

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON**



COURSE OUTLINE

Course Title: Small Quantity Food

Code No.: FDS129 **Semester:** One

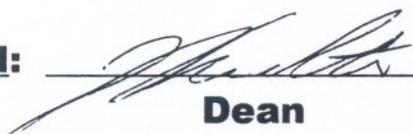
Program: Hotel & Restaurant Management

Author: Rex Leeson

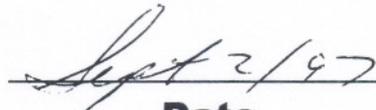
Date: September 1997

Previous Outline Date: September 1996

Approved:



Dean



Date

Total Credits: 3 **Prerequisite(s):** None
Length of Course: 17 weeks **Total Credit Hours:** 51

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_____, (705) 759-2554, Ext. _____.

COURSE NAME

COURSE CODE

Total CREDITS: 2

PREREQUISITES(S): None

I. COURSE DESCRIPTION:

This course will give the students the basic knowledge needed to prepare food items.

II. TOPICS TO BE COVERED:

1. General overview of cooking methods
2. Stock cookery
3. Thickening agents
4. Soup cookery
5. Sauce cookery
6. Eggs and breakfast cookery
7. Short order cooking

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Recognize the importance of sanitation and safety.

Elements of the performance:

Dress for lab in full cook uniform in accordance with the National Sanitation Code.

2. Demonstrate the safe handling of the kitchen equipment.

Elements of the performance:

Identify the equipment used in a large quantity food kitchen.

Identify, name, use, dismantle and assemble:

- all large machinery and attachments – slicer, chopper, mixer, stoves and ranges
- ovens (conventional and convection)
- steam units and kettles
- deep fat fryers (electric and gas)
- name and use of knives and hand equipment

3. Demonstrate an understanding of the different vegetable cutting styles.

Elements of the Performance:

Clean, peel, wash, store a variety of vegetables.

Prepare the following vegetable cuts and flavouring agents (classical names):

- mirepoix
- matignon
- macedoine
- julienne
- brunoise
- paysanne
- jardiniere
- dice onions
- slice onions
- slice onion rings

4. Demonstrate an understanding of the different types of stocks.

Elements of the Performance:

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.

5. Demonstrate an understanding of the different types of Roux's used for thickening.

Elements of the Performance:

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
- cook roux lightly
- cool
- use for veloute and tomato sauce

Brown roux:

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

6. Demonstrate an understanding of different soup cooking.

Elements of the Performance:

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.

MINISTRONE

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

POTAGE PARMENTIER

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

CREAM OF CAULIFLOWER

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

7. Demonstrate an understanding of different sauce preparations.

Elements of the Performance:

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:

- Following all of the recommended hygiene, sanitation and safety regulations, prepare a veloute sauce, 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.

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.

8. Demonstrate an understanding of different methods of egg preparations.

Elements of the Performance:

Prepare the following egg dishes:

Spanish Omelette:

- season omelette pan

Spanish Omelette (cont'd)

- 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 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

9. Demonstrate an understanding of a variety of sandwich preparations.

Elements of the Performance:

Prepare the following sandwiches:

Monte Christo (hot)

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

Club (hot)

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

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Toasted Western (hot)

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

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

Fancy sandwiches

- open faced pinwheel
- checkerboard
- triangles
- garnish and serve

IV. EVALUATION METHODS:

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

- Attendance and Daily Performance

A grade will be assigned daily.

The grading scheme used will be as follows:

A+	90-100%	Outstanding achievement
A	89-89%	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.

V. SPECIAL NOTES:

1. In order to pass this course, the student must obtain an overall test/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.

SPECIAL NOTES

Dress Code

All students are required to wear their uniforms while in the hospitality and tourism institute, both in and out of the classroom.

Special Needs

If you are a student with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities), you are encouraged to discuss required accommodations with the professor and/or contact the Special Needs Office, Room E1204, Ext. 493, 717, 491 so that support services can be arranged for you.

Plagiarism

Students should refer to the definition of "academic dishonesty" in the "Statement of Student Rights and Responsibilities." Students who engage in "academic dishonesty" will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course, as may be decided by the professor.

Retention of Course Outlines

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

Substitute course information: available at Registrar's Office.

The professor reserves the right to modify the course as deemed

VI. PRIOR LEARNING ASSESSMENT:

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

VII. REQUIRED STUDENT RESOURCES:

Text – "Professional Cooking", 3rd edition, by Wayne Gisslen.