh fruits:
identify degree of ripeness peel correctly cut correctly add lemon juice or fruits where
required marinate
garnish and serve

Prepare a variety of vegetable salads:
wash salad vegetables
cut salads
mix salad items
hold salad items
garnish and serve

Prepare cooked vegetable -salads:
cut
cook
refresh
mix with dressing
decorate
store
garnish and serve

COURSE NAME-----
CODE**EVALUATION METHODS:**

The mark for this course will be arrived at as follows:

The mark in this course will be derived as the following:

- Attendance
- Daily performance

A grade will be assigned daily

The grading scheme used will be as follows:

A+	90 - 100%	Outstanding achievement
A	80 - 89%	Excellent achievement
B	70 - 79%	Average achievement
C	60 - 69%	Satisfactory achievement
R		Repeat

- X Incomplete. A temporary grade limited to special circumstances have prevented the student from completing objectives by the end of the semester. An X grade reverts to an R grade if not upgraded within a specified time.

SPECIAL NOTES

1. **In order to pass this course the student must obtain an overall test/quiz average of 60% or better.**
2. **Assignments must be submitted by the due date according to the specifications of the instructor. Late assignments will normally be given a mark of zero. Late assignments will only be marked at the discretion of the instructor in cases where there were extenuating circumstances.**
3. **The instructor reserves the right to modify the assessment process to meet any changing needs of the class. Consultation with the class will be done prior to any changes.**
4. **The method of upgrading an incomplete grade is up to the instructor, and may consist of such things as make-up work, rewriting tests, and comprehensive examinations.**
5. **Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.**

6. Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

Students who wish to apply for advanced credit in the course should consult the instructor.

REQUIRED STUDENT RESOURCES

Text: Professional Cooking 3rd edition, Wayne Gisslen