

I. COURSE DESCRIPTION:

The course will give the students an experience in "a la carte" cookery in an operating foodservice 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: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 a variety of contemporary serving styles (including artistic plated presentations) and techniques.
- Menu to include - appetizer; soup; salad; entrees; vegetables; potatoes (or alternate); dessert
- Describe the role of the Chef de Cuisine and the various party functions in an a la carte kitchen (such as saucier, garde-manger, entrentremetier, possonnier, rotisseur, 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 and garnish. Organize a small portion of a number of hot or cold savouries of varied scope in design and arrangement
- Correctly prepare 10 portions in an allotted time span for any ten appetizers.

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
- Prepare portions correctly in a time frame allotted and serve this soup with appropriate garnish
- Demonstrate the care and handling of stocks used as a foundation in preparing soups
- Prepare selected national soups and garnishes
- Practice the preparation and procedure for consommé
- Demonstrate the procedure for preparing consommé

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, color 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
- Complete portions of salad, dressing and garnish in a safe, sanitary manner in the allotted time frame using contemporary presentation and culinary techniques

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
- In an allotted time frame, prepare and present vegetables

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 may be used where appropriate); handle, clean, cut, blanch, boil, steam, sauté, stuff, deep fry, puree, roast, glaze/gratinate, turn, and bake

In an allotted time frame, prepare and present potatoes (or alternate starches)

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, panfry, puree, stuff, debone, trim and portion
- Prepare a selection of entrees within the allotted time according to standards of taste and presentation using correct procedures
- Serve a finished product keeping in mind taste, portion size, selection and neat appearance, and contemporary serving and artistic plated techniques
- Produce a selection of entrees: fish; meat; and poultry

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
- Prepare desserts within an allotted time frame utilizing contemporary culinary techniques and presentation

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, **Apply correct business etiquette, hospitality protocol and codes of conduct as a server in the restaurant and special events.**

Potential Elements of the Performance:

- The student will demonstrate the use of proper etiquette and protocol as he/she functions through each area of the food and beverage function.

Areas which will be considered:

- Scheduled Gallery attendance and punctuality
- Hygiene, grooming and dress code
- Respect of co-workers, faculty and customers
- Ability to create and maintain a welcoming environment
- Self-discipline under stress to meet deadlines
- Compliance with policies and standards
- Ability to make recommendations to improve service
- Acting in accordance with legislation governing security, and health and safety in the workplace

11. **Perform effectively as a member of a food and beverage service team using problem solving, decision-making and interpersonal skills.**

Potential Elements of the Performance:

- React in a positive manner to co-workers, faculty and customers
- Contribute in a positive manner to the overall running of the food and beverage operation in a team structure
- Suggest improvements which could affect the overall running of the food and beverage operation and present them to the team
- Participate in the planning and execution of the teams assigned responsibilities

III. TOPICS:

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

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Professional Cooking; 8th edition, by W. Gisslen

V. EVALUATION PROCESS/GRADING SYSTEM:

The lab assignment includes the following:

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. Gallery functions and external banquets are considered part of the Hospitality curriculum; therefore, attendance is **MANDATORY** and will be assigned at the professor's discretion.

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 were extenuating circumstances.

The instructor reserves the right to modify the assessment process to meet any changing needs of the class. Consultation with the class will be done prior to any changes and all changes will be presented in writing.

The ability to upgrade an incomplete grade is at the discretion of the instructor. It may consist of such things as make up work, rewriting tests, and comprehensive examinations.

The mark for this course will be arrived at as follows:

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%

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	
C	60 - 69%	
D	50 – 59%	
F (Fail)	49% and below	
CR (Credit)	Credit for certificate 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:

Dress Code:

All students are required to wear their uniforms while in the hospitality and tourism institute, both in and out of the classroom. For further details, please read the Hospitality Centre dress code.

Assignments:

Since one of our goals is to assist students in the development of proper business habits, assignments will be treated as reports one would provide to an employer, i.e. in a timely and businesslike manner. Therefore, assignments will be due at the beginning of class and will be 100% complete. All work is to be word processed, properly formatted, assembled and stapled prior to handing in. No extension will be given unless a valid reason is provided and agreed to by the professor in advance.

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.
- The student is responsible to make arrangements, immediately upon their return to the College with their course Professor in order to make-up the missed lab.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located in D2L and on the portal form part of this course outline.