



**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 procedures**Potential 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 cookery**Potential 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 agents**Potential Elements of the Performance:

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

**4. Prepare soups**Potential Elements of the Performance:

- Classical consommé
- Classical purée
- Classical cream

**5. Prepare hot sauces**Potential 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 dressings**Potential Elements of the Performance:

- Mayonnaise – derivatives
- Vinaigrette – derivatives

**6. Prepare egg and breakfast cookery**Potential 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
  - Darne
  - 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", 8<sup>th</sup> 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:

### 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. 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 – it is at the professor's discretion.

### 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:

### 1. 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.

### 2. 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.

### 3. Prior Learning Assessment:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.

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

4. Accessibility Services:  
If you are a student with a disability (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Accessibility Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.
  
5. Communication:  
The College considers ***Desire2Learn (D2L)*** 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 this Learning Management System (LMS) communication tool.
  
6. Academic Dishonesty:  
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.
  
7. Tuition Default:  
Students who have defaulted on the payment of tuition (tuition has not been paid in full, payments were not deferred or payment plan not honoured) as of the first week of November (fall semester courses), first week of March (winter semester courses) or first week of June (summer semester courses) will be removed from placement and clinical activities due to liability issues. This may result in loss of mandatory hours or incomplete course work. Sault College will not be responsible for incomplete hours or outcomes that are not achieved or any other academic requirement not met as of the result of tuition default. Students are encouraged to communicate with Financial Services with regard to the status of their tuition prior to this deadline to ensure that their financial status does not interfere with academic progress.

8. Student Portal:

The Sault College portal allows you to view all your student information in one place. **mysaultcollege** gives you personalized access to online resources seven days a week from your home or school computer. Single log-in access allows you to see your personal and financial information, timetable, grades, records of achievement, unofficial transcript, and outstanding obligations, in addition to announcements, news, academic calendar of events, class cancellations, your learning management system (LMS), and much more. Go to <https://my.saultcollege.ca>.

9. Recording Devices in the Classroom:

Students who wish to use electronic devices in the classroom will seek permission of the faculty member before proceeding to record instruction. With the exception of issues related to accommodations of disability, the decision to approve or refuse the request is the responsibility of the faculty member. Recorded classroom instruction will be used only for personal use and will not be used for any other purpose. Recorded classroom instruction will be destroyed at the end of the course. To ensure this, the student is required to return all copies of recorded material to the faculty member by the last day of class in the semester. Where the use of an electronic device has been approved, the student agrees that materials recorded are for his/her use only, are not for distribution, and are the sole property of the College.