

**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 PROGRAM  
COOK APPRENTICES  
CULINARY MANAGEMENT PROGRAM

**AUTHOR:** Glen Dahl

**DATE:** May 2009 **PREVIOUS OUTLINE DATED:** May 2008  
**APPROVED:** "Penny Perrier" May 14/09

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		<b>CHAIR</b>	<b>DATE</b>
<b>TOTAL CREDITS:</b>	1		
<b>PREREQUISITE(S):</b>	NONE		
<b>HOURS/WEEK:</b>	2		

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*Chair of School of Hospitality*  
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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, 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", 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)**

### 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.

### 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.

### Prior Learning Assessment:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.

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



Disability Services:

If you are a student with a disability (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Disability Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

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*. A professor/instructor may assign a sanction as defined below, or make recommendations to the Academic Chair for disposition of the matter. The professor/instructor may (i) issue a verbal reprimand, (ii) make an assignment of a lower grade with explanation, (iii) require additional academic assignments and issue a lower grade upon completion to the maximum grade “C”, (iv) make an automatic assignment of a failing grade, (v) recommend to the Chair dismissal from the course with the assignment of a failing grade. 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.

Student Portal:

The Sault College portal allows you to view all your student information in one place. **mysaultcollege** gives you personalized access to online resources seven days a week from your home or school computer. Single log-in access allows you to see your personal and financial information, timetable, grades, records of achievement, unofficial transcript, and outstanding obligations, in addition to announcements, news, academic calendar of events, class cancellations, your learning management system (LMS), and much more. Go to <https://my.saultcollege.ca>.

Electronic Devices in the Classroom:

Students who wish to use electronic devices in the classroom will seek permission of the faculty member before proceeding to record instruction. With the exception of issues related to accommodations of disability, the decision to approve or refuse the request is the responsibility of the faculty member. Recorded classroom instruction will be used only for personal use and will not be used for any other purpose. Recorded classroom instruction will be destroyed at the end of the course. To ensure this, the student is required to return all copies of recorded material to the faculty member by the last day of class in the semester. Where the use of an electronic device has been approved, the student agrees that materials recorded are for his/her use only, are not for distribution, and are the sole property of the College.

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.