

Part 1: Labs: Culinary Techniques- Basic

I. COURSE DESCRIPTION:

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

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Demonstrate kitchen safety procedures

Potential Elements of the Performance:

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

- Knives
- Hand tools
- Cooking utensils
- Large equipment
- Mechanical equipment

Dress in full cook's uniform including

- Shoes
- Industry recognized pants
- Double breasted jacket
- Necktie
- Chef's hat
- Apron
- Thermometer
- Clean hand towels
- Short hair or hairnet.
-

Identify emergency and fire procedures

- Alarm
- Exits

Demonstrate food storage procedures and packaging

- Cooling
- Food rotation
- Labeling/dating
- Refrigeration
- Freezing: cellophane, foil wrap, sealed containers

- labelling
2. **Prepare stock cookery**
Potential Elements of the Performance:
 - Prepare vegetable cuts and flavouring agents
 - Prepare white stock (veal, chicken, fish)
 - Prepare brown stock (veal, beef, chicken)
 - Prepare vegetable stock
 3. **Prepare thickening agents**
Potential Elements of the Performance:
 - Roux: white, blonde, brown
 - Butter
 - Beurre marnié
 - Liaison
 - Cream
 - Starch: corn, arrowroot
 4. **Prepare soups**
Potential Elements of the Performance:
 - Classical consommé
 - Classical purée
 - Classical cream
 -
 5. **Prepare hot sauces**
Potential Elements of the Performance:
 - White (béchamel, velouté) – derivatives – reduction
 - Brown (espagnole, demi-glace) – derivatives – reduction
 - Glace de viande – reduction sauce
 - Gravies – jus de rôti and jus lié**Prepare cold sauces and dressings**
Potential Elements of the Performance:
 - Mayonnaise – derivatives
 - Vinaigrette - derivatives
 6. **Prepare egg and breakfast cookery**
Potential Elements of the Performance:
 - Prepare eggs: fry, boil, poach, scrambled, shirred.
 - Prepare egg dishes:
 - Omelette (folded and flat; Spanish, French)
 - Quiche
 - Poached egg dish
 - Crepes, French toast, pancakes
 - Prepare breakfast meat items
 - Prepare breakfast fish item
 7. **Prepare short order cookery**

Potential Elements of the Performance:

- Prepare classical hot sandwiches served in a contemporary presentation

8. **Prepare vegetable dishes**Potential Elements of the Performance:

- Select vegetable (leaf, flower, root, pod, legume, bulb, fungi)
- Prepare vegetable cuts
- Prepare vegetable dishes utilizing cooking methods:
 - Simmer, boil, steam, stir fry, sauté, braise, roast, grill

9. **Prepare farinaceous cookery**Potential Elements of the Performance:

- Prepare fresh pasta dishes: baked, noodle, stuffed, Spaetzle, gnocchi
- Prepare rice dishes: boiled, pilaf, risotto
- Prepare potato dishes
 - Duchesse – derivatives
 - Baked – derivatives
 - Mashed – derivatives
 - Château
 - Sauté
 - French fried
 - Noisette
 - Rösti
 - Roasted

10. **Prepare salads**Potential Elements of the Performance:

- Simple: lettuce, vegetable, legume
- Compound: fruit

11. **Prepare poultry and small game birds (duck, quail, duck confit) dishes**Potential Elements of the Performance:

1. **Prepare and butcher for:**
 - Whole roast
 - Spatchcock / crapaudine
 - Sauté
 - Suprêmes
 - Émincé
2. **Utilizing appropriate cooking methods**
 - Roast
 - Sauté
 - Poach
 - pan fry
 - fricassee
 - pies

12. **Prepare pork dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Roast loin and leg
 - Spare ribs
 - Force meat
- Utilizing appropriate cooking methods:
 - Roast (stuffed)
 - Grill
 - Pan fry
 - Sauté
 - Braised
 - Pork pie
 - fricassée

13. **Prepare veal dishes**Potential Elements of the Performance:

- Prepare / butcher for:
 - Escalope – paupiette
- Utilizing appropriate cooking methods:
 - Fricassée
 - Blanquette
 - Pan fry
 - Roast
 - Braised
 - Grill
 - sauté

14. **Prepare beef dishes**Potential Elements of the Performance:

- Prepare / butcher for:
 - Ground
 - Stewing
 - Émincé
 - Pot roast
 - Roast (prime Rib)
 - Paupiette
- Utilizing appropriate cooking methods:
 - Roast
 - Pot roast
 - Stew
 - Braised
 - Grill/broil
 - Pan fry
 - sauté

15. **Prepare lamb dishes**Potential Elements of the Performance:

- Prepare / butcher for
 - Leg
 - Shoulder-stuffed
 - Shank
 - Stewing
- Utilizing appropriate cooking methods:
 - Roast
 - Sauté
 - Pan fry
 - Stew
 - Braised
 - Grill/broil

16. **Prepare fish dishes**

Potential Elements of the Performance:

- Prepare / butcher
 - Whole
 - Darné
 - Fillet
 - Goujon
 - Crumbled and battered
- Utilizing appropriate cooking methods:
 - Poach (court bouillon)
 - Steaming
 - Pan fry
 - Deep fat fry
 - Grill/broil
 - Bake
 - En papillote

17. **Prepare shellfish dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Shrimp
 - Oyster
 - Mussels
 - Scallops
 - Clams
- Utilizing appropriate cooking methods:
 - Steam
 - Poach
 - Pan fry
 - Deep fry
 - Grill/broil
 - En papillote

III. TOPICS:

1. Kitchen safety procedures
2. Stock cookery
3. Thickening agents
4. Soups
5. Hot sauces
6. Egg and breakfast cookery
7. Short order cookery
8. Vegetable dishes
9. Farinaceous cookery
10. Salads
11. Poultry and small game birds
12. Pork dishes
13. Veal dishes
14. Beef dishes
15. Lamb dishes
16. Fish dishes
17. Shellfish dishes

Part 2: Theory: Culinary Techniques- Basic

I. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

Upon successful completion of the reportable subject, the student is able to demonstrate a working knowledge of basic food theory in preparation of the practical application of culinary techniques.

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

1. Demonstrate a working knowledge of cookery fundamentals

Potential Elements of the Performance:

- Define the meaning and purpose of cookery fundamentals
 - List and describe major cooking methods and categorize under moist heat, dry heat
 - Describe the three ways of applying heat in cooking
- Describe vegetable cuts and their uses:
 - Julienne
 - Brunoise
 - Macédoine
 - Bâton-bâtonnet
 - Jardinière
 - Paysanne
 - Diced onion
 - Sliced onion
 - Onion ring
 - Turned vegetables
- Describe flavouring vegetables and their uses
- Describe the composition of flavouring agents and their uses
 - Mirepoix
 - Bouquet garni
 - Spice bag
 - Matignon
 - Onion clouté
- List and define elementary culinary terms
- Describe a short order station mise-en-place
 - List and identify major order items
 - Describe the production management required for quantity sandwich making
 - Describe hot and cold sandwiches

2. Demonstrate a working knowledge of principles of preparing

Potential Elements of the Performance:

- List and describe various aromatics and their use in the

kitchen

- Describe the main differences between potherbs and culinary spices
- Describe storage procedures
- Differentiate 15 of the most common herbs and spices and their uses
- List and describe the principles of basic stock cookery
 - Describe the methods of preparing:
 - Fonds brun (estouffade)
 - Fonds de volaille
 - Fumet de poisson
 - Describe the use of vegetable and game stocks
 - Describe the cooling and storage principles of stocks and discuss various substitutes
 - Define essence and glaze as applied to stock cookery
- List and describe thickening agents, their preparation and uses
 - Roux (white, blonde, brown)
 - Butter
 - Beurre marnié
 - Liaison
 - Cream
 - Starch
- List and describe soups according to category and appropriate serving techniques
 - Clear, purée and cream, specialty/international
 - Describe the storage of soups to maintain quality and avoid bacterial growth
 - List and describe convenience food or substitutes that relate to stocks

3. **Demonstrate a working knowledge of the principles of sauce cookery**

Potential Elements of the Performance:

- Identify classical hot sauces
- Describe and/or diagram their structure
- Explain the relationship between basic and derivative sauces and describe their uses
- Describe the use and purpose of a reduction in sauce making
 - White (béchamel, velouté) – derivatives – reduction
 - Brown (espagnole, demi glace) – derivatives –reduction
 - Glace de viande – reduction
 - Glace de poisson
 - Tomato – derivatives
 - Gravies – jus de rôti and jus lié
- Explain the nature of an emulsion

- Describe how to emulsify butter and egg yolks
 - Describe the method of preparing sauce
 - Hollandaise
 - Béarnaise
 - List and describe the method of preparing compound butters and their uses
 - List and describe classical sauce families
 - Explain the relationship between basic and derivative sauces and describe their uses
 - Vinaigrette
 - Mayonnaise
 - List and describe non-derivative sauces and describe their uses
 - Discuss various sauce convenience products, and reconstitution of sauces
 - Identify the appropriate storage method for sauces to maintain quality and sanitation
4. **Demonstrate a working knowledge of breakfast and short order cookery**
Potential Elements of the Performance:
- Define the role of eggs in the kitchen
 - State the composition and grade of eggs
 - Describe 8 methods of cooking eggs
 - List and identify the major breakfast items
 - State the portion sizes of all breakfast meats
 - State the principles for the preparation of hot non-alcoholic beverages
 - Describe the methods of preparation and temperatures required for coffee, tea and hot chocolate
5. **Demonstrate a working knowledge of vegetables and farinaceous cookery**
Potential Elements of the Performance:
- Identify various pasta products
 - Differentiate between fresh and dry pasta
 - Describe various pasta dishes, holding and storage in the cooked and uncooked states
 - Describe various types of rice and grains
 - State the methods of preparation of rice and grains
 - Describe various rice and grain dishes
 - Define the role of the potato and other vegetables in the kitchen
 - State the origins and various types of potato and applications
 - Define vegetable and describe the cooking functions under the headings:

- Colour (pigmentation)
 - Texture
 - Botanical part (leaf, stem, flower, root, pod, legume, fungi)
 - Define garnitures and their role
 - Describe 10 classical French garnitures
 - State the purpose of garnishing
6. **Demonstrate a working knowledge of meat, poultry and fish structure and cookery**
- Potential Elements of the Performance:
- Identify types of meat and suggest cooking methods
 - Describe meat structure
 - Describe the slaughter process
 - Describe aging (dry, cryovac)
 - Identify classifications of meat (beef, veal, pork, lamb, poultry)
 - Identify grades of beef, veal, pork, lamb, poultry
 - Identify prime cuts (beef, veal, pork, lamb)
 - Identify subprimal cuts and their culinary uses
 - Describe various cooking methods (roast, roast-stuffed, grill, pan fry, sauté, braised, pie, fricassee, blanquette, stew, pot roast)
 - Identify the kinds and classes of poultry and suggest cooking methods
 - Describe the handling and storage of fresh and frozen poultry
 - Explain how to avoid the health hazards associated with poultry
 - Describe various cooking methods for poultry (roast, sauté, poach, grill, pan fry, fricassee, pies)
 - Describe the preparation of forcemeat and the hazards of cooking a stuffed bird
 - Describe the role of fish and shellfish in the kitchen
 - State the basic fish types:
 - Round and flat
 - Oily and lean
 - Salt and fresh
 - Discuss cuts of fish
 - Describe the methods of cleaning fish:
 - Differentiate between
 - mollusks and crustaceans
 - cephalopods
 - amphibians
 - Describe the problems relating to hygiene and storage (state methods of judging freshness and quality of fish and

shellfish)

- Describe methods of cooking fish and shellfish

III. TOPICS:

1. Cookery fundamentals
2. Principles of preparing stocks and soups
3. Principles of sauce cookery
4. Breakfast and short order cookery
5. Vegetables and farinaceous cookery
6. Meat, poultry, and fish structure and cookery

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

"Professional Cooking", 6th edition, 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, 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. No student is to leave the lab area until the end of the period

With the help of the above, students will be **graded in the labs** as follows:

Professionalism & Appearance 15%
- uniform, grooming, deportment

Sanitation & Safety 25%
- personal, work environmental, product management
- safe handling, operation, cleaning & sanitizing of tools and equipment
- organization of work area

Method of Work 40%
- Application of theory
- Application of culinary methods & techniques

Quality of Finished Product 20%
- appearance, taste, texture

EVALUATION PROCESS/GRADING SYSTEM:

Students will be **graded in Theory Component** as follows:

Theory test # 1	25%
Theory test # 2	25%
Final Assessment	<u>50%</u>
Total:	100%

NOTE THAT THE FINAL GRADE WILL CONSIST OF

LABS:	60%
THEORY:	<u>40%</u>
TOTAL:	100%

Note: Practical application:

- In all practical food labs, 40% of the unit final mark is to evaluate the "Method of work" which includes preparation.
- End of semester practical exam has a weight of 33% of lab mark.

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
D	50 - 59 %	1.00
F (Fail)	49% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	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 & 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	

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.