



**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
  - Darne
  - 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

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

"Professional Cooking", 7<sup>th</sup> 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:*****NOTE THAT THE FINAL GRADE WILL CONSIST OF***

Labs	67%
Final Practical Exam	<u>33%</u>
Total	100%

Note: Practical application:

- a. In all practical food labs, 40% of the unit final mark is to evaluate the "Method of work" which includes preparation.
- b. 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 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:**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.

## 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)**

**VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located on the portal form part of this course outline.