



**I. COURSE DESCRIPTION:**

The course will give the students an experience in an “a la carte” cookery in an operating food establishment environment.

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

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

**1. Produce, on an a la carte basis, the following items in an operating food establishment – A La Carte Introduction**Potential Elements of the Performance:

- Practice 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 party functions in an a la carte kitchen (such as saucier, garde-manger, entremetier, poissonier, rotissier, patissier)
- 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

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

- Practice and demonstrate various techniques of appetizer preparation for volume function. This will include neatness, balance, quality, portion size, garnish, time and convenience.
- 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. Prepare Soups**Potential Elements of the Performance:

- 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
- Demonstrate the care and handling of stocks used as a foundation in preparing soups
- Prepare selected national soups and garnishes

**4. Prepare Salads**Potential Elements of the Performance:

- Use different salad greens and vegetables and demonstrate their various uses; their quality and their names and signify their best condition for salad preparation
- Prepare four basic parts of a salad, demonstrating eye appeal, flavour, colour and body by combining them into various salads
- Produce non-salad items, main course salads, fruit salads, various dressings relating to salads of quality, eye appeal, flavour, texture, and a harmonious combination
- Prepare various dressings, flavoured oils and vinegars to accompany the salads in harmonious combination

**5. Prepare Vegetables**Potential Elements of the Performance:

- Identify, cook and present a variety of fresh and frozen vegetables following the correct methods, sanitation and safety rules
- Perform the following tasks with vegetables: select, handle, clean, cut, blanch, boil, stew, sauté, bake, stuff, roast, deep fry, braise, glaze/gratinate, turn, puree

**6. Prepare Potatoes/Farinaceous**Potential Elements of the Performance:

- Cook and present fresh potatoes following the correct methods, sanitation, and safety rules
- Perform the following tasks with potatoes (alternate starches or farinaceous products such as rice or pasta maybe used where appropriate): handle, clean, cut, blanch, boil, steam, sauté, stuff, deep fry, puree, roast., glaze/gratinate, turn, and bake

**7. Prepare Entrees: Fish, Meat and Poultry**Potential Elements of the Performance:

- Demonstrate various techniques for the production of entrees with emphasis on quality, sanitation and safety standards

- Perform various tasks such as: grill, broil, glaze, braise, sauté, roast, bake, steam, blanch, pan-fry, puree, stuff, bone, trim and portion
- Serve a finished product keeping in mind taste, portion size, selection and neat appearance, and contemporary serving and artistic plated techniques

#### 8. **Prepare Desserts**

##### Potential Elements of the Performance:

- 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; steamed pudding; cold pudding; gelatin products; fruit products; chilling/freezing; poaching; deep frying; yeast dough; and proofing

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

##### Potential Elements of the Performance:

- Identify, name, use, dismantle, clean, reassemble with efficiency and safety: all slicers, buffalo choppers 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

#### 10 **Perform team functions**

##### Potential Elements of the Performance:

- Effective communication
- Show ability to be delegated as a team member
- Create positive work environment
- Observe proper sanitation and safety rules including, cleaning, dishes, storage, preparation
- Attendance is mandatory

### III. **TOPICS:**

1. A La Carte Introduction
2. Appetizers
3. Soups
4. Salads
5. Vegetable
6. Potatoes/Farinaceous
7. Entrees: Fish, Meat & Poultry
8. Desserts
9. Equipment

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

Professional Cooking; 7<sup>th</sup> edition by Wayne Gisslen

**V. EVALUATION PROCESS/GRADING SYSTEM:**

- In order to pass this course, the student must obtain an overall test/quiz average of 60% or better.
- 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 are extenuating circumstances.
- The ability to upgrade an incomplete grade is at the discretion of the professor. It may consist of such things a make up work, rewriting tests, and comprehensive examinations.
- 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.

The following semester grades will be assigned to students in postsecondary courses:

| <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:

### **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**

### **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.

## VII. COURSE OUTLINE ADDENDUM

The provisions contained in the addendum located on the portal form part of this course outline.