

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Outline: FOOD THEORY

Code No.: FDS 130

Program: HOTEL AND RESTAURANT MANAGEMENT

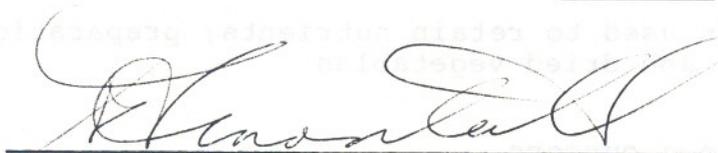
Semester: ONE

Date: SEPTEMBER 1988

Author: GLEN DAHL

New: _____ Revision: _____

APPROVED:



Chairperson

88-06-10
Date

COURSE LENGTH: 30 Hours

TOPICS TO BE COVERED:

1. BASIC STOCKS

Beef, chicken, vegetable, fish, and game

2. BASIC SOUPS AND GARNISHES

Consommés, beef, chicken, fish, clear soups, potages, cream soups, purees, chowders, and bisques

3. BASIC SAUCES AND DERIVATIVES

Bechamel, veloute, demi-glaze, espagnole, tomato, and hollandaise

4. COOKING METHODS

Roasting, broiling, sauteing, braising, stewing, pot roasting, poaching, simmering, and steaming

5. FISH COOKERY

Cooking methods, poaching, sauteing, pan frying, papillote, a la mauniere, braising, and deep frying

6. VEGETABLE COOKERY

Cooking methods used to retain nutrients; preparation of fresh, frozen, and dried vegetables

7. NATURE OF VARIOUS CHEESES

Soft, semi soft, firm, fresh, and hard cheese

THEORY OF FOOD

FDS 130

EVALUATION

Midterm test	40%
Final test	<u>60%</u>
	100%

PASS is 55%.

All tests must be written on dates specified. Only in those cases of sickness or other major circumstances will rewrites be considered.

