

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Outline: FOOD THEORY I

Code No.: FDS 130

Program: HOTEL & RESTAURANT MANAGEMENT

Semester: ONE

Date: SEPTEMBER, 1986

Author: J. ALDERSON

New: _____ Revision: X _____

APPROVED: 
Chairperson

86-09-05
Date

OBJECTIVES:

To provide the student with a basic understanding of and, when applicable, the ingredients and preparation of:

- 1) Basic stocks - "Fonds de Cuisine", White Stock, Brown Stock, Fish Stock, Clarified Consommés, Various Glazes and Essences.
- 2) Basic Sauces and Derivatives - Espagnole, Velouté, Bechamel, Tomato, Hollandaise, Bearnaise.
- 3) Basic Soups and Soup Garnishes
- 4) Basic Methods of Cooking - Braising, Poaching, Sautees, Roasting, Broiling, Frying.
- 5) Vegetable Cookery - Varieties - Culinary Uses
- 6) Rice and Pasta
- 7) Egg Cookery
- 8) Fish - Preparation and Varieties
- 9) Cereals and all Flours
- 10) Hors d'Oeuvres - Varieties - Hot and Cold
- 11) Salads and Salad Dressings
- 12) The Menu - Balancing - Language and Special Occasions

TESTS:

3 tests each worth - 20%
1 final exam - 40%

All tests and exam out of 100

Attendance will be taken. There will be no re-writes.