

I. COURSE DESCRIPTION:

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

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Demonstrate kitchen safety proceduresPotential Elements of the Performance:

Identify various kitchen equipment and tools from the perspective of usage, handling, assembling, sharpening, cleaning and storing.

- Knives
- Hand tools
- Cooking utensils
- Large equipment
- Mechanical equipment

Dress in full cook's uniform including

- Shoes
- Industry recognized pants
- Double breasted jacket
- Necktie
- Chef's hat
- Apron
- Thermometer
- Clean hand towels
- Short hair or hairnet.

Identify emergency and fire procedures

- Alarm
- Exits

Demonstrate food storage procedures and packaging

- Cooling
- Food rotation
- Labeling/dating
- Refrigeration
- Freezing: cellophane, foil wrap, sealed containers
- Labelling

2. Prepare stock cookeryPotential Elements of the Performance:

- Prepare vegetable cuts and flavouring agents
- Prepare white stock (veal, chicken, fish)
- Prepare brown stock (veal, beef, chicken)
- Prepare vegetable stock

3. Prepare thickening agentsPotential Elements of the Performance:

- Roux: white, blonde, brown
- Butter
- Beurre marnié
- Liaison
- Cream
- Starch: corn, arrowroot

4. Prepare soupsPotential Elements of the Performance:

- Classical consommé
- Classical purée
- Classical cream

5. Prepare hot saucesPotential Elements of the Performance:

- White (béchamel, velouté) – derivatives – reduction
- Brown (espagnole, demi-glace) – derivatives – reduction
- Glace de viande – reduction sauce
- Gravies – jus de rôti and jus lié

Prepare cold sauces and dressingsPotential Elements of the Performance:

- Mayonnaise – derivatives
- Vinaigrette – derivatives

6. Prepare egg and breakfast cookeryPotential Elements of the Performance:

- Prepare eggs: fry, boil, poach, scrambled, shirred.
- Prepare egg dishes:
 - Omelette (folded and flat; Spanish, French)
 - Quiche
 - Poached egg dish
 - Crepes, French toast, pancakes
- Prepare breakfast meat items
- Prepare breakfast fish item

7. **Prepare short order cookery**
Potential Elements of the Performance:
 - Prepare classical hot sandwiches served in a contemporary presentation

8. **Prepare vegetable dishes**
Potential Elements of the Performance:
 - Select vegetable (leaf, flower, root, pod, legume, bulb, fungi)
 - Prepare vegetable cuts
 - Prepare vegetable dishes utilizing cooking methods:
 - Simmer, boil, steam, stir fry, sauté, braise, roast, grill

9. **Prepare farinaceous cookery**
Potential Elements of the Performance:
 - Prepare fresh pasta dishes: baked, noodle, stuffed, Spaetzle, gnocchi
 - Prepare rice dishes: boiled, pilaf, risotto
 - Prepare potato dishes
 - Duchesse – derivatives
 - Baked – derivatives
 - Mashed – derivatives
 - Château
 - Sauté
 - French fried
 - Noisette
 - Rösti
 - Roasted

10. **Prepare salads**
Potential Elements of the Performance:
 - Simple: lettuce, vegetable, legume
 - Compound: fruit

11. **Prepare poultry and small game birds (duck, quail, duck confit) dishes**
Potential Elements of the Performance:
 1. **Prepare and butcher for:**
 - Whole roast
 - Spatchcock / crapaudine
 - Sauté
 - Suprêmes
 - Émincé
 2. **Utilizing appropriate cooking methods**
 - Roast
 - Sauté

- Poach
- pan fry
- fricassee
- pies

12. **Prepare pork dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Roast loin and leg
 - Spare ribs
 - Force meat
- Utilizing appropriate cooking methods:
 - Roast (stuffed)
 - Grill
 - Pan fry
 - Sauté
 - Braised
 - Pork pie
 - Fricassee

13. **Prepare veal dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Escalope – paupiette
- Utilizing appropriate cooking methods:
 - Fricassée
 - Blanquette
 - Pan fry
 - Roast
 - Braised
 - Grill
 - Sauté

14. **Prepare beef dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Ground
 - Stewing
 - Émincé
 - Pot roast
 - Roast (prime Rib)
 - Paupiette
- Utilizing appropriate cooking methods:
 - Roast

- Pot roast
- Stew
- Braised
- Grill/broil
- Pan fry
- Sauté

15. **Prepare lamb dishes**

Potential Elements of the Performance:

- Prepare / butcher for
 - Leg
 - Shoulder-stuffed
 - Shank
 - Stewing
- Utilizing appropriate cooking methods:
 - Roast
 - Sauté
 - Pan fry
 - Stew
 - Braised
 - Grill/broil

16. **Prepare fish dishes**

Potential Elements of the Performance:

- Prepare / butcher
 - Whole
 - Dorne
 - Fillet
 - Goujon
 - Crumbled and battered
- Utilizing appropriate cooking methods:
 - Poach (court bouillon)
 - Steaming
 - Pan fry
 - Deep fat fry
 - Grill/broil
 - Bake
 - En papillote

17. **Prepare shellfish dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Shrimp
 - Oyster

- Mussels
- Scallops
- Clams
- Utilizing appropriate cooking methods:
 - Steam
 - Poach
 - Pan fry
 - Deep fry
 - Grill/broil
 - En papillote

III. TOPICS:

1. Kitchen safety procedures
2. Stock cookery
3. Thickening agents
4. Soups
5. Hot sauces
6. Egg and breakfast cookery
7. Short order cookery
8. Vegetable dishes
9. Farinaceous cookery
10. Salads
11. Poultry and small game birds
12. Pork dishes
13. Veal dishes
14. Beef dishes
15. Lamb dishes
16. Fish dishes
17. Shellfish dishes

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

"Professional Cooking", 6th edition, Wayne Gisslen

V. EVALUATION PROCESS/GRADING SYSTEM:

The lab assignment includes the following:

1. Gathering of utensils and raw materials
2. Pre-preparation of the assigned items
3. Preparation (cooking, baking) 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. No student is to leave the lab area until the end of the period

With the help of the above, students will be **graded in the labs** as follows:

Professionalism & Appearance 15%
- uniform, grooming, deportment

Sanitation & Safety 25%
- personal, work environmental, product management
- safe handling, operation, cleaning & sanitizing of tools and equipment
- organization of work area

Method of Work 40%
- Application of theory
- Application of culinary methods & techniques

Quality of Finished Product 20%
- appearance, taste, texture

EVALUATION PROCESS/GRADING SYSTEM:***NOTE THAT THE FINAL GRADE WILL CONSIST OF***

Labs	67%
Final Practical Exam	<u>33%</u>
Total	100%

Note: Practical application:

- a. In all practical food labs, 40% of the unit final mark is to evaluate the "Method of work" which includes preparation.
- b. End of semester practical exam has a weight of 33% of lab mark.

The following semester grades will be assigned to students in postsecondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	4.00
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 - 59 %	1.00
F (Fail)	49% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty	

VI. 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. **(Without proper uniform, classroom access will be denied)**

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

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 postsecondary institutions.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Code of Conduct*. 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/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.