

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE MARIE, ON**



**COURSE OUTLINE**

**Course Title: CUISINE A LA CARTE**

**Code No.: FDS 219      Semester: 2**

**Program: CHEF TRAINING**

**Author: GLEN DAHL**

**Date: WINTER/99      Previous Outline Date: SEPT/98**

**Approved:**

  
**Dean**

  
**Date**

**Total Credits: 4**

**Prerequisite(s): None**

**Length of Course: 16 wks**

**Total Credit Hours: 64**

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**CUISINE A LA CARTE**

**FDS219**

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**COURSE NAME**

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**CODE**

**TOTAL CREDITS: 4**

**PREREQUISITES: FDS139**

**I. COURSE DESCRIFITION:**

This course will give the students an experience in A LA CARTE cookery in an operating food establishment environment.

**II. TOPICS TO BE COVERED:**

1. A LA CARTE INTRODUCTION
2. APPETIZERS
3. SOUPS
4. SALADS
5. VEGETABLE
6. POTATOES/FARINACEOUS
7. ENTREES: FISH, MEAT AND POULTRY
8. DESSERTS
9. EQUIPMENT



### III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

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

1. Produce, on an a la carte basis, the following items in an operating food establishment.

#### ***A LA CARTE - INTRODUCTION***

##### ***Elements of the performance:***

1. Practise food preparation cookery methods, with emphasis on quality, sanitation and hygiene standards for large quantities, in a "table service" restaurant.
  - Produce food products to industry standards, following the sanitation and hygiene code regulations
  - Recall cookery methods and apply those methods to a variety of food products according to selected menus.
  - Produce a menu of various classical, contemporary and ethnic dishes (e.g. French - modern and regional; Italian - regional; Asian - Chinese, Japanese, Thai; Indian; North American - regional) following standard recipes using menu planning skills.
  - Present these menu items utilizing a variety of contemporary serving styles (including artistic plated-presentations) and techniques.
  - Menu to include:
    - one appetizer
    - two soups
    - one salad
    - three entrees
    - two vegetables
    - two potatoes (or alternate)
    - two desserts
  - Describe the role of the Chef de Cuisine and the various partie functions in an A la carte kitchen (such as, saucier, garde-manger, entrentremetier, poissonnier, rotisseur, patissier).
2. Articulate instructions and provide guidance to food service staff, kitchen staff and support staff
  - Demonstrate oral skills that will result in the successful production of the planned menu.



### III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

#### **APPETIZERS**

##### ***Elements of the performance:***

1. Practice and demonstrate various techniques of appetizer preparation for volume function, this will include neatness, balance, quality, portion size, garnish, time and convenience
2. Prepare various side dishes that are tempting and smart in appearance with small portions, using skill and originality in combination and garnish. Organize a small portion of a number of hot or cold savouries of varied scope in design and arrangement
3. Correctly prepare 10 portions in an allotted time span, for any 10 appetizers.

#### **SOUPS**

##### ***Elements of the performance:***

1. Demonstrate the mode of preparation of the different types and classifications of soups.
  - Produce soups of different types.
  - Utilize different stocks in preparing the different classifications of soups.
  - Prepare 10 portions correctly in a time frame allotted and serve this soup with appropriate garnish.
2. Demonstrate the care and handling of stocks used as a foundation in preparing soups
  - Prepare selected national soups and garnishes.
  - Practise the preparation and procedure for consommé.
  - Demonstrate the procedure for preparing consommé.

### III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued* . . .

#### **SALADS**

##### ***Elements of the performance:***

1. Use different salad greens and vegetables and demonstrate their various uses, their quality and their names and signify their best condition for salad preparation.
2. Prepare four basic parts of a salad, demonstrating eye appeal, flavour, colour and body by combining them into various salads.
3. Produce non-salad items, main course salads, fruit salads, various dressings relating to salads of quality, eye appeal, flavour, texture and a harmonious combination.
4. Prepare various dressings, flavoured oils and vinegars to accompany the salads in harmonious combination.
5. Complete 10 portions of salad, dressing and garnish in a safe, sanitary manner in the allotted time frame using contemporary presentation and culinary techniques.

#### **VEGETABLES**

##### ***Elements of the performance:***

1. Identify, cook and present a variety of fresh, and frozen vegetables following the correct methods, sanitation and safety rules.
2. Perform the following tasks **with** vegetables:  
Select, Handle, Clean, Cut, Blanch, Boil, Stew, Saute, Bake, Stuff, Roast, Deep-fry, Braise, Glaze/Gratinate, Turn, Puree
3. In an allotted time-frame, prepare and present 10 vegetables from an approved recipe, for 10 portions of each vegetable.



### III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

#### **POTATOES/FARINACEOUS**

##### ***Elements of the performance:***

1. Cook and present fresh potatoes following the correct methods, sanitation, and safety rules
2. Perform the following tasks with potatoes (alternate starches or farinaceous products, such as rice or pasta may be used where appropriate).
  - Handle
  - Clean
  - Cut
  - Blanch
  - Boil
  - Steam
  - Saute
  - Stuff
  - Deep-fry
  - Puree
  - Roast
  - Glaze/Gratinate
  - Turn
  - Bake
3. In an allotted time frame, prepare and present 10 forms of potatoes (or alternate starches) using approved recipes, for 10 portions

### III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

#### ***ENTREES: FISH, MEAT AND POULTRY***

##### ***Elements of the performance:***

1. Demonstrate various techniques for the production of entrees with emphasis on quality, sanitation and safety standards
2. Perform various tasks such as:
  - Grill, broil, glaze, braise, saute, roast, bake, steam, blanch, pan-fry, puree, stuff, de-bone, trim and portion
3. Prepare a selection of entrees within the allotted time according to standards of taste and presentation using correct procedures
4. Serve a finished product keeping in mind, taste, portion size, selection and neat appearance, and contemporary serving and artistic plated techniques. Produce a selection of entrees, 10 fish, 10 meat and 10 poultry in 10 portions of each.



### III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

#### **DESSERTS**

##### ***Elements of the performance:***

1. Prepare ingredients to produce a variety of finished desserts following correct sanitation, cookery and safety rules
  - Prepare desserts utilizing the following concepts and/or products:
    - Season/spice/flavour
    - Thicken
    - Gratinate
    - Shape/form
    - Decorate/present
    - Portion
    - Purees (and dessert coulis)
    - Set
    - Pie dough
    - Sweet short dough
    - Puff pastry
    - Choux paste
    - Sponge batter
    - Cooked pudding
    - Baked pudding
    - Steamed pudding
    - Cold pudding
    - Gelatine products
    - Fruit products
    - Chilling/freezing
    - Poaching
    - Deep-frying
    - Yeast dough
    - Proofing
2. Prepare 10 desserts from an approved recipe, in 10 portions within an allotted time frame utilizing contemporary culinary techniques and presentation.



### III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE *continued . . .*

#### 2. Name and demonstrate the use of all the equipment used in an a la carte kitchen

##### *Elements of the performance:*

1. Identify, name, use, dismantle, clean, reassemble with efficiency and safety:
  - All slicers, Buffalo chopper, Mixers, Cuisinart, Stoves, ranges, salamander, grill and broiler.
  - Ovens (conventional and convection)
  - Steam units and kettles
  - Deep fat fryers (electric and gas)
  - Hand equipment
  - Knives
  - Meat grinder
  - Ice cream machine
  - Microwave oven
  - Tilting fryer
  - Potato peeler

#### IV. EVALUATION METHODS:

The mark for this course will be arrived at as follows:

Attendance	40%
Daily performance	60%

A grade will be assigned daily. The grading scheme used will be as follows:

A+	90 - 100%	Consistently Outstanding
A	80 - 89%	Outstanding achievement
B	70 - 79%	Consistently above-average achievement
C	60 - 69%	Satisfactory or acceptable achievement in all areas subject to assessment
R	Repeat	The student has not achieved the objectives of the course and the course must be repeated.
X	Incomplete.	A temporary grade limited to situations with extenuating circumstances, giving the student additional time to complete course requirements.

#### V. SPECIAL NOTES:

1. In order to pass this course the student must obtain an overall test/quiz average of 60% or better.
2. Assignments must be submitted by the due date according to the specifications of the instructor. Late assignments will normally be given a mark of zero. Late assignments will only be marked at the discretion of the instructor in cases where there were extenuating circumstances.
3. The instructor reserves the right to modify the assessment process to meet any changing needs of the class. Consultation with the class will be done prior to any changes and all changes will be presented in writing.
4. The ability to upgrade an incomplete grade is at the discretion of the instructor. It may consist of such things as make-up work, rewriting tests, and comprehensive examinations.
5. Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.



**COURSE NAME****CODE**

6. Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students. Notice of changes will be in writing.
  
7. 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 "R" grade unless extenuating circumstances occur. The decision rests with the Dean.

**VI. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the instructor.

**VII. REQUIRED STUDENT RESOURCES:**

Text: Professional Cooking 3rd edition, Wayne Gisslen