

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

COURSE OUTLINE

Course Title: THEORY OF FOOD

Code No.: FDS230

Program: HOTEL AND RESTAURANT MANAGEMENT

Semester: TWO

Date: JANUARY, 1990

Author: G.W. DAHL

New: _____ Revision: X

APPROVED: 
Chairperson

90-01-01
Date

THEORY OF FOOD

FDS230

Course Name

Course Code

COURSE LENGTH: 30 Hours - 2 periods per week

REQUIRED TEXT: "Professional Cooking", by Wayne Gisslen

PURPOSE:

The subject content will give the student the basic knowledge of the theory of food. This information will be very important to students' management careers in the Hospitality field.

MODULE FIVE: UNDERSTANDING VEGETABLES:

The goals of proper vegetable cookery are to preserve and enhance their fresh flavour, texture, and colour; to prepare and serve vegetables that are not just acceptable, but sought after.

- 1) Control texture, flavour, colour and nutritional changes when cooking vegetables
- 2) Prepare and serve vegetables cooked to their proper doneness
- 3) Judge quality in cooked vegetables based on colour, appearance, texture, flavour, seasoning, and appropriateness of combination with sauces and other vegetables
- 4) Prepare fresh vegetables
- 5) Calculate yields based on trimming losses
- 6) Check quality of frozen, canned and dried vegetables
- 7) Prepare vegetables for service by the batch cooking method and the blanch-and-chill method
- 8) Store fresh and processed vegetables correctly

MODULE SIX: VEGETABLE COOKERY:

Upon completion of this module, students will be able to:

- 1) Cook vegetables by boiling and steaming
- 2) Cook vegetables by sauteing and pan frying
- 3) Cook vegetables by braising
- 4) Cook vegetables by baking
- 5) Cook vegetables by broiling
- 6) Cook vegetables by deep frying

MODULE SEVEN: POTATOES AND OTHER STARCHES:

This section deals primarily with the preparation of potatoes, rice and pastas. Upon completion of this module, the student will be able to:

- 1) Distinguish the major types of potatoes and the best use for each
- 2) Select potatoes of high quality and store them properly
- 3) Cook potatoes by boiling and steaming and prepare potato puree
- 4) Cook potatoes by baking, sauteing, pan frying, and deep frying
- 5) Distinguish the major types of rice
- 6) Prepare rice by boiling and steaming and by the pilaf and risotto methods
- 7) Distinguish major kinds and shapes of commercial pastas and determine their quality
- 8) Prepare commercial pasta products

MODULE EIGHT: SALADS AND SALAD DRESSINGS:

The Pantry Chef should have some artistic judgment as well as the patience and dexterity to perform a great many hand operations quickly and efficiently. Upon completion of this module, the student will be able to:

- 1) Describe the different salad types and select appropriate salad recipes for use as appetizers, accompaniments, main course, separate course, and dessert salads
- 2) Identify salad greens and other salad ingredients
- 3) Judge quality and prepare fresh fruits
- 4) Identify the parts of a salad
- 5) Assemble salads that have eye appeal
- 6) Set up an efficient system for producing salads in quantity

STUDENT EVALUATION:

The student's final grade will consist of the following components:

Module #5 Test	=	25%
Module #6 Test	=	25%
Module #7 Test	=	25%
Module #8 Test	=	25%

100%

PASS GRADE = 55%

NOTE: Tests must be written on the dates given -- NO REWRITES

GRADING:

A+	95-100%
A	75- 94%
B	65- 74%
C	55- 64%
R	0- 54%