

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



COURSE OUTLINE

Course Title: Quantity Food Preparation - Basic

Code No.: FDS139 **Semester:** One

Program: Chef Training

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Date: September, 1997

Previous Outline Date: September, 1996

Approved: *J. Smith* *Sept 2/97*
Dean Date

Total Credits: 4 **Prerequisite(s):** n/a
Length of Course: 17 weeks **Total Credit Hours:** 68

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TOTAL CREDITS: 2

PREREQUISITE(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 | 8. Vegetable Dishes |
| 2. Stock cookery | 9. Potato Cooking |
| 3. Thickening agents | 10. Rice Cooking and Pasta Cooking |
| 4. Soup cookery | 11. Fish Cooking |
| 5. Sauce cookery | 12. Variety of Meat Entres |
| 6. Eggs and breakfast cookery | 13. Fresh Fruits and Vegetable Salads |
| 7. Short order cooking | 14. Chicken Dishes |
| | 15. Basic and Derivative Sauces |
| | 16. Lamb, Beef and Pork Dishes |

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

A. Learning Outcomes:

1. Recognize and understand the importance of sanitation and safety
2. Identify and use the different types of food products
3. Use the different methods of cooking
 - a) sauteing
 - b) broiling
 - c) steaming
 - d) baking
 - e) roasting
 - f) panfrying

B. Learning Outcomes and Elements of the Performance:

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

1.

Elements of the performance:

- Dress for lab in full cook uniform in accordance with the National Sanitation Code.
- Work in a clean and sanitary manner in the food preparation area.

2.

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.

Elements of the performance:

- Practise all the safety rules in the large quantity food kitchen.

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4.

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

5.

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.

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- 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.

6.

Elements of the performance:

o Prepare the following roux:

- Whiteroux
 - 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 Sauces
- Brown roux:
 - Melt butter
 - Add hard flour
 - Colour roux brown
 - Importance of not burning flour
 - Cool
 - Use for Espagnole Sauce

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7.

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.

8.

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.

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- 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.

9.

Elements of the performance:

- o 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

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- 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

10.

Elements of the performance:

o Prepare the following sandwiches:

- MonteChristo (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
- Toasted western (hot)
 - prepare filling
 - beat eggs
 - make western omelette
 - toast bread
 - assemble sandwich
 - garnish and serve

SMALL QUANTITY FOOD

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○ 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

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- Prepare the following vegetable dishes (or equivalent) for service:
 - braised cabbage fermiere
 - green beans arandine
 - broccoli, sauce hollandaise
 - glazed carrots

Elements of performance:

- Prepare the following potato dishes for service:
 - duchesse potato
 - baked potato
 - savoyarde potatoes (or equivalent)
 - frenchfries

Elements of performance:

- Prepare the following rice dishes:
 - Cabbage rolls (or equivalent dish with rice stuffing)
 - boil rice (short grain)
 - prepare filling, (meat, vegetables, rice)
 - blanch cabbage leaves
 - stuff cabbage leaves
 - cut mirepiox
 - 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

Elements of performance:

- Prepare the following rice dishes (cont'd):
 - Arroz con pollo (or equivalent ethnic rice dish)
 - cut chicken into pieces
 - prepare garnish
 - saute chicken pieces
 - add garnish

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- add rice (long grain)
- add boiling stock
- add saffron tea
- season
- cook
- garnish and serve

Elements of performance:

- Prepare Pasta Dishes
 - Lasagne al forno (or an equivalent baked pasta dish)
 - prepare meat sauce
 - cook lasagne
 - cool and strain pasta
 - assemble lasagne
 - bakelasagne
 - garnish and serve
 - Spatzli (or one type of gnocchi)
 - make spatzli batter
 - cook spatzli
 - refresh, drain
 - reheat and serve

Elements of performance:

- 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 and serve hot
 - refresh shrimp and peel, devein and serve

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- 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

Elements of performance:

- o 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

Elements of performance:

- o Prepare fish Saint-Germain
 - bread fish
 - cook fish
 - garnish and serve

Elements of performance:

- o 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

Elements of performance:

- o Prepare Navarin of Lamb and Veal Blanquette
 - cut meat for cooking
 - cut vegetables
 - cook meat
 - finish cooking
 - keep warm
 - garnish and serve

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

Elements of performance:

- o Prepare the following dishes:
 - 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 tourti&re
 - 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

Elements of performance:

- o Prepare the following dishes:
 - Pork goulash (or equivalent)
 - cut vegetables
 - sweat
 - cook

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- 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

Elements of performance:

- o 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

Elements of performance:

- o Prepare a variety of vegetable salads:
 - wash salad vegetables
 - cut salads
 - make salad items
 - hold salad items
 - garnish and serve

Elements of performance:

- o Prepare cooked vegetable salads:
 - cut
 - cook
 - refresh
 - mix with dressing
 - decorate
 - store
 - garnish and serve

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COURSE CODE**Elements of performance:**

- Perform a variety of basic, practical food preparation and cooking techniques while preparing several chicken dishes
 - Examples:
 - Chicken ballotine
 - Chicken cordon bleu
 - Chicken pot pie
 - Arroz con pollo
 - Prepare rice pilaff.
 - Equivalents may be used
 - Debone, pound and stuff chicken legs for ballotine.
 - Roast chicken ballotine.
 - Debone chicken breasts.
 - Butterfly chicken breasts and stuff with ham and cheese.
 - Bread and pan fry stuffed chicken breasts cordon bleu.
 - Prepare & basic pie dough.
 - Cut vegetables into batons and blanch.
 - Prepare chicken veloute
 - Boil boiling fowls for use in chicken pot pie.
 - Combine vegetables, sauce and boiling fowl together for use in chicken pot pie.
 - Roll dough and line pie plates.
 - Assemble and bake chicken pot pies
 - Saute raw chicken pieces with raw rice, vegetables and cover with stock.
 - Bake sauteed chicken and rice in an oven until cooked.

Elements of performance:

- Prepare the basic sauces, derivative sauces, non-derivative sauces and compound butters needed for large quantity food recipes
 - Espagnole Sauce
 - Bechamel Sauce
 - Chicken Velour
 - Tomato Sauce
 - Mayonnaise
 - Hollandaise
 - Apple Sauce
 - Compound Butters

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COURSE CODE**Elements of performance:**

- Perform a variety of basic practical food preparation and cooking techniques while preparing one of several lamb dishes.
 - Examples:
 - Navarin of lamb, and lamb curry
 - Roast boneless shoulders of lamb.
 - Equivalents may be used.
 - Chine racks of lamb.
 - Cut chined racks into cutlets.
 - Debone lamb shoulders.
 - Debone and slice legs of lamb.
 - Turn a variety of vegetables.
 - Blanch and saute
 - Sauted diced lamb, prepare sauce and braise lamb until cooked.
 - Assemble and serve navarin of lamb.
 - Debone, roll, tie and roast boneless shoulders of lamb.

Elements of performance:

- Perform a variety of basic practical food preparation and cooking techniques while preparing several pork dishes
 - Examples:
 - Stuffed pork loin
 - Pork kebabs.
 - Scotch eggs.
 - Pork goulash.
 - Pork sausages.
 - Equivalents may be used.
 - Debone a loin of pork roast and tie
 - Prepare a filling and stuff the pork loin
 - Roast garnish and serve the pork loin.
 - Debone and dice legs of pork.
 - Prepare pork goulash.
 - Prepare, assemble and deep fry scotch eggs.
 - Prepare, assemble and blanch pork sausages.

Elements of performance:

- Perform a variety of basic practical food preparation and cooking techniques while preparing several beef dishes
 - Examples:
 - Cottage pie
 - Cabbage rolls

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- Beef and mushroom pies.
- Beef rouladen.
- Salisbury steaks.
- Equivalents may be used.
- Trim and cut a fillet of beef for Steak Diane
- Assemble mise-en-place for Steak Diane
- Prepare basic pie dough.
- Prepare beef and mushroom filling for pies.
- Assemble and bake beef and mushroom pies.
- Slice and tenderize beef rounds or rouladen.
- Assemble and braise beef rouladen.
- Assemble and braise beef, cabbage rolls in tomato sauce
- Prepare tomato sauce
- Prepare duchess potatoes and top for cottage pie

Elements of performance:

- Perform a variety of basic practical food preparation and cooking techniques while preparing several fish dishes
 - Filletfish.
 - Bread fillets of sole.
 - Prepare fish cakes or coutibiac (or equivalents).
 - Salmon pies or Sole Bonne Femme.
 - Skin and fillet dover sole.
 - Bread and deep fry fillets of sole
 - Assemble and deep fry fish cakes.
 - Assemble and bake salmon pies.
 - Assemble, poach and finish sole bonne femme.

Elements of performance:

- Prepare a variety of potato dishes from large quantity recipes
 - Examples:
 - Anna
 - Au gratin
 - Baked
 - Lyonnaise
 - Baked stuffed
 - New
 - Croquette
 - Hongroise
 - Delmonico
 - Hash brown
 - Duchess
 - Chateau
 - Equivalents may be used

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COURSE CODE***Elements of performance:***

- Prepare a variety of vegetable dishes from large quantity recipes
 - Examples:
 - Batter fried onion rings
 - Fried egg plant
 - Braised cabbage fermiere
 - French fried parsnips
 - Harvard beets
 - Baked squash
 - Baked onions
 - Spinach
 - Stuffed tomatoes
 - Ratatouille
 - Zucchini provencale
 - Vichy Carrots
 - Equivalents may be used.

Elements of performance:

- Prepare a variety of salads and dressings from large quantity recipes
 - Examples:
 - Cucumber salad
 - Pasta salad
 - Rice salad
 - Tomato aspic
 - Green bean salad
 - Salmon salad
 - Chicken salad
 - Tossed salad
 - Navy bean salad
 - Ham Salad
 - Pickled mushrooms a la grecque
 - Tuna salad
 - Seafood salad
 - French dressing
 - Caesar salad
 - Vinaigrette dressing.
 - Equivalents may be used.

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

The mark in this course will be derived as the following:

- Attendance
- Daily performance

A grade will be assigned daily

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.	

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.

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5. Students with special needs (eg. 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.

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, Wayne Gisslen