

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON**



COURSE OUTLINE

Course Title: CULINARY TECHNIQUES – BASIC

Code No.: FDS 132 Semester: 1

Program: CHEF TRAINING

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Date: SEPT/98 Previous Outline Date: SEPT/97

Approved: Joseph C. Fuchter 98 12
Dean **Date**

Total Credits: 9

Prerequisite(s): None

Length of Course: 16 wks

Total Credit Hours: 144

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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, DRESS CODE
2. SAFE HANDLING OF EQUIPMENT/FOOD PRODUCTS
3. STOCKS & SOUPS
4. SAUCES
5. EGGS, BREAKFAST & SHORT ORDER COOKING
6. VEGETABLE & FARINACEOUS COOKERY
7. FISH & SHELLFISH
8. MEATS
9. SALADS

III. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:

Upon successful completion of this course the student will demonstrate the ability to:

1. **Be familiar with and demonstrate the proper dress required to work in a culinary environment.**

Elements of Performance:

The student will attend all classes and college functions dressed according to stated requirements below:

1. Dress in full cook's uniform:
 - sturdy shoes, blue check pants, Double-breasted Jacket, Necktie, Chef's hat, Apron, Clean hand towels, Short hair or hair net

- 2. Be familiar with all kitchen books and equipment and safe handling of food products.**

Elements of Performance:

1. Identify various kitchen equipment and tools from the perspective of handling, sharpening, cleaning and storing.
2. 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
 - 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
3. Demonstrate proper fire procedures
 - alarm
 - exits
4. Demonstrate correct food storage procedures and packaging
 - cooling, refrigerating, freezing
 - saran wrap, foil wrap
 - sealed containers

- 3. To produce stock and soups from specified recipes.**

Elements of Performance:

1. Clean, peel, wash, store a variety of vegetables
2. Prepare the following vegetable cuts and flavoring agents (classical names):
 - Mirepoix
 - Matignon
 - Macedoine
 - Julienne
 - Brunoise
 - Paysanne
 - Jardiniere
 - Dice onions
 - Slice onions
 - Slice onion rings

3. To produce stock and soups from specified recipes *continued* . . .***Elements of Performance:***

2. 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. 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.
 - Minestrone (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.
4. 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.
5. 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.

4. Prepare sauces using proper cooking techniques and thickening procedures.***Elements of Performance:***

Demonstrate the ability to:

1. Prepare the following roux:
2. White roux: melt roux, add hard flour, cook roux lightly, cool, use for Bechamel Sauce
3. Blond roux: melt butter, add hard flour, colour roux lightly, cool, use for Veloute and Tomato sauces

4. Prepare sauces using proper cooking techniques and thickening procedures *continued* . . .

Elements of Performance:

Demonstrate the ability to:

4. Brown roux : melt butter, add hard flour, colour roux brown, importance of not burning flour, cool, use for Espagnole sauce
5. Prepare Beurre Manie and use it to "quickly" thicken a sauce that is too thin.
6. Prepare the following 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 for 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

5. Prepare various breakfast items and short order cooking.

Elements of Performance:

1. Prepare the following egg dishes:
 - Spanish omelette: season omelette pan, prepare garnish for omelette, mix eggs together, cook omelette with colour, turn omelette
2. Present using contemporary concepts:
 - French omelette: season omelette pan, mix eggs together, cook omelette without colour, fold omelette, add garnish

5. Prepare various breakfast items and short order cooking *continued* . . .***Elements of Performance:***

3. 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
4. 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
5. 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
6. Discuss modern presentation techniques

5. Prepare various breakfast items and short order cooking *continued* . . .***Elements of Performance:***

7. 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, a variety of omletttes
 - French toast: egg mixture, slice bread, cinnamon sugar or equivalent, cook french toast
 - Pancakes: prepare pancake mixture (commercial or homemade), cook pancakes

6. Prepare vegetables and various starch items.***Elements of Performance:***

1. Prepare the following vegetable dishes (or equivalent) for service:
 - braised cabbage fermiere
 - green beans amandine.
 - broccoli, sauce hollandaise
 - glazed carrots
2. Prepare the following potato dishes for service:
 - duchesse potato
 - baked potato
 - savoyarde potatoes (or equivalent)
 - french fries
3. 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
4. Prepare the following rice dishes:
 - Pilaff: finely dice onions, sweat onions, boil stock, add rice (long grain), onions, bayleaf, salt, pepper, add stock, bring to boil, cover and serve

6. Prepare vegetables and various starch items *continued* . . .***Elements of Performance:***

- Boiled Rice: boil salt water, add long grain rice, cook, refresh, strain, reheat, garnish and serve
- 5. 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 and cook, garnish and serve
- 6. Prepare the following pasta dishes:
 - Lasagne al forno (or an equivalent baked pasta dish): prepare meat sauce, cook lasagne, cool and strain pasta, assemble lasagne, bake lasagne, garnish and serve.
 - Spatzli (or one type of gnocchi): make spatzli batter, cook splatzli, refresh, drain, reheat and serve
- 7. Prepare the following sandwiches:
 - Monte Christo (hot): Prepare filling and assemble dip sandwich in beaten eggs, cook to golden brown, garnish and serve.
 - Club (hot): Prepare filling, toast bread, assemble sandwich, cut sandwich, garnish and serve.
 - Toasted Western (hot): Prepare filling, beat eggs, make western omelette, toast bread, assemble sandwich , garnish and serve.
 - Egg Salad (cold): Prepare filling, garnish, 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

7. Prepare fish and shellfish***Elements of Performance:***

1. Prepare fish in the following ways:
 - Poach fish: Prepare 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 (cut lobster in half, clean, garnish and serve hot, refresh shrimp and peel, devein and serve), boil shrimp, lobster

7. Prepare fish and shellfish *continued* . . .***Elements of Performance:***

- 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.
- Deep fry fish
- Batter fish
- Cook fish in deep fryer, garnish and serve fish in a contemporary or classical manner
- Prepare fish *Saint-Germain*
- Cook fish
- Garnish and serve fish

8. Prepare meat***Elements of Performance:***

1. 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.
2. Prepare Navarin of Lamb and Veal Blanquette
 - Cut meat for cooking, cut vegetables, cook meat, finish cooking, keep warm, garnish and serve
3. Pan Fry: Calves' Liver Tyrolienne (or equivalent): slice liver, flour liver, pan fry keep warm, garnish and serve
4. Meat Pie (tourtiere or equivalent): Make pastry, grind meat, sear meat, cut vegetables, cook tourtiere, keep warm, garnish and serve.
5. Cottage pie or equivalent: Grind meat, cut vegetables, cook meat, cook potatoes, assemble pie, cook cottage pie, keep warm, garnish and serve.
6. 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

Elements of Performance:

Vinaigrette, flavoured oils and infused vinegars, coleslaw, mayonnaise, tartar sauce, Calypso sauce, blue cheese dressing, sauce verte, Thousand Islands dressing

2. Prepare a decorated meat platter: Slicing of meats, cut chicken, fold and correctly assemble, decorate, store properly, garnish and serve in a contemporary fashion
3. 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
4. Prepare a variety of vegetable salads: Wash salad vegetables, cut salads, mix salad items, hold salad items, garnish and serve
5. Prepare cooked vegetable salads: cut, cook, refresh, mix with dressing, decorate, store, garnish and serve

V. SPECIAL NOTES:

IV. EVALUATION METHODS:

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

Attendance 40%

Daily performance 60%

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.

VI. PRIOR LEARNING ASSESSMENT:

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

VII. REQUIRED STUDENT RESOURCES:

Text: Professional Cooking 3rd edition, Wayne Gisslen