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

COURSE OUTLINE

Course Title: Culinary Techniques - Advanced

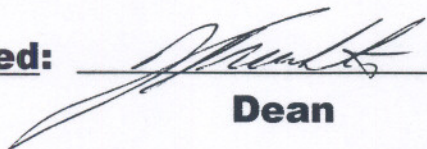**Code No.:** FDS133   **Semester:** 2
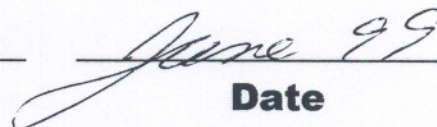
Program: Chef Training

Author: Glen Dahl

Date: Sept/99   **Previous Outline Date:** Sept/98

Approved: _____   _____
                    Dean   **Date**

Total Credits: 9   **Prerequisite(s):** FDS132
Length of Course: 16wks   **Total Credit Hours:** 144
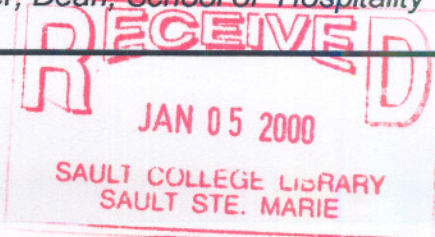
CULINARY TECHNIQUES – ADVANCED	FDS133
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COURSE NAME	**CODE**

TOTAL CREDITS: 9

PREREQUISITES: FDS132 (Culinary Techniques – Basic)

I. COURSE DESCRIFITION:

This course will give the students an advanced level needed to prepare the food items described under "Topics to be Covered".

II. TOPICS TO BE COVERED:

1. Fish and shellfish
2. Canapes
3. Pate
4. Horsd'oeuvre
5. Bufffet (cold)
6. Cold soups
7. Desserts
8. Poultry and Game
9. Lamb Cookery
10. Pork Cookery
11. Veal cookery
12. Beef
13. Pasta
14. Savoury Souffles
15. Dining Room Mise-en-place

III.LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. prepare and present the following dishes in a safe and sanitary manner:

Fish and Shellfish

Elements of the performance:

1. Prepare various classical sole dishes (eg: Sole Dieppose, Sole MarseiRaise, Sole Murat, Cole Colbert)
    - Prepare Colbert butter/maitre d'hotel butter
    - Demonstrate filleting techniques for sole
    - Demonstrate cutting sole *en goujons*
    - Demonstrate filleting techniques for Sole Colbert (equivalents may be used)

2. Prepare Fish Quenelles.
    - Demonstrate filleting techniques for salmon (or equivalent fish)
    - Prepare a panada
    - Mince filleted salmon
    - Combine ingredients together for quenelles
    - Shape and poach queneres
    - Prepare Sauce Bretonne (or equivalent sauce)
    - Present Quenelles de Saumon Bretonne

3. Prepare live lobster.
    - Cut and clean a live lobster.
    - Prepare Lobster A l'armoricaine
    - Prepare and present Lobster Bisque
    - Demonstrate a pastry covered soup
    - Equivalents may be used.

III.LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued* . . .

Fish and Shellfish continued . . .

Elements of the performance:

4. Prepare hot appetizers.
   - Clean, marinate snails
   - Prepare garlic butter
   - Fill snail shells
   - Present Escargots A la Bourguignonne
   - Prepare and present Shrimp in Pemod
   - Present Frogs' Legs Provengale
   - Equivalents may be used.

5. Prepare the following shellfish dishes or equivalents.
   - Oysters
   - Oysters Casino
   - Oysters Florentine
   - Kiwi Clams with Marinated Squid
   - Clean and open fresh oysters
   - Cook and refresh spinach, fennel and watercress
   - Prepare and present

Canapes

Elements of the performance:

1. Prepare a variety of canapes.

   - Prepare a variety of canape fillings
   - Assemble a variety of canapes
   - Glaze prepared canapes
   - Assemble prepare canapes for service using contemporary presentation techniques

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

Pate

Elements of the performance:

1. Prepare pate en croute
   - Prepare pate dough
   - Prepare meat farce
   - Assemble pate en croute
   - Bake pate en croute
   - Fill pate en croute with prepared aspic
   - Arrange sliced pate on a serving platter for service using contemporary presentation techniques

Hors d'oeuvre

Elements of the performance:

1. Prepare a variety of cold hors d'oeuvre
   - Assemble and garnish a tray of cold hors d'oeuvre for service using contemporary presentation techniques.

Buffet (Cold)

Elements of the performance:

1. Prepare a cold buffet piece demonstrating the application of *CHAUD-FROID*
   - Cook chicken breasts
   - Prepare chaud-froid sauce
   - Prepare aspic
   - Prepare cooked chicken breasts for coating
   - Mask chicken breasts with chaud-froid sauce
   - Decorate coated chicken breasts
   - Assemble decorated chicken breasts on a platter for service

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

Cold Soups

Elements of the performance:

1. Prepare the following cold soups (or equivalents):
   - Vichyssoise
   - Gazpacho
   - Fresh fruit soup

2. Demonstrate serving techniques for cold soups using a variety of garnishes and concepts relating to their origins.

Desserts

Elements of the performance:

1. Prepare the following desserts (or equivalents) using contemporary formats (plates and styles).
   - Poires au vin rouge
   - Mousse an chocolat
   - Prepare tuiles
   - Prepare sauce anglaise

Poultry and Game

Elements of the performance:

1. Prepare the following chicken dishes:
   - Coq-au-Vin (or equivalent)
   - Pomme Arlie
   - Apinards au beurre (cut a chicken into 8 pieces, prepare Coq-au-Vin,
   - Prepare Pommes Arlie, clean and wash spinach, cook and refresh
   - Spinach, finish buttered spinach)

III.LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

Poultry and Game continued . . .

2. Prepare the following poultry dishes:
   - Ballotine of duck
   - Puree of carrot
   - Rock Cornish Game Hen
   - Muskoka dressing (or equivalent)
   - Galette potatoes
   - Briased onions

Lamb Cookery

Elements of the performance:

1. Prepare the following lamb dishes (or equivalent pork dishes):
   - Rack of Lamb Persille
   - Prepare and serve a mustard sauce
   - Puree of carrot
   - Loin of Lamb en Croute (phyllo)
   - Stuffed Shoulder of Lamb Boulanger
   - Braised Lamb Shanks Cajun Style
   - Spinach fettucine

Pork Cookery

Elements of the performance:

1. Prepare the following pork dishes (or equivalent pork dishes):
   - Roast Stuffed Tenderloin of Pork with Port Wine Sauce
   - Pork Cutlets en Papillotte
   - Pork Chops Charcutiere
   - Prepare Gnocchi A la Piemontaise
   - Prepare Ratatouille

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued* . . .

Veal Cookery

Elements of the performance:

1. Prepare the following veal dishes (or equivalents):
   - Escalope de Veau Viennoise
   - Cordon bleu
   - Piccata Milanese

2. Prepare the following:
   - Emince de Veau Zurichoise
   - Haricots Verts au Beurre
   - Rosti
   - Veal Pojarski

Beef

Elements of the performance:

1. Prepare the following beef dishes (or equivalents):
   - Tournedos Rossini Chateaubriand h'la Bouquetiere Paupiettes of
   - Beef, Duchesse potatoes and Braised red cabbage
     (Trim and cut a fillet of beef into tournedos, chateaubriand. Prepare, cook, finish and present a la bouquetiere. Prepare croutons. Prepare sauce madeira. Saute, assemble and present tournedos Rossini. Turn and boil potatoes. Prepare and braise Savoy cabbage. Slice and tenderize beef for paupiettes, rouladen. Assemble and braise paupiettes of beef. Present apupiettes of beef. Prepare and present duchesse potatoes. Prepare, braise and present red cabbage.)

2. Prepare the following variety meat dishes (or equivalent):
   - Sweetbreads Marechal
   - Sweetbreads Toulousaine
   - Chicken quenelles

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

Pasta

Elements of the performance:

1. Prepare ravioli al sugo (or equivalent stuffed pasta). (Prepare paste. Prepare filling. Assemble, blanch and refresh pasta. Prepare an accompanying sauce *or jus*. Assemble and bake.)

Savoury Souffles

Elements of the performance:

1. Prepare hot savoury souffles. (Prepare the required mise-en-place for Making savoury souffles. Prepare and present a variety of hot savoury souffles and discuss uses. Describe the preparations of hot dessert souffles and discuss uses.

2. Prepare and present a hot sabayon (zabaglione) and discuss uses.

Dining Room Mise-en-Place

Elements of the performance:

1. Prepare the following dining room dishes:
    - Mise-en-place.
    - Prepare in front of customer: Caesar salad, Steak Diane (or equivalent) and Steak Tartare.