

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Outline: THEORY OF FOOD

Code No.: FDS 121

Program: CHEF TRAINING

Semester: I

Date: SEPTEMBER, 1986

Author: G.W. DAHL

New: \_\_\_\_\_ Revision: X \_\_\_\_\_

APPROVED: \_\_\_\_\_ Date \_\_\_\_\_  
Chairperson

Course Length: 60 hours

Topics to be Covered:

1. Basic Stocks - beef, chicken, vegetable, fish and game
2. Basic Soups - consommés, beef, chicken, fish, clear soups, potages, cream soups, purees, chowders and bisques.
3. Basic Sauces - Bechamel, Veloute, Demi-glaze, Espagnole, Tomato and Hollandaise
4. Spices and Herbs
5. Cooking Methods - roasting, broiling, sauteeing, braising, stewing, pot roasting, poaching, simmering, and steaming
6. Fish Cookery - cooking methods, poaching, sauteeing, pan frying, popilotte a la meuniere, braising, and deep frying
7. Poultry Cookery - sauteeing, roasting, baked, stuffed & poached
8. Vegetable Cookery - cooking methods used to retain nutrients, fresh, frozen and dried vegetables
9. Short Order and Egg Cookery - cooking methods of eggs, omelettes, pancakes and other breakfast items
10. Pasta - cooking methods, sauces, and service of
11. Rice - types of - white, brown, converted, wild, oriental, pilaf, desserts, and main entrees
12. Basic Kitchen Preparation - Bouquet garni, Mirepoix, faggot, marinade, glaces, mis en place, etc.

EVALUATION:

Test #1 - 30%  
Test #2 - 30%  
Final Exam - 40%

Tests and exams must be written in the specified dates - **NO REWRITES**