



**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 student will demonstrate the ability to:

**1. Demonstrate kitchen safety procedures****Potential 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
- Prepare brown stock
- Prepare vegetable stock

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

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

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

- Classical consommé
- Classical purée
- Classical cream

**5. Prepare hot & cold 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
- 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
  - Quiche
  - Poached egg dish
  - Crepes, French toast, pancakes
- Prepare breakfast meat/fish items

7. **Prepare short order cookery**
  - Prepare hot sandwiches served in a contemporary presentation
  
8. **Prepare vegetable dishes**  
Potential Elements of the Performance:
  - Select vegetable
  - 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
  - Prepare rice dishes: boiled, pilaf, risotto
  - Prepare potato dishes
    - Duchesse – derivatives
    - Baked – derivatives
    - Mashed – derivatives
    - 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

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

- Prepare / butcher for:
  - Loin
  - Spare ribs
  - Force meat
- Utilizing appropriate cooking methods:
  - Roast (stuffed)
  - Pan fry
  - Sauté
  - Braised
  - Fricassee
  - Pie

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

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

**16. Prepare fish dishes**Potential Elements of the Performance:

- Prepare / butcher
  - Whole - Dorne
  - 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 dishes**Potential Elements of the Performance:

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

**III. TOPICS:**

1. Kitchen Safety
2. Stock Cookery
3. Thickening Agents
4. Soups
5. Hot & Cold Sauces
6. Egg & Breakfast Cookery
7. Short Order Cookery
8. Vegetable Cookery
9. Farinaceous Cookery
10. Salads
11. Poultry & Small Game Birds
12. Pork
13. Veal
14. Beef
15. Lamb
16. Fish
17. Seafood

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

Professional Cooking, 8<sup>th</sup> edition, W. 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:**

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%
- Arrival	
- Uniform	
- Grooming	
- Professional Etiquette	
- Deportment	
Sanitation & Safety	25%
- Personal	
- Organization of work area	
- Work environment	
- Product management	
- Safe handling, operation, cleaning & sanitizing of tools	
Method of Work	40%
- Application of theory	
- Application of culinary methods & techniques	
- Work rhythm (pace)	
- Ability to correct errors	
- Product organization	
- Operation & care of equipment	
- Attention to duties	
- Decision making	
- Job flexibility	
- Accepts direction from others	
- Attitude toward others	
- Amount of supervision required	
- Reaction to frustration	
- Effectiveness under stress / adjust to and accepts changes	
- Knowledge of work	
- Quality	
- Quantity of work	
- Interaction with supervisor	
- Ability to learn required tasks	
- Takes initiative	
Quality of Finished Product	20%
- appearance, taste, texture, temperature	

**FINAL GRADE WILL CONSIST OF:**

Labs	67%
Final Practical Exam	<u>33%</u>
Total	100%

<b><u>Grade</u></b>	<b><u>Definition</u></b>	<b><u>Grade Point Equivalent</u></b>
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.