



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

COURSE OUTLINE

COURSE TITLE: CULINARY TECHNIQUES - BASIC

CODE NO.: FDS131 SEMESTER: ONE

PROGRAM: CHEF TRAINING/APPRENTICE COOK

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CULINARY TECHNIQUES - BASIC

FDS131

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COURSE NAME

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COURSE CODE

COURSE LENGTH: 108 hours; three 3-hour labs/week

TEXT: Professional Cooking, by Wayne Gisslen

PURPOSE:

The subject of Culinary Techniques will give the student the basic knowledge of kitchen tools and equipment, stock cookery, thickening agents, soup cookery, sauce cookery, eggs and breakfast cookery, short order cookery, vegetables and farinaceous cookery, fish and shellfish, meat entrees, and salad as set out by the Ministry of Skills Development of Ontario for the Trade of Cook.

INTRODUCTION: THEORY - 0 HOURS; APPLICATIONS - 4 HOURS

**Cooks' Apprenticeship Training Standards:**

Identify various kitchen equipment and tools from the perspective of handling, sharpening, cleaning and storing:

A) Identify and list the uses of the following:

Knives:

- french
- paring
- boning
- slicer
- palette
- peeler
- spatula
- steel

Handtools:

- zester
- decorator
- egg slicer
- cutters
- rolling pin
- tongs
- whip
- spoons
- ladles
- can opener
- brushes
- thermometers

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Cooking Utensils:

- stock pot
- frying pan
- braising pan
- sauce pan
- roasting pan
- colander
- strainer
- china cap (chinois)
- cutting board

Large Equipment:

- salamander
- oven
- deep fryer
- stove
- steamer
- tilting fry pan
- grill
- griddle

Mechanical Equipment:

- whipping machine
- slicer
- meat grinder
- rotating bowl
- blender
- scale

B) Dress in full cook's uniform:

- sturdy shoes
- blue check pants
- double breasted jacket
- necktie
- chef's hat
- apron
- clean hand towels
  - short hair or hair net

C) Demonstrate proper fire procedures:

- alarm
- exits

D) Demonstrate correct food storage procedures and packaging:

- cooling
- refrigerating
- freezing
  - saran wrap
  - foil wrap
  - sealed containers

STOCK COOKERY - THEORY - 0 HOURS; APPLICATIONS - 8 HOURS

- A) Clean, peel, wash, store a variety of vegetables
- B) Prepare the following vegetable cuts and flavouring agents (classical names):
- mirepoix
  - matignon
  - macedoine
  - julienne
  - brunoise
  - paysanne
  - jardiniere
  - dice onions
  - slice onions
  - slice onion rings
- C) Prepare the following stocks:

**White Chicken Stock:**

Following all of the recommended hygiene, sanitation and safety regulations, prepare a white chicken stock free from any impurities ready for further use.

**Fish Stock:**

Following all of the recommended hygiene, sanitation and safety regulations, prepare a fish stock free from any impurities ready for further use.

**Brown Beef Stock:**

Following all of the recommended hygiene, sanitation and safety regulations, prepare a brown beef stock free from any impurities ready for further use.

THICKENING AGENTS - THEORY - 0 HOURS; APPLICATIONS - 1 HOUR

A) Prepare the following roux:

**White Roux:**

- melt roux
- add hard flour
- cook roux lightly
- cool
- use for Bechamel Sauce

**Blond Roux:**

- melt butter
- add hard flour
- colour roux lightly
- cool
- use for Veloute and Tomato Sauces

**Brown Roux:**

- melt butter
- add hard flour
- colour roux brown
- importance of not burning flour
- cool
- use for Espagnole Sauce

B) Prepare Beurre Manie and use it to "quickly" thicken a sauce that is too thin.

SOUP COOKERY - THEORY - 0 HOURS; APPLICATIONS - 8 HOURS

- A) Prepare the following clear soups:

**Beef Consomme:**

Following all of the recommended hygiene, sanitation and safety regulations, prepare a beef consomme soup, free from any impurities ready for further use.

**Minestrone:** (or equivalent unstrained clear soup)

Following all of the recommended hygiene, sanitation and safety regulations, prepare a minestrone soup, free from any impurities ready for further use.

- B) Prepare the following puree soup:

**Potage Parmentier:** (or equivalent puree soup)

Following all of the recommended hygiene, sanitation and safety regulations, prepare a thick soup, free from any impurities ready for further use.

- C) Prepare the following cream soup:

**Cream of Cauliflower:** (or equivalent cream soup)

Following all of the recommended hygiene, sanitation and safety regulations, prepare a cream soup, free from any impurities ready for further use.

SAUCE COOKERY - THEORY - 0 HOURS; APPLICATIONS - 8 HOURS

A) Prepare the following basic hot sauces:

**Brown Sauce (Espagnole):**

Following all of the recommended hygiene, sanitation and safety regulations, prepare a brown sauce, free from any impurities ready for further use.

**White Sauce (Bechamel):**

Following all of the recommended hygiene, sanitation and safety regulations, prepare a white sauce, free from any impurities ready for further use.

**Veloute (Chicken, Veal or Fish):**

Following all of the recommended hygiene, sanitation and safety regulations, prepare a veloute, free from any impurities ready for further use.

**Tomato Sauce:**

Following all of the recommended hygiene, sanitation and safety regulations, prepare a tomato sauce, free from any impurities ready for further use.

EGG AND BREAKFAST COOKERY - THEORY - 0 HOURS; APPLICATIONS - 8 HOURS

A) Prepare the following egg dishes:

**Spanish Omelette:**

- season omelette pan
- prepare garnish for omelette
- mix eggs together
- cook omelette with colour
- turn omelette
- present using contemporary concepts

**French Omelette:**

- season omelette pan
- mix eggs together
- cook omelette without colour
- fold omelette
- add garnish
- present using contemporary concepts

**Quiche Lorraine (or equivalent):**

- make short pastry
- roll pastry
- form pastry in a pie shell
- blind bake shell
- cook ham or bacon
- grate swiss cheese
- make egg custard
- put ingredients in shell
- bake Quiche Lorraine
- control temperatures to prevent syneresis
- keep warm
- serve in contemporary fashion

**Poached Egg Florentine (or equivalent poached egg dish)**

- poach eggs in cold water
- cool eggs
- cook spinach
- refresh spinach
- make mornay sauce from bechamel
- reheat spinach
- reheat eggs

- place spinach on serving dish
- place eggs on spinach
- pour mornay sauce over eggs
- sprinkle parmesan cheese and glaze lightly
- demonstrate modern presentation techniques

**Crepes:**

- mix eggs and milk together
- add hard flour, mix to smooth texture
- season crepe pan
- cook crepes very thin with little colour
- cool
- store
- discuss modern presentation techniques

B) Prepare the following breakfast dishes:

**Bacon:**

- tray bacon for cooking
- cook bacon
- keep warm

**Sausages:**

- blanch sausages
- tray sausages for cooking
- cook sausages
- keep warm

**Eggs:**

- fried sunny side
- fried over easy
- scrambled
- boiled
- poached
- omelettes (variety)

**French Toast:**

- egg mixture
- slice bread
- cinnamon sugar (or equivalent)
- cook french toast

**Pancakes:**

- prepare pancake mixture (commercial or housemade)
- cook pancakes

SHORT ORDER COOKERY - THEORY - 0 HOURS; APPLICATIONS - 8 HOURS

A) Prepare the following sandwiches:

**Monte Christo (hot):**

- prepare filling and assemble
- dip sandwich in beaten eggs
- cook to gold brown
- garnish and serve

**Club (hot):**

- prepare filling
- toast bread
- assemble sandwich
- cut sandwich
- garnish and serve

**Toasted Western (hot):**

- prepare filling
- beat eggs
- make western omelette
- toast bread
- assemble sandwich
- garnish and serve

B) Prepare the following sandwiches:

**Egg salad (cold):**

- prepare filling
- prepare garnish
- butter bread
- assemble sandwich
- garnish and serve

**Chicken salad (cold):**

- prepare filling
- prepare garnish
- butter bread
- assemble sandwich
- garnish and serve

**Cream cheese (cold):**

- prepare filling
- prepare garnish
- assemble sandwich
- garnish and serve

**Fancy sandwiches:**

- open faced, pinwheel
- checkerboard
- triangles
- garnish and serve using modern presentation techniques

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VEGETABLE AND FARINACEOUS COOKERY - THEORY - 0 HOURS;  
- APPLICATIONS - 10 HOURS

A) Prepare the following vegetable dishes (or equivalent) for service:

- braised cabbage fermiere
- green beans amandine
- broccoli, sauce hollandaise
- glazed carrots

B) Prepare the following potato dishes for service:

- duchesse potato
- baked potato
- savoyarde potatoes (or equivalent)
- french fries

C) Prepare the following rice dishes:

**Cabbage Rolls:**

- boil rice (short grain)
- prepare filling (meat, vegetables, rice)
- blanch cabbage leaves
- stuff cabbage leaves
- cut mirepoix
- make tomato sauce
- assemble and cook
- garnish and serve cabbage rolls

**Risotto Italienne (or equivalent):**

- sweat onions and tomatoes
- add rice (short grain)
- add boiling stock
- add wine if necessary
- add cheese(s) and butter
- garnish and serve

**Pilaff:**

- finely dice onions
- sweat onions
- boil stock
- add rice (long grain) to onions
- bayleaf, salt, pepper
- add stock
- bring to boil
- cover
- serve

**Boiled rice:**

- boil salt water
- add long grain rice
- cook
- refresh
- strain
- reheat
- garnish and serve

**Arroz con pollo (or equivalent ethnic rice dish):**

- cut chicken into pieces
- prepare garnish
- saute chicken pieces
- add garnish
- add rice (long grain)
- add boiling stock
- add saffron tea
- season
- cook
- garnish and serve

**D) Prepare the following pasta dishes:****Lasagne al forno (or an equivalent baked pasta dish)**

- prepare meat sauce
- cook lasagne
- cool and strain pasta
- assemble lasagne
- bake lasagne
- garnish and serve

**Spatzli (or one type of gnocchi)**

- make spatzli batter
- cook spatzli
- refresh, drain
- reheat and serve

FISH AND SHELLFISH COOKERY - THEORY - 0 HOURS; APPLICATIONS - 18 HOURS

A) Prepare fish in the following ways:

**Poach Fish:**

- prepare a vinegar court-bouillon
- poach salmon steaks
- garnish and serve in contemporary plated fashion
- prepare and serve Sole Bonne-Femme (or equivalent)

**Boil Fish:**

- prepare court-bouillon
- boil shrimp
- boil lobster
- court bouillon - cut lobster in half, clean, garnish, serve hot
- refresh shrimp and peel, devein and serve

**Pan Fry Fish:**

- marinate and flour fish
- prepare a la Meuniere
- garnish and serve in contemporary or traditional fashion
- describe the garnishes for Doria, Grenobloise and Belle-Meuniere

B) Prepare fish in the following ways:

**Deep Fry Fish:**

- bread crumb fish
- batter fish
- cook fish in deep fryer
- garnish and serve fish in a contemporary or classical manner

**Prepare fish Saint-Germain:**

- bread fish
- cook fish
- garnish and serve

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MEAT ENTREES - THEORY - 0 HOURS; APPLICATIONS - 22 HOURS

A) Prepare the following dishes:

**Roast Chicken:**

- prepare chicken for roasting
  - roast chicken
  - deglaze pan for gravy
  - carve chicken
  - keep warm or cool
  - garnish and serve

**Prepare Navarin of Lamb and Veal Blanquette:**

- cut meat for cooking
- cut vegetables
- cook meat
- finish cooking
- keep warm
- garnish and serve

**Pan Frying:**

- Calves' Liver Tyrolienne (or equivalent)
  - slice liver
  - flour liver
  - pan fry
  - keep warm
  - garnish and serve

**Steak Flamande (or equivalent):**

- cut steaks
- flour steaks
- sear
- cook
- keep warm
- garnish and serve

**Meat Pie (tourtiere or equivalent):**

- make pastry
- grind meat
- sear meat
- cut vegetables
- cook tourtiere
- keep warm
- garnish and serve

**Cottage Pie (or equivalent):**

- grind meat
- cut vegetables
- cook meat
- cook potatoes
- assemble pie
- cook cottage pie
- keep warm
- garnish and serve

**Pork Goulash (or equivalent):**

- cut vegetables
- sweat
- cook
- keep warm
- garnish and serve

**Breast of Chicken Cordon Bleu (or equivalent):**

- bone chicken
- prepare filling, stuff and coat (bread)
- cook
- keep warm
- garnish and serve in contemporary style

**Chicken Ballotine (leg):**

- prepare rice filling
- stuff legs
- cook legs
- keep warm
- garnish and serve

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SALADS - THEORY - 0 HOURS; APPLICATIONS - 10 HOURS

A) Prepare salad dressing/cold sauces:

Examples:

- vinaigrette
- flavoured oils and infused vinegars
- coleslaw
- mayonnaise
- tartare sauce
- calypso sauce
- blue cheese dressing
- sauce verte
- 1000 Island
- store correctly
- garnish and serve  
(equivalents may be used)

B) Prepare a decorated meat platter:

- slicing of meats
- cut chicken
- fold and correctly assemble
- decorate
- store properly
- garnish and serve in a contemporary fashion

C) Prepare and cut various fresh fruits:

- identify degree of ripeness
- peel correctly
- cut correctly
- add lemon juice or fruits where required
- marinate
- garnish and serve

D) Prepare a variety of vegetable salads:

- wash salad vegetables
- cut salads
- mix salad items
- hold salad items
- garnish and serve

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E) Prepare cooked vegetable salads:

- cut
- cook
- refresh
- mix with dressing
- decorate
- store
- garnish and serve

**STUDENT EVALUATION:**

The lab assignment includes the following:

1. Gathering of utensils and raw materials.
2. Pre-preparation of the assigned items.
3. Preparation (cooking, baking, butchering) of the items.
4. Proper storage of the ready items including packaging, refrigeration, and freezing.
5. Cleaning of utensils, equipment, work areas, and cooking surfaces. No mark will be assigned until work areas are clean.
6. Putting all utensils and small wares into their allocated places.
7. Handing in costing sheets when requested.
8. No student is to leave the lab area until the end of the period.

Practical lab work is marked as follows:

- A - 12-15 marks depending on the excellence of the assignment.
- B - 10-11 marks for above average achievement.
- C - 9 marks for average achievement.

**CHEF TRAINING:**

- A+ 90-100%
- A 80- 89%
- B 70- 79%
- C 60- 69%
- R under 59%

**APPRENTICES:**

- A 85-100% - Excellent
- B 75- 84% - Above Average
- C 60- 74% - Average
- D 50- 59% - Below Average
- F 0- 49% - Failure

**ATTENDANCE FOR ALL LABS IS COMPULSORY.** There is no make-up work given for absenteeism. Maximum number of labs missed per semester are 3 in order to receive a passing grade.

above belongs to chris-bus