

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: THEORY OF FOOD

CODE NO.: FDS221 SEMESTER: TWO

PROGRAM: CHEF TRAINING

AUTHOR: GLEN DAHL

DATE: JANUARY 1993

PREVIOUS OUTLINE DATED: JANUARY 1992

New: X Revision:

APPROVED: *Glen Dahl*
DEAN, SCHOOL OF BUSINESS &
HOSPITALITY

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THEORY OF FOOD

FDS221

COURSE NAME

COURSE CODE

Course Length: 45 hours - 3 periods/week

Required Text: "Professional Cooking", by Wayne Gisslen
"The Escoffier Cookbook"

PURPOSE:

The subject content will give the students an advanced knowledge of the theory of food. This information will be very important to the student that decides to write the Ministry examination in order to be certified in the trade of cook.

MODULE #1 - QUALITY FOOD PREPARATIONS AND DISPLAYS

Professional associations like the Canadian Federation of Chef's view culinary competitions as events to encourage creativity and to establish standards of expertise and craftsmanship within all areas of culinary arts. Topics to be discussed in this module include:

- 1) General principles for culinary competitions
- 2) Sanitation procedures for culinary competitions
- 3) Preparing your entry for the show
- 4) Displaying your entry
- 5) The judging process

MODULE #2 - HORS D'OEUVRES

After completing this module the student will gain the knowledge necessary to prepare the following:

- 1) The five basic categories of appetizers:
 - a) cocktails
 - b) appetizer salads
 - c) hors d'oeuvres
 - d) canapes
 - e) relishes

MODULE #3 - SOUFFLES - HOT AND SAVORY

This section deals primarily with the preparation, cooking and the serving of souffles. Upon completion of this module, the student will be able to:

- 1) Prepare appetizer souffles, entrees, vegetable and dessert souffles
- 2) Prepare, garnish and serve the above
- 3) Identify to cost saving values of serving such items

MODULE #4 - CLASSICAL/INTERNATION CUISINES

The purpose of this module is to prepare the student for both classical and international recipes. Methods of preparations and serving techniques. Areas covered are:

(Shellfish)

- 1) Lobster Cookery - Lobster Newburg
- Lobster a L'Americaine
- Lobster Thermidor
- 2) Crab Cookery
Shrimp Cookery - Shrimp Curry
- Shrimp Bordelaise
- 3) Oysters Rockefeller
- 4) Scallops, Coquilles St. Jacques

MODULE #5 - MEAT DISHES

- 1) Chateaubriand and Garnishes
- 2) Fillet of Beef Wellington
- 3) Fillet of Beef Montgomery
- 4) Fillet of Beef Richelieu
- 5) Tournedos Rossini
- 6) Lamb Noisettes, Melba, Beatrice
- 7) Paupiettes de Veau a La Richelieu
- 8) Osso Bucco
- 9) Escalopes de Veau, Chasseur
- 10) Weiner Schnitzel
- 11) Saddle of Veal Metternich

All of the above items are served with suitable garnishes that will be covered.

MODULE #6 - MICROWAVE COOKERY

This module gives the students a basic understanding of the different uses of a microwave oven in cooking. Topics covered:

- 1) How the microwave works
- 2) Factors that influence cooking
- 3) Containers used
- 4) Major uses
- 5) The cooking of meats, fish, shellfish, eggs, custards and casseroles

MODULE #7 - SPICES

Spices are an accessory in cooking. Like all accessories they should be chosen with care and used with discretion so they accent but do not overwhelm. Topics covered:

- 1) History of spices
- 2) How spices are sold; how to buy spices
- 3) How to season with spices and herbs
- 4) Spices - herbs - seeds
Description - Source - Uses

MODULE #8 - WINES AND SPIRITS IN COOKING

This module will give the student a basic knowledge of the uses of wines and spirits in cooking. Topics covered:

- 1) The use of wines to marinade meats
- 2) The use of wines to make pan sauces
- 3) The use of wines for final flavourings
- 4) Wine terminology

STUDENT EVALUATION:

The student's final grade will consist of the following components:

Test #1	-	30%
Test #2	-	30%
Test #3	-	40%

Pass Grade - 55%

NOTE: Tests must be written on the dates given --- NO RE-WRITES!!

A+	95	-	100%
A	75	-	94%
B	65	-	74%
C	55	-	64%
R	0	-	54%