



**FOOD THEORY BASIC**

FDS121

**I. COURSE DESCRIPTION:**

The subject content will give the student the basic knowledge of the theory of food and proper food preparation. This course meets the Ministry of Skills and Development of Ontario standards for the trade of cook.

**II. TOPICS TO BE COVERED:**

1. General overview of cooking methods
2. Stock and soup cookery
3. Sauce cookery
4. Breakfast and short order cookery
5. Vegetable and farinaceous cooking

**I. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:****A. Learning Outcomes:**

1. Demonstrate an understanding of various cooking methods.
2. Produce stocks and soups from recipe.
3. Prepare sauces using proper cooking techniques and thickening procedures.
4. Prepare various breakfast items and short order cooking.
5. Preparing vegetables and various starch items from recipes.

**A. Learning Outcomes and Elements of the Performance:**

Upon successful completion of this course, the student will demonstrate the ability to:

**1. Demonstrate an understanding of various cooking methods.****Elements of the Performance:**

Explain the meaning and purpose of cooking.

Identify and describe major cooking methods and categorize under:

- moist heat
- dry heat

Identify the three ways of applying heat in cooking.

**2. Demonstrate an understanding of the various vegetable cutting styles and methods of flavouring.****Elements of the Performance:**

Identify and describe vegetable cuts and flavouring agents.

Identify the following cuts and their uses.

- julienne

- brunoise
- jardiniere batons
- macedoine
- paysanne

Describe the composition of flavouring agents and their uses.

- onion cloute
- spice bag
- faot
- bouquet garnie
- mirepoix
- matignon

**Elements of the Performance:**

Identify and describe various aromatics and their use in the kitchen.

State the main differences between pot herbs and culinary spices and describe the correct storage procedures.

List and differentiate 15 of the most common herbs and spices and their uses.

1. **Demonstrate an understanding of making all basic stocks as well as using proper methods for cooling.**

**Elements of the Performance:**

Identify and describe the principles of basic stock cookery.

List the correct methods of preparing:

- fonds brun (estouffade)
- fonds de volaille
- fumet de poisson

Describe the use of vegetable and game stocks.

Describe the correct cooling and storage of stock and discuss various substitutes.

Define essence and glaze as applied to stock cookery.

1. **Prepare sauces using proper cooking techniques and thickening procedures.**

**Elements of the Performance:**

Identify and describe thickening agents and their uses.

State the composition and identify various thickening preparations:

- starch only
- starch and liquid
- starch and fat
- protein

5. Prepare all categories of soups using proper techniques.

**Elements of the Performance:**

Identify and describe Soups according to category and the appropriate serving techniques.

State the composition and methods of preparation of the following soups:

- clear soups; bouillon; consommé
- thick soups; puree, bisque, velouté, crème coulis
- specialty soups; regional, national, international, and cold

Describe the storage of soups to maintain quality and avoid bacterial growth.

List and describe convenience food or substitutes that relate to stocks

6. Prepare all categories of sauces using proper techniques.

**Elements of the Performance:**

Identify classical hot sauce families.

Describe or diagram their structure.

Explain the relationship between basic and derivative sauces and describe their uses:

- espagnole
- demi glaze
- tomato
- béchamel
- velouté
- allemande
- suprême
- vin blanc

Describe the use and purpose of a reduction in sauce making.

**Elements of the Performance:**

Explain the nature of an emulsion, and describe how to emulsify butter and egg yolks.

List the correct method of preparing sauce:

- Hollandaise
- Béarnaise

Describe the correct method of preparing compound butters and their uses.

7. Prepare and store all categories of cold sauce.

**Elements of the Performance:**

Identify and describe classical cold sauce families, explain the relationship between basic and derivative sauces and describe their uses:

- vinaigrette
- mayonnaise

Identify and describe non-derivative sauces and describe their uses.

Discuss various sauce convenience products, and reconstitution of sauces.

Select the appropriate storage method for sauces to maintain quality and sanitation.

#### **8. Prepare various breakfast items and short order cookery.**

##### **Elements of the Performance:**

Identify the role of eggs in the kitchen.

- State the composition and grades of eggs.
- Describe 8 methods of cooking eggs and list major garnishes and accompaniments.

Identify the major international breakfast meats.

- State portion sizes of all breakfast meats.

Describe the principles for the preparation of hot non-alcoholic beverages.

Describe the methods and preparation and the temperatures required for coffee, tea, and hot chocolate.

##### **Elements of the Performance:**

Describe a short order station mise en place and list and identify major short order items.

Describe the production management required for bulk sandwich making.

Describe hot sandwiches.

#### **8. Prepare vegetables and various starch items from recipes.**

##### **Elements of the Performance:**

Identify various pasta products.

- Describe the origins of pasta.
- Differentiate between fresh and dry pasta
- Describe various pasta dishes, holding and storage in the cook and raw states.

Describe the various types of rice and grains.

- State the methods of preparation of rice.
- Describe the various rice dishes.

Identify the role of potatoes and other vegetables in the kitchen.

- State the origins and various types of potato and applications.
- Identify vegetable and describe cooking functions under the following heads:
  - colour, texture, botanical part
- State methods of cooking vegetables with examples.

Recognize garnitures and their role.

- Describe 10 of the common traditional garnitures.
- State the purpose of garnishing.

## I. EVALUATION METHODS:

The mark for this course will be arrived at as follow:

Test #1	30%	Modules 1,2,3 = 30%
Test #2	30%	Modules 4,5,6 = 30%
Test #3	40%	Modules 7,8,9 = 40%

<b>Total</b>	<u>100%</u>	<u>100%</u>
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The grading scheme used will be as follows:

A+	90-100%	Outstanding achievement
A	80 – 89%	Excellent achievement
B	70 – 79%	Average achievement
C	60 – 69%	Satisfactory achievement
R	Repeat	

X Incomplete. A temporary grade limited to special circumstances have prevented the student from completing objectives by the end of the semester. An “X” grade reverts to an “R” grade if not upgraded within a specified time.

## II. SPECIAL NOTES:

1. In order to pass this course the student must obtain an overall tests/quiz average of 60% or better.
2. Assignments must be submitted by the due date according to the specifications of the instructor. Late assignments will normally be given a mark of zero. Late assignments will only be marked at the discretion of the instructor in cases where there were extenuating circumstances.
3. The instructor reserves the right to modify the assessment process to meet any changing needs of the class. Consultation with the class will be done prior to any changes.
4. The method of upgrading an incomplete grade is at the discretion of the instructor, and may consist of such things as make-up work, rewriting tests, and comprehensive examinations.
5. Students with special needs (e.g. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.
6. Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

## I. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor.

**II. REQUIRED STUDENT RESOURCES:**

Text: "Professional Cooking" by Wayne Gisslen.