

I. COURSE DESCRIPTION:

This course will give the students the basic knowledge needed to prepare food items.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the CICE student with the assistance of a Learning Specialist will demonstrate a basic ability to:

1. Demonstrate kitchen safety proceduresPotential Elements of the Performance:

Identify various kitchen equipment and tools from the perspective of usage, handling, assembling, sharpening, cleaning and storing.

- Knives
- Hand tools
- Cooking utensils
- Large equipment
- Mechanical equipment

Dress in full cook's uniform including

- Shoes
- Industry recognized pants
- Double breasted jacket
- Necktie
- Chef's hat
- Apron
- Thermometer
- Clean hand towels
- Short hair or hairnet.

Identify emergency and fire procedures

- Alarm
- Exits

Demonstrate food storage procedures and packaging

- Cooling
- Food rotation
- Labeling/dating
- Refrigeration
- Freezing: cellophane, foil wrap, sealed containers
- Labelling

2. **Prepare stock cookery**Potential Elements of the Performance:

- Prepare vegetable cuts and flavouring agents
- Prepare white stock (veal, chicken, fish)
- Prepare brown stock (veal, beef, chicken)
- Prepare vegetable stock

3. **Prepare thickening agents**Potential Elements of the Performance:

- Roux: white, blonde, brown
- Butter
- Beurre marnié
- Liaison
- Cream
- Starch: corn, arrowroot

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

- Classical consommé
- Classical purée
- Classical cream

5 **Prepare hot sauces**Potential Elements of the Performance:

- White (béchamel, velouté) – derivatives – reduction
- Brown (espagnole, demi-glace) – derivatives – reduction
- Glace de viande – reduction sauce
- Gravies – jus de rôti and jus lié

Prepare cold sauces and dressingsPotential Elements of the Performance:

- Mayonnaise – derivatives
- Vinaigrette – derivatives

6. **Prepare egg and breakfast cookery**Potential Elements of the Performance:

- Prepare eggs: fry, boil, poach, scrambled, shirred.
- Prepare egg dishes:
- Omelette (folded and flat; Spanish, French)
- Quiche
- Poached egg dish
- Crepes, French toast, pancakes
- Prepare breakfast meat items
- Prepare breakfast fish item

7. **Prepare short order cookery**Potential Elements of the Performance:

- Prepare classical hot sandwiches served in a contemporary presentation

8. **Prepare vegetable dishes**Potential Elements of the Performance:

- Select vegetable (leaf, flower, root, pod, legume, bulb, fungi)
- Prepare vegetable cuts
- Prepare vegetable dishes utilizing cooking methods:
- Simmer, boil, steam, stir fry, sauté, braise, roast, grill

9. **Prepare farinaceous cookery**Potential Elements of the Performance:

- Prepare fresh pasta dishes: baked, noodle, stuffed, Spaetzle, gnocchi
- Prepare rice dishes: boiled, pilaf, risotto
- Prepare potato dishes
 - Duchesse – derivatives

Baked – derivatives

Mashed – derivatives

Château

Sauté

French fried

Noisette

Rösti

Roasted

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

- Simple: lettuce, vegetable, legume
- Compound: fruit

11. **Prepare poultry and small game birds (duck, quail, duck confit) dishes**Potential Elements of the Performance:1. **Prepare and butcher for:**

- Whole roast
- Spatchcock / crapaudine
- Sauté
- Suprêmes
- Émincé

2. Utilizing appropriate cooking methods

- Roast
- Sauté
- Poach
- pan fry
- fricassee
- pies

12. Prepare pork dishes**Potential Elements of the Performance:**

- Prepare / butcher for:
- Roast loin and leg
- Spare ribs
- Force meat
- Utilizing appropriate cooking methods:
- Roast (stuffed)
- Grill
- Pan fry
- Sauté
- Braised
- Pork pie
- Fricassee

13. Prepare veal dishes**Potential Elements of the Performance:**

- Prepare / butcher for:
- Escalope – paupiette
- Utilizing appropriate cooking methods:
- Fricassée
- Blanquette
- Pan fry
- Roast
- Braised
- Grill
- Sauté

14. Prepare beef dishes**Potential Elements of the Performance:**

- Prepare / butcher for:
- Ground
- Stewing
- Émincé
- Pot roast
- Roast (prime Rib)
- Paupiette

- Utilizing appropriate cooking methods:
- Roast
- Pot roast
- Stew
- Braised
- Grill/broil
- Pan fry
- Sauté

15. **Prepare lamb dishes**

Potential Elements of the Performance:

- Prepare / butcher for
- Leg
- Shoulder-stuffed
- Shank
- Stewing
- Utilizing appropriate cooking methods:
- Roast
- Sauté
- Pan fry
- Stew
- Braised
- Grill/broil

16. **Prepare fish dishes**

Potential Elements of the Performance:

- Prepare / butcher
- Whole
- Darne
- Fillet
- Goujon
- Crumbled and battered
- Utilizing appropriate cooking methods:
- Poach (court bouillon)
- Steaming
- Pan fry
- Deep fat fry
- Grill/broil
- Bake
- En papillote

17. Prepare shellfish dishesPotential Elements of the Performance:

- Prepare / butcher for:
- Shrimp
- Oyster
- Mussels
- Scallops
- Clams
- Utilizing appropriate cooking methods:
- Steam
- Poach
- Pan fry
- Deep fry
- Grill/broil
- En papillote

III. TOPICS:

1. Kitchen safety procedures
2. Stock cookery
3. Thickening agents
4. Soups
5. Hot sauces
6. Egg and breakfast cookery
7. Short order cookery
8. Vegetable dishes
9. Farinaceous cookery
10. Salads
11. Poultry and small game birds
12. Pork dishes
13. Veal dishes
14. Beef dishes
15. Lamb dishes
16. Fish dishes
17. Shellfish dishes

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

"Professional Cooking", 7th 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

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%	4.00
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 - 59 %	1.00
F (Fail)	49% or below	0.00

CR (Credit)	Credit for diploma requirements has been awarded.
S	Satisfactory achievement in field placement or non-graded subject areas.
U	Unsatisfactory achievement in field placement or non-graded subject areas.
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.

CICE Modifications:**Preparation and Participation**

1. A Learning Specialist will attend class with the student(s) to assist with inclusion in the class and to take notes.
2. Students will receive support in and outside of the classroom (i.e. tutoring, assistance with homework and assignments, preparation for exams, tests and quizzes.)
3. Study notes will be geared to test content and style which will match with modified learning outcomes.
4. Although the Learning Specialist may not attend all classes with the student(s), support will always be available. When the Learning Specialist does attend classes he/she will remain as inconspicuous as possible.

A. Tests may be modified in the following ways:

1. Tests, which require essay answers, may be modified to short answers.
2. Short answer questions may be changed to multiple choice or the question may be simplified so the answer will reflect a basic understanding.
3. Tests, which use fill in the blank format, may be modified to include a few choices for each question, or a list of choices for all questions. This will allow the student to match or use visual clues.
4. Tests in the T/F or multiple choice format may be modified by rewording or clarifying statements into layman's or simplified terms. Multiple choice questions may have a reduced number of choices.

B. Tests will be written in CICE office with assistance from a Learning Specialist.***The Learning Specialist may:***

1. Read the test question to the student.
2. Paraphrase the test question without revealing any key words or definitions.
3. Transcribe the student's verbal answer.
4. Test length may be reduced and time allowed to complete test may be increased.

C. Assignments may be modified in the following ways:

1. Assignments may be modified by reducing the amount of information required while maintaining general concepts.
2. Some assignments may be eliminated depending on the number of assignments required in the particular course.

The Learning Specialist may:

1. Use a question/answer format instead of essay/research format
2. Propose a reduction in the number of references required for an assignment
3. Assist with groups to ensure that student comprehends his/her role within the group
4. Require an extension on due dates due to the fact that some students may require additional time to process information
5. Formally summarize articles and assigned readings to isolate main points for the student
6. Use questioning techniques and paraphrasing to assist in student comprehension of an assignment

D. Evaluation:

Is reflective of modified learning outcomes.