

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



**SAULT
COLLEGE**

COURSE OUTLINE

COURSE TITLE: Cuisine a' la Carte - I

CODE NO. : FDS141 **SEMESTER:** 1

PROGRAM: CULINARY SKILLS – CHEF TRAINING
CULINARY MANAGEMENT
COOK APPRENTICE

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APPROVED: "Angelique Lemay" June/16

DEAN **DATE**

TOTAL CREDITS: 4

PREREQUISITE(S): None

HOURS/WEEK: 4

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I. COURSE DESCRIPTION:

This course will introduce students to all areas of the fully-operational kitchen, Sault College Hospitality Centre's Willow Teaching Restaurant. Students will develop basic knowledge and skills in the organization and operation of each of the production areas and acquire practical skills of how to produce basic food items in a safe and sanitary work environment.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Contribute to the provision of a healthy, safe, and well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants.

Potential Elements of the Performance:

- Understand and apply the principles of the Food Handlers Certification Program
- Follow personal hygiene and grooming standards appropriate to the industry
- Apply a preventative approach to safety, sanitation, and maintenance of facilities, equipment and supplies
- Select the correct cleaning equipment, supplies, and materials, and apply sanitation principles; and follow established cleaning instructions
- Act appropriately in emergency situations by complying with emergency planning policy and procedures
- Adhere to the principles of the Hazard Analysis Critical Control Point System (H.A.C.C.P.)
- Act in accordance with legislation governing safety and security in the workplace
- Follow established procedures for monitoring and controlling inventory of equipment and supplies including Workplace Hazardous Materials Information System (W.H.M.I.S.) regulations
- Recognize the importance of obtaining health and safety certifications (e.g. WHMIS, HACCP, Safe Food Handlers Certifications, CPR, First Aid)
- Apply knowledge to identify and eliminate hazards in the workplace

2. Apply basic and advanced food and bake theories and other related theories to all aspects of food preparation.

Potential Elements of the Performance:

- Apply techniques of basic and advance food preparation for both small and large quantity food preparation
- Apply knowledge of the effects of heat and cold on ingredients
- Apply knowledge of how various ingredients interact
- Use theoretical knowledge to prevent or solve food preparation problems
- Select ingredients appropriate to the desired end product
- Match appropriate methods of cookery to various ingredients and desired end product
- Use national and international culinary terminology
- Apply knowledge of colour and design skills to food preparation
- Take into account the importance of nutrition and of the dietary needs of clients (e.g. food sensitivities and allergies, cultural or religious diet such as kosher or halal, diet trends)
- Be aware of potential dangers to customers caused by allergic reactions to ingredients and follow established risk-reduction strategies

3. Perform effectively as a member of a food and beverage preparation and service team.

Potential Elements of the Performance:

- Recognize the importance of good quality food and beverage service
- Take into account the impact of the cook and server's role on food and beverage service
- Complete work in a manner that enhances collaboration among the various members of the food and beverage service team
- Participate in the provision of services for special events
- Organize the selection and use of correct products and techniques for food and beverage service
- Select and use the correct tools, equipment, and supplies for food and beverage production
- Comply with departmental financial objectives in menu planning
- Take into account information from Point of Sale System

4. Apply knowledge of kitchen management techniques, as required, to support the goals of the operation and the responsible use of resources.

Potential Elements of the Performance:

- Cooperate with other departments
- Follow human resources policies and procedures including non-harassment and equity requirements
- Complete all work in compliance with relevant law and regulations
- Apply knowledge of group dynamics to contribute to team building and effectiveness
- Adapt performance to meet employer expectations of an entry-level cook
- Participate effectively in departmental meetings

5. Demonstrate the ability to prepare soups.

Potential Elements of the Performance:

- Prepare vegetable cuts and flavouring agents
- Prepare white chicken stock, brown beef stock and vegetable stock
- Prepare a clear , puree and cream soup following a standard recipe
- Use appropriate thickening agents

6. Demonstrate the ability to prepare salad dishes.

Potential Elements of the Performance:

- Use different salad greens and vegetables and demonstrate their various uses, their quality and their names
- Prepare four basic parts of a salad, demonstrating eye appeal, flavour, colour and body by combining them into various salads
- Produce non-salad items, main course salads, fruit salads, various dressings relating to salads of quality, eye appeal, flavour and texture
- Prepare various dressings, flavoured oils and vinegar to accompany the salads

7. Demonstrate the ability to prepare classical sandwiches.

Potential Elements of the Performance:

- Prepare classic sandwich dishes
- Utilize and apply knowledge of classical sandwich recipes which may include; Monte Cristo, Clubhouse, Toasted Western, Chicken Salad, and Reuben sandwiches.

8. Demonstrate the ability to prepare vegetables, potato, pasta and rice.
Potential Elements of the Performance:

- Prepare a variety of potato dishes
- Prepare different vegetable dishes
- Prepare standard rice dishes
- Prepare a variety of fresh pasta dishes

9. Demonstrate the ability to prepare entrees: fish, meat and poultry.
Potential Elements of the Performance:

- Demonstrate various techniques for the production of entrees with emphasis on quality, sanitation and safety standards
- Perform various tasks using some of the following standard preparation methods; grill, broil, glaze, braise, sauté, roast, bake, steam, blanch, pan-fry, puree, stuff, debone, and trim
- Check for the degree of doneness for a particular type of meat and portion
- Serve a finished product keeping in mind taste, portion size, selection, neat appearance, contemporary serving and artistic plated techniques

10. Apply correct business etiquette, hospitality protocol and codes of conduct as a server in the restaurant and special events.

Potential Elements of the Performance:

- The student will demonstrate the use of proper etiquette and protocol as he/she functions through each area of the food and beverage function.

Areas which will be considered:

- Scheduled attendance and punctuality
- Hygiene, grooming and dress code
- Respect of co-workers, faculty and customers
- Ability to create and maintain a welcoming environment
- Self-discipline under stress to meet deadlines
- Compliance with policies and standards
- Ability to make recommendations to improve service
- Acting in accordance with legislation governing security, and health and safety in the workplace

11. Perform effectively as a member of a food and beverage service team using problem solving, decision-making and interpersonal skills.

Potential Elements of the Performance:

- React in a positive manner to co-workers, faculty and customers
 - Contribute in a positive manner to the overall running of the food and beverage operation in a team structure
 - Suggest improvements which could affect the overall running of the food and beverage operation and present them to the team
 - Participate in the planning and execution of the teams assigned responsibilities
12. Develop ongoing personal professional development strategies and plans to enhance culinary, leadership, and management skills for the hospitality enterprise.

Potential Elements of the Performance:

- Solicit and use constructive feedback in the evaluation of his/her knowledge and skills
- Prepare and attain appropriate professional certification (e.g. Interprovincial Seal)
- Identify various methods of increasing professional knowledge and skills
- Apply principles of time management and meet deadlines
- Recognize the importance of the guest, the server-guest relationship, and the principles of good service
- Recognize the importance of ethical behaviour and codes of conduct in business

III. TOPICS:

Note: These topics sometimes overlap several areas of skill development and are not necessarily intended to be explored in isolated learning units or in the order below.

1. Dress code and personal hygiene
2. Principles of sanitation, safe food handling, first aid, fire and emergency evacuation procedures (Food Handler's Certification, Algoma Health Unit)
3. Orientation of kitchen – equipment, tools and supplies
4. Menu planning, recipes and food terminology
5. Food ordering, purchasing, receiving, storage and requisitioning
6. Planning, preparation, production and management of kitchen
7. Policies and procedures – health and safety, protocol, etiquette, codes of conduct
8. Cooking methods – stocks, soups, entrees
9. Short order and small quantity cooking
10. Standard opening and closing procedures
11. Inventory and maintenance

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Professional Cooking, 8th edition, W. Gisslen
Digital Thermometer
Digital Scale
Zester
Vegetable Peeler
Paring Knife
Chanel Knife
Boning Knife
Bread Knife
Steel
Chef Knife 6"-10"
Piping Bag with appropriate tips
Sturdy Non-slip Shoes
White Chef Jacket with name
Checkered Chef's Pants
Chef's Hat
Apron
Clean Hand Towels
Neck Tie
Hair Net

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%
- Arrival	
- Uniform	
- Grooming	
- Professional Etiquette	
- Deportment	
Sanitation & Safety	25%
- Personal	
- Organization of work area	
- Work environment	
- Product management	
- Safe handling, operation, cleaning & sanitizing of tools	
Method of Work	40%
- Application of theory	
- Application of culinary methods & techniques	
- Work rhythm (pace)	
- Ability to correct errors	
- Product organization	
- Operation & care of equipment	
- Attention to duties	
- Decision making	
- Job flexibility	
- Accepts direction from others	
- Attitude toward others	
- Amount of supervision required	
- Reaction to frustration	
- Effectiveness under stress / adjust to and accepts changes	
- Knowledge of work	
- Quality	
- Quantity of work	
- Interaction with supervisor	
- Ability to learn required tasks	
- Takes initiative	
Quality of Finished Product	20%
- appearance, taste, texture, temperature	

The following semester grades will be assigned to students:

Grade	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
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.	

If a faculty member determines that a student is at risk of not being academically successful, the faculty member may confidentially provide that student's name to Student Services in an effort to help with the student's success. Students wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

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. It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be granted admission to the room.

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 – it is at the professor's discretion.

LAB Absence:

If a student is unable to attend class for medical reasons on the date assigned, the following procedure is required:

- In the event of an emergency on the day of class, the student may require documentation to support the absence and must telephone the College to identify the absence. The college has a 24 hour electronic voice mail system (759-2554) Ext. 2588.
- The student shall provide the Professor with advance notice preferably in writing or e-mail of his/her need to miss the class with an explanation which is acceptable to the professor.
- The student may be required to document the absence at the discretion of the Professor.
- With satisfactory documentation the student is responsible to make arrangements, immediately upon their return to the College to make-up the missed lab.

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 in D2L and on the portal form part of this course outline.