# SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY SAULT STE. MARIE, ONTARIO

# COURSE OUTLINE

Course Outline:	FOOD THEORY	A PAGE CO
Code No.:	FDS 230	Cooking methods a
Program:	HOTEL AND RESTAURANT MANAGEMENT	
Semester:	DRESSINGS OWT	4. SALADS AND SALAD
Date:	JANUARY 1989	of basic dressing
Author:	GLEN DAHL	S. BORS D'OBUVRES
	New:	Revision:
	New.	Hot and savory
APPROVED: Chair	rperson daliw about	88-06-10 Date

FOOD THEORY

FDS 230

COURSE LENGTH: 30 Hours

## TOPICS TO BE COVERED:

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1. POULTRY COOKERY

Sauteing, roasting, baked, stuffed, and poached

2. SHORT ORDER AND EGG COOKERY

PASS is 55%.

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Final Test : 138

Cooking methods of eggs, omelettes, pancakes, and other in breakfast foods

PASTA AND RICE COOKERY

Cooking methods and sauces for pasta; the preparations of the various types of rice for desserts, main entrees, and side dishes

4. SALADS AND SALAD DRESSINGS

Various appetizers, main entrees, and side salads; preparation of basic dressings

5. HORS D'OEUVRES

Variety of hot and cold; preparation and serving methods

6. SOUFFLES

Hot and savory

7. MICROWAVE COOKERY

Basic cooking methods with a microwave oven; use of vegetables, fish, meats, and desserts

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#### **EVALUATION**

Midterm Test - 40% Final Test - 60% 

PASS is 55%.

All tests must be written on dates specified. Only in those cases of sickness or other major circumstances will rewrites be considered.

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Midterm Test - 408 Final Test - 508 1008

PASS is 55%.

All tests must be written on dates specified. Only in those cases of sickness or other major circumstances will rewrites be considered.