

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



Sault College

**COURSE OUTLINE**

**COURSE TITLE:** Quantity Food Preparation – Basic (Lab)

**CODE NO. :** FDS 141                      **SEMESTER:** ONE

**PROGRAM:** CHEF TRAINING AND APPRENTICE

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**DATE:** FALL 2005    **PREVIOUS OUTLINE DATED:** FALL  
2004

**APPROVED:**

	_____	_____
	<b>DEAN</b>	<b>DATE</b>

**TOTAL CREDITS:** 4

**PREREQUISITE(S):** None

**HOURS/WEEK:** 4 Hours/week

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## **I. COURSE DESCRIPTION:**

Culinary schooling alone does not make a student a cook. Studies have shown that 10 years of specialized knowledge in one field earns the right to be a Professional of technique, knowledge and experience. Practical hands-on experience will give gifted, interested and committed students the necessary skills and knowledge needed to complete classical and contemporary recipes as well as satisfying their customers.

“A la Carte “and “table d’hôte” cookery is an integral part of any kitchen operation. The job description and the skill level required also vary. This course will provide the student with the opportunity to organize, prepare, assemble and present food to order in a team environment, with an emphasis on customer service and satisfaction.

## **II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

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

1. Demonstrate the technical ability to produce Classical (PAST) and contemporary (PRESENT) menu items in a safe and organized manner as well as operate equipment in a safe and sanitary manner.

### Potential Elements of the Performance:

- a) Read, calculate, convert and interpret recipes
- b) Select and assemble equipment, utensils and ingredients.
- c) Mise en Place all the ingredients including accompaniments and garnishes.
- d) Practice food preparation cookery methods with emphasis on quality, sanitation, nutrition and personal hygiene standards for large quantities in a “table service” restaurant.
- e) Produce food products to industry standards following the sanitation and hygiene code regulations,
- f) Recall cookery methods and apply those methods to a variety of
- g) Food products according to selected menus.
- h) Describe the role of the Chef de Cuisine and the various Chef de Party functions in a “a la carte” and “table d’hôte” kitchen such as (saucier, garde-manger, entrentremetier, possonier, rotisseur and

patissier).

- i) Articulate instructions and provide guidance to foodservice staff, kitchen staff, and support staff.
- j) Demonstrate oral skills that will result in the successful production of the planned menu.
- k) Describe the procedures to light a pilot light
- l) Explain what is meant by “zones” on a grill or griddle.
- m) Describe how to “stone” a griddle. Safely
- n) Describe how to clean a deep fat fryer. Safely

2. Demonstrate the technical ability to prepare appetizers

Potential Elements of the Performance:

- a) Read, calculate, convert and interpret recipe
- b) Select and assemble equipment, utensils and ingredients.
- c) Mise en place all the ingredients including accompaniments and garnishes
- d) Assemble the appetizers and garnish.
- e) Present the appetizers for service.
- f) Practice and demonstrate various techniques of appetizer preparation for volume function. This will include neatness, balance, quality, portion size, garnish, time and convenience.
- g) Prepare various side dishes that are tempting and smart in appearance with small portions, using skill and originality in combination and garnish. Organize a small portion of a number of hot or cold savouries of varied scope in design and arrangement.

3. Demonstrate the technical ability to prepare soups

Potential Elements of the Performance:

- a) Read, calculate, convert and interpret recipe
- b) Select and assemble equipment, utensils and ingredients.
- c) Mise en place all the ingredients including accompaniments and garnishes
- d) Demonstrate the mode of preparation of the different types and classifications of soups
- e) Produce soups of different types
- f) Utilize different stocks in preparing the different classifications of soups
- g) Demonstrate the care, handling, and proper storage of stocks used as a foundation in preparing soups
- h) Prepare selected national soups and garnishes

- i) Practice the preparation and procedure for consommé
- j) Demonstrate the procedure for preparing consommé

4. Demonstrate the technical ability to prepare salads

Potential Elements of the Performance:

- a) Use different salad greens and vegetables and demonstrate their various uses, their quality and their names and signify their best condition for salad preparation
- b) Prepare four basic parts of a salad, demonstrating eye appeal, flavour, colour and body by combining them into various salads
- c) Produce non-salad items, main course salads, fruit salads, various dressings relating to salads of quality, eye appeal, flavour, texture, and a harmonious combination
- d) Prepare various dressings, flavoured oils and vinegar to accompany the salads in harmonious combination

5. Demonstrate the technical ability to prepare vegetables

Potential Elements of the Performance:

- a) Identify, cook and present a variety of fresh and frozen vegetables following the correct methods, sanitation and safety rules
- b) Perform the following tasks with vegetables: select, handle, clean, cut, blanch, boil, stew, sauté, bake, stuff, roast, deep fry, braise, glaze/gratinate, turn, puree

6. Demonstrate an understanding of how to prepare potatoes/farinaceous as well as the technical ability to prepare potatoes/farinaceous.

Potential Elements of the Performance:

- a) Cook and present fresh potatoes following the correct methods, sanitation, and safety rules
- b) Perform the following tasks with potatoes (alternate starches or farinaceous products such as rice or pasta may be used where appropriate): handle, clean, cut, blanch, boil, steam, sauté, stuff, deep fry, puree, roast, glaze/gratinate, turn, and bake

7. Demonstrate the technical ability to prepare entrees: Fish, meat and poultry

Potential Elements of the Performance:

- a) Demonstrate various techniques for the production of entrees with emphasis on quality, sanitation and safety standards
- b) Perform various tasks such as: grill, broil, glaze, braise, sauté, roast, bake, steam, blanch, pan-fry, puree, stuff, boned, trim, degree of doneness for the particular type of meat and portion
- c) Serve a finished product keeping in mind taste, portion size, selection, neat appearance, contemporary serving and artistic plated techniques

8. Demonstrate the technical ability to prepare desserts

Potential Elements of the Performance:

- a) Prepare ingredients to produce a variety of finished desserts following correct sanitation, cookery and safety rules
  - b) Prepare desserts utilizing the following concepts and/or products: season/spice/flavour; thicken; gratinate; shape/form; decorate/present; portion; purees (and dessert coulis); set; pie dough; sweet short dough; puff pastry; choux paste; sponge batter; steamed pudding; cold pudding; gelatin products; fruit products; chilling/freezing; poaching; deep frying; yeast dough; and proofing
9. Demonstrate the ability to name the uses of all the equipment used in an a la carte kitchen

Potential Elements of the Performance:

- a) Identify, name, use, dismantle, clean, reassemble with efficiency, safety and sanitation: all slicers, buffalo choppers, mixers, cuisinart, stoves, ranges, salamander, grill and broiler; ovens (conventional and convection); steam units and kettles; deep fat fryers (electric and gas); hand equipment; knives; meat grinder; ice cream machine; microwave oven; tilting fryer; potato peeler and any or all equipment

**III. TOPICS:**

1. A La Carte Introduction & Equipment
2. Appetizers

3. Soups
4. Salads
5. Vegetables
6. Potatoes/ Farinaceous
7. Entrees: Fish, Meat & Poultry
8. Desserts
9. Equipment

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS: Professional Cooking;  
5<sup>th</sup> edition, by Wayne Gisslen**

**V. EVALUATION PROCESS/GRADING SYSTEM:**

The lab assignment includes the following:

1. Gathering of utensils and raw materials
2. Pre-preparation of the assigned items
3. Preparation (cooking, baking) of the items
4. Proper storage of the ready items including packaging, refrigeration, freezing, and labeling
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 allotted locations
7. Handing in costing sheets when requested
8. No student is to leave the lab area until the end of the period unless you notify your Professor
9. Note that 25% of each labs mark will be based on sanitation

Using the above student evaluation, students will be graded as follows:

15 labs @ 15 marks each = 225 possible marks

- A+ 203-225 Outstanding achievement
- A 180-202 Excellent achievement
- B 158-179 Above average achievement
- C 135-157 Average achievement
- F(Fail) 156/less Repeat

Attendance is one of the most important components of the lab; therefore, any student who misses more than 3 labs in one semester will be issued an “F” grade unless extenuating circumstances occur. The decision rests with the Dean.

The following semester grades will be assigned to students in postsecondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	4.00
B	70 - 79%	3.00
C	60 - 69%	2.00
F (Fail)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field	

U	placement or non-graded subject areas. Unsatisfactory achievement in field placement or non-graded subject areas.
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies &amp; Procedures Manual – Deferred Grades and Make-up</i> ).
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades.
W	Student has withdrawn from course without academic penalty.

## VI. SPECIAL NOTES:

### **Dress Code:**

All students are required to wear their uniforms while in the Hospitality Centre, both in and out of the classroom **(Without proper uniform, classroom access will be denied entrance will be give once dress code is adhered to) See attached on hospitality dress code**

### **Special Needs:**

**If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.**

### **Retention of course outlines:**

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.



Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

**VII. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.