

I. COURSE DESCRIPTION:

The subject content of this course will give the student a basic knowledge of a restaurant operation. This course is in a lab setting and will provide hands on, practical training.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

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

Potential Elements of the Performance:

Identify and list uses of the following:

- Knives - French, paring, boning
- Slicer
- Palette
- Peeler
- Spatula
- Steel

Identify and list uses of the following hand tools:

- Zester
- Egg slicer
- Cutters
- Rolling pin
- Tongs
- Whip
- Spoons
- Ladles
- Can opener
- Brushes
- Thermometers

Identify and list the uses of the following cooking utensils:

- Stock pot
- Frying pan
- Braising pan
- Sauce pan
- Roasting pan
- Colander
- Strainer

- China cap (chinois)
- Cutting board

Identify and list the uses of the following large equipment:

- Salamander
- Oven
- Deep fryer
- Stove
- Steamer
- Tilting fry pan
- Grill/griddle

Identify and list the uses of the following mechanical equipment:

- Mixer
- Slicer
- Meat grinder
- Blender
- Scale

2. ***Dress in full cooks uniform:***

Potential Elements of the Performance:

- Non-slip Shoes
- Black check pants
- Chef jacket
- Necktie
- Chef's hat
- Apron
- Clean hand towels
- Hair net (or short hair)

3. ***Demonstrate and understand proper fire procedures:***

Potential Elements of the Performance:

- Familiarize oneself with alarm and fire exists

4. ***Demonstrate and understand the preparation of the following vegetable cuts and flavouring agents (classical names)***

Potential Elements of the Performance:

- Mirepoix
- Matignon
- Macedoine
- Julienne

- Brunoise
- Paysanne
- Jardiniere
- Dice onions
- Slice onions
- Slice onion rings

5. ***Demonstrate and understand the correct food storage procedures and packaging;***

Potential Elements of the Performance:

- Cooling
- Refrigerating
- Freezing
- Saran Wrap
- Foil Wrap
- Sealed Containers

6. ***Demonstrate and understand the preparation of stocks:***

Potential Elements of the Performance:

- White Chicken Stock - following all of the recommended hygiene, sanitation and safety regulations prepare a white chicken stock free from any impurities ready for further use
- Brown Beef Stock - following all of the recommended hygiene, sanitation and safety regulations prepare a brown beef stock free from any impurities ready for further use

7. ***Demonstrate and understand the preparation of egg dishes***

Potential Elements of the Performance:

- a) Spanish Omelet
- Season omelet pan
 - Prepare garnish for omelet
 - Mix eggs together
 - Cook omelet with color
 - Turn omelet
 - Present using contemporary concepts
- b) French Omelet
- Season omelet pan
 - Prepare garnish for omelet
 - Mix eggs together
 - Cook omelet with color

- Fold omelet
 - Present using contemporary concepts
- c) Quiche Lorraine:
- Make short pastry
 - Roll pastry
 - Form pastry and pie shell
 - Blind bake shell
 - Cook ham or bacon
 - Grate Swiss Cheese
 - Make egg custard
 - Put ingredients in shell
 - Bake Quiche Lorraine
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 - Keep warm
 - Serve in contemporary fashion
- d) Poached Egg Florentine:
- Poach eggs in cold water
 - Cool eggs
 - Cook spinach
 - Refresh spinach
 - Make mornay sauce from béchamel
 - Reheat spinach
 - Reheat eggs
 - Place spinach on serving dish
 - Place eggs on spinach
 - Pour mornay sauce over eggs
 - Sprinkle parmesan cheese and glaze lightly
 - Demonstrate modern presentation techniques
- e) Crepes:
- Mix eggs and milk together
 - Add hard flour, mix to smooth texture
 - Season crepe pan
 - Cook crepes very thin with little color
 - Cool
 - Store
 - Discuss modern presentation techniques

8. ***Demonstrate and understand the preparation of the following breakfast dishes:***

Potential Elements of the Performance:

Bacon:

- Tray bacon for cooking
- Cook bacon
- Keep warm

Sausages:

- Blanch sausages
- Tray sausages for cooking
- Cook sausages
- Keep warm

Eggs:

- Fried sunny side
- Fried over easy
- Scrambled
- Boiled
- Poached
- Omelets (variety)

French Toast:

- Egg mixture
- Slice bread
- Cinnamon sugar (or equivalent)
- Cook French toast

Pancakes:

- Prepare pancake mixture (commercial or house-made)
- Cook pancakes

9. ***Demonstrate and understand the preparation of the following sandwiches:***

Potential Elements of the Performance:

Monte Cristo (hot):

- Prepare filling and assemble
- Dip sandwich in beaten eggs
- Cook to golden brown
- Garnish and serve

Club (hot):

- Prepare filling
- Toast bread
- Assemble sandwich
- Cut sandwich
- Garnish and serve

Toasted Western (hot):

- Prepare filling
- Beat eggs
- Make western omelet
- Toast bread
- Assemble sandwich
- Garnish and serve

Egg Salad (cold):

- Prepare filling
- Prepare garnish
- Butter bread
- Assemble sandwich
- Garnish and serve

Chicken Salad (cold):

- Prepare filling
- Prepare garnish
- Butter bread
- Assemble sandwich
- Garnish and serve

Cream Cheese (cold):

- Prepare filling
- Prepare garnish
- Assemble sandwich
- Garnish and serve

10. ***Demonstrate and understand the preparation of the following vegetable dishes:***

Potential Elements of the Performance:

- Braised red cabbage
- Green beans amandine
- Glazed carrots

11. ***Demonstrate and understand the preparation of the following potato dishes:***

Potential Elements of the Performance:

- Duchesse potato
- Baked potato
- French fries

12. ***Demonstrate and understand the preparation of the following rice dishes:***

Potential Elements of the Performance:

Cabbage Rolls (or equivalent dish with rice stuffing)

- Boil rice
- Prepare filling (meat, vegetables, rice)
- Blanch cabbage leaves
- Stuff cabbage leaves
- Cut mirepoix
- Make tomato sauce
- Assemble and cook
- Garnish and serve cabbage rolls

Pilaf:

- Finely dice onions
- Sweat onions
- Boil stock
- Add rice (long grain) to onions
- Bay leaf, salt, pepper
- Add stock
- Bring to boil
- Cover
- Serve

Boiled Rice:

- Boil salt water
- Add long grain rice
- Cook
- Refresh
- Strain
- Reheat
- Garnish and serve

III. TOPICS:

1. Kitchen Equipment
2. Uniforms
3. Fire Procedures
4. Vegetable Cuts/Flavourings
5. Food Storage/Packaging
6. Stocks
7. Egg Dishes
8. Breakfast Dishes
9. Sandwiches
10. Vegetable Dishes
11. Potato Dishes
12. Rice Dishes

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Professional Cooking, 8th 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:

- 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:

Grade	<u>Definition</u>	<i>Grade Point Equivalent</i>
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
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 are part of this course outline.