

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY**

**SAULT STE MARIE, ON**

**COURSE OUTLINE**

**Course Title: Food Theory Advanced**

**Code No.: FDS 230 Semester: Two**

**Program: HOTEL RESTAURANT MANAGEMENT**

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**Date: January, 1998**

**Previous Outline Date: September, 1997**

**Approved:**

*Joseph C. Swettenham*  
Dean

*Jan 5/98*  
Date

**Total Credits: 4 Prerequisite(s): Food Theory Basic**

**Length of Course: 17 weeks Total Credit Hours: 61**

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*For additional information, please contact the Dean of Hospitality (705) 759-2554, Ext. -678*

## **A. Learning Outcomes and Elements of the Performance:**

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

### **1. Deep frying and fish cookery**

#### **Elements of the Performance:**

- Describe the origins, equipment, fats and oils, methods of cooking and safety factors
- Describe the nutritional value and economic factors in respect of fish
- State the basic fish types: round and flat oily and lean salt and fresh water.
- Discuss cuts of fish in common use such as: dame, tranche, troncon, filet, supreme, paupiette, goujon
- Describe the methods of cleaning fish
- Differentiate between mollusks and crustaceans
- Describe the problems relating to hygiene and storage
- State methods judging freshness and quality in fish and shellfish.
- Describe methods of cooking fish and shellfish

### **2. Meat, Poultry and Variety Meat cookery**

#### **Elements of the Performance:**

- Explain the handling and storage of fresh and frozen poultry and explain how to avoid the health hazards associated with poultry.
- Describe how to roast, poach, pan-fry, deep-fry, broil, bake, and braise various poultry dishes
- Describe the preparation of farces, and the hazards of cooking a stuffed bird
- Define meat and explain its structure.
- List and describe the two types of connective tissue: elastin, collagen
- Choose appropriate cooking methods for different cuts of meats
- Describe different degrees of "doneness" in red meats and determine when the desired degree of doneness has been reached
- Describe how to braise, boil, broil, grill, pan-fry, and roast appropriate cuts of meat and/or offal (variety meats)
- Describe how to make gravies, jus, using cooking liquids, pan-juices and fonds and *a la minute* applications
- Differentiate between furred and feathered game
- Handle and store raw and cooked meats properly

### **3. Wines, spirits and beers in cooking**

#### **Elements of the Performance:**

- Describe various classical and contemporary dishes utilizing wines, spirits and beers.
- Explain the culinary use of wines, spirits and beers as they relate to: soups and sauces, hors-d'oeuvre, fish cookery, meat cookery, salads, desserts

## I. EVALUATION METHODS:

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

Test #1 30% Modules 1,2 = 30%

Test #2 30% Modules 3, 4 = 30%

Test #3 40% Modules 5, 6, 7 = 40%

Total 100%                    100%

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.	

## II. SPECIAL NOTES:

1. In order to pass this course the student must obtain an overall tests/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 to any changes.
4. The method of upgrading an incomplete grade is at the discretion of the instructor, and may consist of such things as make-up work, rewriting tests.
5. Students with special needs (e.g. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.
4. Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

## II. REQUIRED STUDENT RESOURCES:

Text: "Professional Cooking" by Wayne Gisslen.