

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 IntroductionPotential 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
- 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 AppetizersPotential 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 with garnish. Organize a small portion of hot or cold appetizers of varied scope in design and arrangement.

3. Prepare SoupsPotential Elements of the Performance:

- Demonstrate the method of preparation for 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 SaladsPotential Elements of the Performance:

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

5. Prepare VegetablesPotential Elements of the Performance:

- Identify, cook and present a variety of fresh and frozen vegetables following correct methods of 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/FarinaceousPotential Elements of the Performance:

- Cook and present fresh potatoes following the correct methods of 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 PoultryPotential 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 and portion size, with neat appearance utilizing contemporary plating techniques.

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

Potential Elements of the Performance:

- Identify, name, use, dismantle, clean, reassemble with efficiency and safety:
 - slicers, food processors, stoves, salamander, grill, ovens, steam units, kettles, deep fryers (electric and gas), meat grinder, tilting fryer, potato peeler and dishwasher

9. **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

III. TOPICS:

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

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Professional Cooking, 8th edition, Wayne Gisslen
Digital Thermometer
Digital Scale
Zester
Vegetable Peeler
Paring Knife
Chanel Knife
Boning Knife
Bread Knife
Steel
Chef Knife 6"-10"
Piping Bag with appropriate tips
Sturdy Non-slip Shoes
White Chef Jacket with name
Checkered Chef's Pants
Chef's Hat
Apron
Clean Hand Towels
Neck Tie
Hair Net

V. EVALUATION PROCESS/GRADING SYSTEM:

The lab assignment includes the following:

- Gathering of utensils and raw materials
- Pre-preparation of the assigned items
- Preparation (cooking, baking) of the items
- Proper storage of the ready items including packaging, refrigeration, and freezing
- Cleaning of utensils, equipment, work areas, and cooking surfaces. No mark will be assigned until work areas are clean
- Putting all utensils and small wares into their allocated places
- 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:

Observation of Work Hours:	15%
<ul style="list-style-type: none"> • Attendance • Appropriate Groom and Dress • Compliance with Company Rules 	
Safety Habits:	15%
<ul style="list-style-type: none"> • Organization of work area • Proper use & cleaning of tools • Proper handling of food product 	
Knowledge of Work:	15%
<ul style="list-style-type: none"> • Quality of Work • Quantity of Work • Pre-class Preparations 	
Work Rhythm (pace)	15%
<ul style="list-style-type: none"> • Quantity of work • Pace of preparation • Pace of clean-up 	
Operation & Care of Equipment	10%
<ul style="list-style-type: none"> • Attention to Duties • Decision Making (as applied to job) 	
Job Flexibility:	20%
<ul style="list-style-type: none"> • Accepts Direction from Others • Attitude Toward Supervisor • Amount of Supervision Required • Interaction with Co-Workers • Ability to Learn Required Tasks 	
Reaction to Frustration:	10%
<ul style="list-style-type: none"> • Effectiveness Under Stress • Adjust to and Accepts Changes 	
TOTAL	100%

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.	

If a faculty member determines that a student is at risk of not being academically successful, the faculty member may confidentially provide that student's name to Student Services in an effort to help with the student's success. Students wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

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. It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be granted admission to the room.

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 "F" grade** unless extenuating circumstances occur – it is at the professor's discretion.

LAB Absence:

If a student is unable to attend class for medical reasons on the date assigned, the following procedure is required:

- In the event of an emergency on the day of class, the student may require documentation to support the absence and must telephone the College to identify the absence. The college has a 24 hour electronic voice mail system (759-2554) Ext. 2588.
- The student shall provide the Professor with advance notice preferably in writing or e-mail of his/her need to miss the class with an explanation which is acceptable to the professor.
- The student may be required to document the absence at the discretion of the Professor.
- With satisfactory documentation the student is responsible to make arrangements, immediately upon their return to the College to make-up the missed lab.

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 in D2L and on the portal form part of this course outline.