



**I. COURSE DESCRIPTION:**

This course will build on the basic knowledge from FDS140 to demonstrate advanced culinary techniques for a la carte and banquet settings (small and large quantity) including contemporary presentation.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

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

**1. Prepare soups**Potential Elements of the Performance:

- Prepare bisque
- Prepare Specialty / International
- Prepare cold soups

**2. Prepare sauces**Potential Elements of the Performance:

- Hot emulsified: Hollandaise
- Hot emulsified: Béarnaise
- And derivatives
- Beurre blanc
- Compound butters (3 types)

**3. Prepare salads**Potential Elements of the Performance:

- Compound:
  - Fish
  - Shellfish
  - Meat
  - Vegetable
  - Warm salads
  - Warm vegetable salads

**4. Prepare garde-manger dishes**Potential Elements of the Performance:

- Terrine
- Mousse de foie
- Seafood appetizer
- Vegetable terrine
- Graved lax
- Aspic

5. **Prepare poultry dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
  - Ballontine
  - Galantine
  - Stuffed supreme
- Utilizing appropriate cooking methods:
  - Roast
  - Sauté
  - Poach
  - Grill
  - Pan fry
  - Fricassee
  - Pies

6. **Prepare pork dishes**

Potential Elements of the Performance:

- Prepare / butcher for
  - Escalopes
  - Chops
  - Tenderloin
  - Emince
  - Medallion
- Utilizing appropriate cooking methods:
  - Roast (stuffed)
  - Grill
  - Pan fry
  - Sauté
  - Braised
  - Pork pie
  - Fricassee

7. **Prepare veal dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
  - Osso bucco
  - Sweet breads
  - Stuffed breast
  - Liver, kidney
  - Escalope (stuffed)
  - Cutlet
  - Chop
  - Leg (break down demonstration)
- Utilizing appropriate cooking methods:
  - Fricassee
  - Blanquette
  - Pan fry

- Toast
- Braised
- Grill
- Sauté

8. **Prepare beef dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
  - Short loin (porterhouse steaks, t-bone, wing)
  - Strip loin (whole, steaks)
  - Tenderloin (whole, tournedos, chateaubriand, filet steaks, filet mignon)
  - Medallion
  - Flank
  - Tongue
  - Oxtail
- Utilizing appropriate cooking methods:
  - Roast
  - Pot roast
  - Stew
  - Braised
  - Grill/broil
  - Pan fry
  - Sauté

9. **Prepare lamb dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
  - Carcass (break down leg demonstration)
  - Rack – cutlet
  - Loin – chops – noisettes
  - Kidney
  - Liver
- Utilizing appropriate cooking methods:
  - Roast
  - Sauté
  - Pan fry
  - Stew
  - Braise
  - Grill/broil

10. **Prepare fish dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
  - Paupiette
  - Trancon
  - Quenelle
  - Colbert

- Utilizing appropriate cooking methods:
  - Poach (court bouillon)
  - Steaming
  - Pan fry
  - Deep fat fry
  - Grill/broil
  - Bake
  - En papillote

11. **Prepare shellfish dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
  - Lobster
  - Crawfish
  - Crayfish
  - Crab
  - Squid
  - Octopus
  - Salted and dry fish
  - Fish cakes
  - cubliac
- Utilizing appropriate cooking methods:
  - Steam
  - Poach
  - Pan fry
  - Deep fry
  - Grill/broil
  - En papillote

**III. TOPICS:**

1. Soups
2. Sauces
3. Salads
4. Garde manger
5. Poultry
6. Pork
7. Veal
8. Beef
9. Lamb
10. Fish
11. Shellfish

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

"Professional Cooking", 7<sup>th</sup> edition, Wayne Gisslen

**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%
- uniform, grooming, deportment	

Sanitation & Safety	25%
- personal, work environmental, product management	
- safe handling, operation, cleaning & sanitizing of tools and equipment	
- organization of work area	

Method of Work	40%
- application of theory	
- application of culinary methods & techniques	

Quality of Finished Product	20%
- appearance, taste, texture	

**Note:**

End of semester practical exam has a weight of 33% of lab mark.

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
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.	

## 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.

### 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 on the portal form part of this course outline.