

I. COURSE DESCRIPTION:

The subject content of this course will give the student a basic knowledge of the front and back of the house in a restaurant operation. This course is in a lab setting and will provide hands on, practical training.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

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

Potential Elements of the Performance:

Identify and list uses of the following:

- Knives - French, paring, boning
- Slicer
- Palette
- Peeler
- Spatula
- Steel

Identify and list uses of the following hand tools:

- Zester
- Decorator
- Egg slicer
- Cutters
- Rolling pin
- Tongs
- Whip
- Spoons
- Ladles
- Can opener
- Brushes
- Thermometers

Identify and list the uses of the following cooking utensils:

- Stock pot
- Frying pan
- Braising pan
- Sauce pan
- Roasting pan
- Colander

- Strainer
- China cap (chinois)
- Cutting board

Identify and list the uses of the following large equipment:

- Salamander
- Oven
- Deep fryer
- Stove
- Steamer
- Tilting fry pan
- Grill/griddle

Identify and list the uses of the following mechanical equipment:

- Whipping machine
- Slicer
- Meat grinder
- Rotating bowl
- Blender
- Scale

2. ***Dress in full cooks uniform:***

Potential Elements of the Performance:

- Sturdy shoes
- Black check pants
- Chef jacket
- Necktie
- Chef's hat
- Apron
- Clean hand towels
- Hair net (or short hair)

3. ***Demonstrate and understand proper fire procedures:***

Potential Elements of the Performance:

- Familiarize oneself with alarm and fire exists

4. ***Demonstrate and understand the preparation of the following vegetable cuts and flavouring agents (classical names)***

Potential Elements of the Performance:

- Mirepoix
- Matignon

- Macedoine
- Julienne
- Brunoise
- Paysanne
- Jardiniere
- Dice onions
- Slice onions
- Slice onion rings

5. ***Demonstrate and understand the correct food storage procedures and packaging;***

Potential Elements of the Performance:

- Cooling
- Refrigerating
- Freezing
- Saran Wrap
- Foil Wrap
- Sealed Containers

6. ***Demonstrate and understand the preparation of stocks:***

Potential Elements of the Performance:

- 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
- 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

7. ***Demonstrate and understand the preparation of egg dishes***

Potential Elements of the Performance:

- a) Spanish Omelet
- Season omelet pan
 - Prepare garnish for omelet
 - Mix eggs together
 - Cook omelet with color
 - Turn omelete
 - Present using contemporary concepts
- b) French Omelet
- Season omelet pan
 - Prepare garnish for omelet

- Mix eggs together
 - Cook omelet with color
 - Fold omelet
 - Present using contemporary concepts
- c) Quiche Lorraine:
- Make short pastry
 - Roll pastry
 - Form pastry and 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
- d) Poached Egg Florentine:
- Poach eggs in cold water
 - Cool eggs
 - Cook spinach
 - Refresh spinach
 - Make mornay sauce from bechamel
 - Reheat spinach
 - Reheat eggs
 - Place spinach on serving dish
 - Place eggs on spinach
 - Pour mornay sauce over eggs
 - Sprinkle parmesan cheese and glaze lightly
 - Demonstrate modern presentation techniques
- e) Crepes:
- Mix eggs and milk together
 - Add hard flour, mix to smooth texture
 - Season crepe pan
 - Cook crepes very thin with little color
 - Cool
 - Store
 - Discuss modern presentation techniques

8. ***Demonstrate and understand the preparation of the following breakfast dishes:***

Potential Elements of the Performance:

Bacon:

- Tray bacon for cooking
- Cook bacon
- Keep warm

Sausages:

- Blanch sausages
- Tray sausages for cooking
- Cook sausages
- Keep warm

Eggs:

- Fried sunny side
- Fried over easy
- Scrambled
- Boiled
- Poached
- Omelets (variety)

French Toast:

- Egg mixture
- Slice bread
- Cinnamon sugar (or equivalent)
- Cook French toast

Pancakes:

- Prepare pancake mixture (commercial or housemade)
- Cook pancakes

9. ***Demonstrate and understand the preparation of the following sandwiches:***

Potential Elements of the Performance:

Monte Cristo (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 omelet
- 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

Cream Cheese (cold):

- Prepare filling
- Prepare garnish
- Assemble sandwich
- Garnish and serve

10. ***Demonstrate and understand the preparation of the following vegetable dishes:***

Potential Elements of the Performance:

- Braised red cabbage
- Green beans amandine
- Glazed carrots

11. ***Demonstrate and understand the preparation of the following potato dishes:***

Potential Elements of the Performance:

- Duchesse potato
- Baked potato
- French fries

12. ***Demonstrate and understand the preparation of the following rice dishes:***

Potential Elements of the Performance:

Cabbage Rolls (or equivalent dish with rice stuffing)

- Boil rice
- Prepare filling (meat, vegetables, rice)
- Blanch cabbage leaves
- Stuff cabbage leaves
- Cut mirepoix
- Make tomato sauce
- Assemble and cook
- Garnish and serve cabbage rolls

Pilaf:

- Finely dice onions
- Sweat onions
- Boil stock
- Add rice (long grain) to onions
- Bay leaf, salt, pepper
- Add stock
- Bring to boil
- Cover
- Serve

Boiled Rice:

- Boil salt water
- Add long grain rice
- Cook
- Refresh
- Strain
- Reheat
- Garnish and serve

III. TOPICS:

1. Kitchen Equipment

2. Uniforms
3. Fire Procedures
4. Vegetable Cuts/Flavourings
5. Food Storage/Packaging
6. Stocks
7. Egg Dishes
8. Breakfast Dishes
9. Sandwiches
10. Vegetable Dishes
11. Potato Dishes
12. Rice Dishes

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Professional Cooking, 7th edition, W. 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, freezing, and labeling
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 allotted locations
7. Handing in costing sheets when requested
8. No student is to leave the lab area until the end of the period

Using the above student evaluation, students will be graded as follows:

15 labs @ 15 marks each = 225 possible marks

- A+ 203-225 Outstanding achievement
- A 180-202 Excellent achievement
- B 158-179 Above average achievement
- C 135-157 Average achievement
- F 156/less Fail

Attendance is one of the most important components of the lab; therefore, any student who misses more than 3 labs in one semester will be issued an "F" grade unless extenuating circumstances occur. The decision rests with the Dean.

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% and 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:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

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)**

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.