

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



Sault College

**COURSE OUTLINE**

**COURSE TITLE:** Food Theory - Basic

**CODE NO. :** FDS145 **SEMESTER:** 1

**PROGRAM:** Culinary Skills – Chef Training  
Culinary Management  
Cook Apprentice

**AUTHOR:** Glen Dahl

**DATE:** May 2008 **PREVIOUS OUTLINE DATED:** May 2007

**APPROVED:** "Penny Perrier"

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**CHAIR** **DATE**

**TOTAL CREDITS:** 1

**PREREQUISITE(S):** NONE

**HOURS/WEEK:** 2

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**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, fricassée, 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, fricassée, 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", 6<sup>th</sup> edition, Wayne Gisslen

### V. 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%

**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 limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.
NR	Grade not reported to Registrar's office.
W	Student has withdrawn from the course without academic penalty

## VI. SPECIAL NOTES:

### ***Dress Code:***

All students are required to wear their uniforms while in the Hospitality and Tourism Institute, both in and out of the classroom. **(Without proper uniform, classroom access will be denied)**

### 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 E1101 or call Extension 2703 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.

### Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Code of Conduct*. 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.

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

Tuition Default:

Students who have defaulted on the payment of tuition (tuition has not been paid in full, payments were not deferred or payment plan not honoured) as of the first week of November will be removed from placement and clinical activities. This may result in loss of mandatory hours or incomplete course work. Sault College will not be responsible for incomplete hours or outcomes that are not achieved or any other academic requirement not met as of the result of tuition default. Students are encouraged to communicate with Financial Services with regard to the status of their tuition prior to this deadline to ensure that their financial status does not interfere with academic progress.

**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.