

**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: FALL 1998

Previous Outline Date: FALL 1997

Approved:

[Signature]
Dean

[Signature] 28/98
Date

Total Credits:

Prerequisite(s):

Length of Course:

Total Credit Hours:

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TOTAL CREDITS: 4

PREREQUISITES: NONE

I. COURSE DESCRIPTION:

This course will provide the student with the opportunity to further develop their cooking knowledge and skills for large quantity food items. Each student will gain hands-on food preparation skills on each item.

II. TOPICS TO BE COVERED:

1. Introduction
2. Stock Cookery
3. Soup Cookery
4. Sauce Cookery
5. Poultry Cookery
6. Lamb Cookery
7. Pork Cookery
8. Beef Cookery
9. Fish Cookery
10. Potato Cookery
11. Vegetable Cookery
12. Salads
13. Desserts

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

1. INTRODUCTION

Learning Outcome:

Demonstrate an understanding of all equipment and the safe and proper handling.

Elements of the Performance:

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

- list and 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 & convection), steam units and kettles, deep fat fryers (electric and gas)
- name and use of knives and hand equipment
- practise all the safety rules in the large quantity food kitchen

2. **STOCK COOKERY**

Learning Outcomes:

Make stocks for use in large quantity food recipes.

Elements of the Performance:

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

- Brown beef stock
- White veal stock
- White chicken stock
- Fish stock

Demonstrate the following applications:

- brown beef bones
- cut and brown a mirepoix
- assemble and cook beef stock
- blanch veal bones
- blanch chicken bones
- cut mirepoix for chicken stock
- assemble and cook white chicken stock
- slice onions for fish stock
- sweat fish bones and onions
- add water, seasonings and simmer fish stock

3. **SOUP COOKERY**

Learning Outcomes:

Make soups for use in large quantity food recipes.

Elements of the Performance:

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

- prepare a variety of clear, cream and puree soups according to the following classifications: Clear, Thick, and Specialty Soups.

Examples:

- scotch broth
- spinach soup
- potato and leek

- chicken vegetable
- lentil soup
- celery soup
- chicken noodle soup
- borscht
- corn chowder
- puree of carrot
- fish chowder
- mulligatawny
- equivalents may be used

4. ***SAUCE COOKERY***

Learning Outcomes

Make sauces used in large quantity food recipes.

Elements of the Performance:

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

Prepare the basic sauces, derivative sauces, and non-derivative sauces.

- butters needed for large quantity food recipes
- espagnole sauce
- bechamel sauce
- chicken veloute
- tomato sauce
- mayonnaise
- hollandaise
- apple sauce
- compound butters

5. ***POULTRY COOKERY***

Learning Outcomes

Prepare poultry for use in large quantity food recipes.

Elements of the Performance

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

- 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 blue
- prepare a basic pie dough
- cut vegetables into batons and blanc
- 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

6. ***LAMB COOKERY***

Learning Outcomes

Prepare lamb for use in large quantity food recipes.

Elements of the Performance

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

- perform a variety of basic practical food preparation and cooking techniques while preparing one of several lamb dishes.

Examples:

- navarin of lamb, and a 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
- saute diced lamb, prepare sauce and braise lamb until cooked
- assemble and serve navarin of lamb
- debone, roll, tie and roast boneless shoulders of lamb

7. ***PORK COOKERY***

Learning Outcomes

Prepare pork for use in large quantity food recipes.

Elements of the Performance

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

Perform a variety of basic, practical food preparation and cooking techniques while preparing several pork dishes. Examples:

- stuffed pork
- 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

8. ***BEEF COOKERY***

Learning Outcomes

Prepare beef for use in large quantity food recipes.

Elements of the Performance

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

- perform a variety of basic practical food preparation and cooking techniques while preparing several beef dishes. Examples:
 - cottage pie
 - cabbage rolls
 - 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

9. ***FISH COOKERY***

Learning Outcomes

Prepare fish for use in large quantity food recipes.

Elements of the Performance

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

- perform a variety of basic practical food preparation and cooking techniques while preparing several fish dishes
 - fillet fish
 - bread fillets of sole
 - prepare fish cakes or coulibiac (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

POTATO COOKERY

Learning Outcomes

Prepare potato dishes for use in large quantity food recipes.

Elements of the Performance

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

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

11. ***VEGETABLE COOKERY***

Learning Outcomes

Prepare vegetable dishes for use in large quantity food recipes.

Elements of the Performance

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

Prepare a variety of salads and dressings from large quantity food 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

13. ***DESSERTS***

Learning Outcomes

Prepare desserts for use in large quantity food recipes.

Elements of the Performance

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

Prepare a variety of desserts from large quantity recipes. Examples:

- baked apples
- crème caramel
- bread pudding
- queen's pudding
- cheese and apple crish
- lemon meringue
- rice pudding
- apple pie
- pastry cream
- whipped cream
- variety of pastry items
- ice cream
- equivalents may be used

14. ***GALLERY***

Learning Outcomes

Use all classroom techniques in the preparation of food for The Gallery and special functions as assigned.

Elements of the Performance

Attend all assigned functions and associated preparations. Attend and prepare Gallery production as scheduled on individual's schedule every Friday.

EVALUATION METHODS:

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

Attendance - 40%

Daily Performance - 60%

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 upgrading within a specified time.

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 changes.
4. Under no circumstances will a student attend class without wearing the appropriate chef training uniform. Any student failing to comply with the dress code will receive a zero grade for that class.
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.

7. Attendance is one of the most important components of the lab, therefore, ANY student who misses more than three labs in one semester will be issued an "R" grade unless extenuating circumstances and at the Dean's discretion.

8. Any student who misses more than three Friday prep labs or three special events is out of class.

PRIOR LEARNING ASSESSMENT

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

REQUIRED STUDENT RESOURCES:

Text - "Professional Cooking"; 3rd edition, Wayne Gisslen

GUIDELINES RE GRADING:

ASSIGNMENTS:

Since one of our goals is to assist students in the development of proper business habits, assignments will be treated as reports one would provide to an employer, i.e. in a timely and businesslike manner.

Therefore assignments will be due at the beginning of class and will be 100% complete. No extension will be given unless the student and the professor have come to an agreement prior to the due date.

TESTS:

If a student is not able to write a test because of illness or a legitimate emergency, that student must contact the professor **prior** to the test or as soon as possible and provide an explanation which is acceptable to the professor. In cases where the student has contacted the professor and where the reason is not classified as an emergency, i.e. slept in, forgot, etc., the highest achievable grade is a "C". In cases where the student has not contacted the professor, the student will receive a mark of "0" on that test.

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, 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 & 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 the Registrar's Office

The professor reserves the right to modify the course as deemed.