

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

COURSE OUTLINE

Course Title: THEORY OF FOOD

Code No.: FDS121

Program: CHEF TRAINING

Semester: ONE

Date: SEPTEMBER, 1989

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

APPROVED:   
Chairperson

89-09-01  
Date

THEORY OF FOOD

FDS121

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**Course Name**

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**Course Code**

**COURSE LENGTH:** 60 Hours - 4 periods per week

**REQUIRED TEXT:** "Professional Cooking", Wayne Gisslen  
"Le Repertoire de La Cuisine"

**PURPOSE:**

The subject content will give the student the basic knowledge of the theory of food. This course meets the Ministry of Skills Development of Ontario Standards for the trade of Cook.

**MODULE ONE: STOCKS AND SAUCES**

Upon completion of this module, the student will be able to:

- 1) Prepare basic mirepoix
- 2) Use a sachet or spice bag for flavouring liquids
- 3) Prepare white veal or beef stock, chicken stock, fish stock and brown stock
- 4) Cool and store stocks correctly
- 5) Prepare meat, chicken, and fish glazes
- 6) Evaluate and use convenience bases
- 7) Explain the functions of sauces
- 8) Prepare white, blond and brown roux and use them to thicken liquids
- 9) Prepare and use Beurre Manie
- 10) Thicken liquids with cornstarch and other starches
- 11) Prepare and use egg yolk and cream liaison
- 12) Finish a sauce with raw butter (monter au beurre)

**MODULE ONE: cont'd**

- 13) Prepare the five leading sauces: Bechamel, Veloute, Brown Sauce or Espagnole and Hollandaise
- 14) Prepare small sauces from the leading mother sauces
- 15) Prepare simple and compound butters
- 16) Prepare miscellaneous hot and cold sauces and pan gravies

**MODULE TWO: SOUPS:**

Upon completion of this module, the student will be able to:

- 1) Describe the major categories of soups
- 2) Serve soups properly
- 3) Prepare clarified consommé
- 4) Prepare vegetable soups and other clear soups
- 5) Prepare cream soups
- 6) Prepare puree soups
- 7) Prepare bisques, chowders, specialty soups and national soups

**MODULE THREE: MEAT COOKERY**

This sections gives the students the procedures for different cooking methods. Each time you prepare one of these methods, you should be thinking not just about that one product, but about the techniques you are using and how they can be applied to other products.

This section includes:

- 1) Cook meats by roasting and baking
- 2) Cook meats by broiling, grilling, and pan broiling
- 3) Cook meats by sauteing, pan frying, and grilling
- 4) Cook meats by simmering
- 5) Cook meats by braising
- 6) Cook a variety of meats

**MODULE FOUR: COOKING FISH AND SHELLFISH**

Upon completion of this module, the student will be able to:

- 1) Cook fish and shellfish by baking
- 2) Cook fish and shellfish by broiling
- 3) Cook fish and shellfish by sauteing and pan frying
- 4) Cook fish and shellfish by deep frying
- 5) Cook fish and shellfish by poaching and simmering in court bouillon
- 6) Cook fish and shellfish by poaching in wine
- 7) Cook fish and shellfish by simmering and steaming

**MODULE FIVE: UNDERSTANDING VEGETABLES:**

The goals of proper vegetable cookery are to preserve and enhance their fresh flavour, texture and colour; to prepare and serve vegetables that are not just acceptable, but sought after.

- 1) Control texture, flavour, colour, and nutritional changes when cooking vegetables
- 2) Prepare and serve vegetables cooked to their proper doneness
- 3) Judge quality in cooked vegetables based on colour, appearance, texture, flavour, seasonings and appropriateness of combination with sauces or other vegetables
- 4) Prepare fresh vegetables
- 5) Calculate yields based on trimming losses
- 6) Check quality of frozen, canned and dried vegetables
- 7) Prepare vegetables for service by the batch cooking method and the blanch-and-chill method
- 8) Store fresh and processed vegetables correctly

**MODULE SIX:      VEGETABLE COOKERY**

Upon completion of this module, the student will be able to:

- 1) Cook vegetables by boiling and steaming
- 2) Cook vegetables by sauteing and pan frying
- 3) Cook vegetables by braising
- 4) Cook vegetables by baking
- 5) Cook vegetables by broiling
- 6) Cook vegetables by deep frying

**MODULE SEVEN:      POTATOES AND OTHER STARCHES**

This section deals primarily with the preparation of potatoes, rice, and pastas. Upon completion, the student will be able to:

- 1) Distinguish the major types of potatoes and the best uses for each
- 2) Select potatoes of high quality and store them properly
- 3) Cook potatoes by boiling and steaming, and prepare potato puree
- 4) Cook potatoes by baking, sauteing, pan frying, and deep frying
- 5) Distinguish the major types of rice
- 6) Prepare rice by boiling and steaming and by the pilaf and risotto methods
- 7) Distinguish major kinds and shapes of commercial pasta and determine their quality
- 8) Prepare commercial pasta products

**MODULE EIGHT: SALADS AND SALAD DRESSINGS:**

The pantry chef should have some artistic judgement as well as the patience and dexterity to perform a great many hand operations quickly and efficiently. Upon completion of this module, the student will be able to:

- 1) Describe the different salad types and select appropriate salad recipes for use as appetizers, accompaniments, main course, separate course, and dessert salads
- 2) Identify salad greens and other salad ingredients
- 3) Judge quality and prepare fresh fruits
- 4) Identify the parts of a salad
- 5) Assemble salads that have eye appeal
- 6) Set up an efficient system for producing salads in quantity

**STUDENT EVALUATION:**

The student's final grade will consist of the following components:

Test #1	30%
Test #2	30%
Test #3	40%
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	100%

**NOTE: TESTS MUST BE WRITTEN ON THE DATES GIVEN -- NO REWRITES**

**GRADING:**

A+	95-100%
A	75- 94%
B	65- 74%
C	55- 64%
R	0- 54%

**PASS GRADE = 55%**