

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

COURSE OUTLINE

Course Title: THEORY OF FOOD

Code No.: FDS130

Program: HOTEL & RESTAURANT MANAGEMENT

Semester: ONE

Date: SEPTEMBER, 1990

SEPTEMBER, 1989

Author: G.W. DAHL

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

APPROVED: *J. Montell*  
Dean, Business & Hospitality

*20 pt '90*  
Date

THEORY OF FOOD

FDS130

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**Course Name**

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**Course Code**

**COURSE LENGTH:** 30 hours - 2 periods per week

**REQUIRED TEXT:** "Professional Cooking", Wayne Gisslen

**PURPOSE:**

The subject content will give the student the basic knowledge of the theory of food. This information will be very important for the students' management careers in the Hospitality field.

**MODULE ONE: STOCKS AND SAUCES:**

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

- 1) Prepare a basic mirepoix
- 2) Use a sachet or spice bag for flavouring liquids
- 3) Prepare white veal or beef stocks, chicken stocks, 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) Prepare the five leading sauces: Bechamel, Veloute, Brown Sauce or Espagnole, Tomato and Hollandaise
- 13) Prepare small sauces from the leading mother sauces

**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:**

The study of this section gives the student 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) Cooking meats by roasting and baking
- 2) Cooking meats by broiling, grilling, and pan broiling
- 3) Cooking meats by sauteing, pan frying, and grilling
- 4) Cooking meats by simmering
- 5) Cooking meats by braising
- 6) Cooking 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

**MODULE FOUR: cont'd**

- 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 fumet and wine
- 7) Cook fish and shellfish by simmering and steaming

**STUDENT EVALUATION:**

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

Module #1 Test	-	25%
Module #2 Test	-	25%
Module #3 Test	-	25%
Module #4 Test	-	25%

100%

**PASS GRADE - 55%**

**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%