

Course Outline  
for  
Secretarial Students Lab.  
elective

General Objectives:

This course is offered to provide basic skills and knowledge in the general cooking as practiced in the home.

<sup>to</sup> Acquire basic cooking skills that will enable preparation of simple meals.

Sanitation & Hygiene } Will use the same course  
Nutrition } outline as last year.

Basic Cooking Methods:

- a) Roasting
- b) Baking
- c) Broiling
- d) Sautéing & Pan Frying
- e) Boiling & Poaching
- f) Deep Fat Frying

Soups & Stocks:

- a) Beef Stock
- b) Chicken Stock
- c) Vegetable Soup
- d) Cream Soup.
- e) Puree Soup.

## Sauces + Gravies :

- a) Espagnole (Brown Sauce)
- b) White sauce (Bechamel, Veloute)

## Breakfast Cooking :

- a) Toasts + Pastries
- b) Cereals, Pancakes etc.
- c) Eggs - scrambling, Omelettes
- d) French toast etc.

## Lunch items :

- a) Sandwiches + fillings
- b) Hamburgers.
- c) Casseroles.

## Main Entries :

- a) Meats - beef, veal, Pork
- b) Poultry - chicken, turkey.
- c) Fish

## Potato Cooking :

- a) Mashed potatoes
- b) Baking potatoes
- c) Roasting potatoes.

### Vegetable Cooking:

- a) Preparation of canned vegetables
- b) Preparation of frozen vegetables
- c) Preparation of fresh vegetables
- d) Special Vegetable Dishes

### Deep Fat Frying:

- a) Breadings?
- b) Meats
- c) Vegetables
- d) fish

### Meat cuts + choice of quality:

- a) Steak
- b) Roasts
- c) Hamburger
- d) Swiss Steak

### Salads:

- a) Green + molded
- b) Salad plates
- c) Salad Dressings

### Uses of Ground Meats:

- a) Casseroles
- b) Hamburger etc.

## Pies + Pastry :

- a) Pie dough
- b) Fruit pies
- c) Puddings
- d) Fruit desserts

## Cakes :

- a) White
- c) Chocolate
- d) Icings - Buttercreams

## Food Storage Temperatures :

- a) Vegetables
- b) Meats
- c) Cooked food
- d) fish

## Introduction to food buying + economizing

- a) Foods in season
- b) meat etc.

## Evaluation :

- a) Divide students into small groups for meal preparation
- b) Each ~~student~~ <sup>group</sup> will be ~~responsible~~ responsible for
  1. Planning + costing a luncheon or dinner menu.
  2. Cooking the luncheon or dinner from the planned menu.

2. Each student will be required to plan & cost a one week menu for a family of 4. Given a maximum food allowance. Evaluated on the basis of
- a) nutritional
  - b) imagination in planning
  - c) adherence to food allowance.

- 3 a) Each student will plan a menu for a dinner party for 8. Costing will be taken into account. Eval. will be based on
- a) imagination in planning
  - b) nutritional soundness

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