

TOTAL CREDITS: 6

PREREQUISITES: FDS131

I. COURSE DESCRIPTION:

This course will give the students an advanced level needed to prepare the following food items.

II. TOPICS TO BE COVERED:

1. FISH AND SHELLFISH
2. CANAPES
3. PATE
4. HORSD'OEUVRE
5. BUFFET(COLD)
6. COLDSOUPS
7. DESSERTS
8. POULTRYANDGAME
9. LAMB COOKERY
10. PORK COOKERY
11. VEAL COOKERY
12. BEEF
13. PASTA
14. SAVOURY SOUFFLES
15. DINING ROOM MISE-EN-PLACE

III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

1. FISH AND SHELLFISH

Elements of the performance:

Prepare various classical sole dishes:

Examples:

- Prepare and present Sole Dieppose
- Prepare and present Sole MarseiRaise
- Prepare and present Sole Murat
- Prepare and present Sole Colbert
- Prepare Colbert butter/maitre d'hotel butter
- Demonstrate filleting techniques for sole
- Demonstrate cutting sole *en goujons*
- Demonstrate filleting techniques for Sole Colbert
- Equivalents may be used.

Prepare Fish Quenelles:

- Demonstrate filleting techniques for salmon (or equivalent fish)
- Prepare a panada
- Mince filleted salmon
- Combine ingredients together for quenelles
- Shape and poach queneres
- Prepare Sauce Bretonne (or equivalent sauce)
- Present Quenelles de Saumon Bretonne

Prepare live lobster:

Examples:

- Cut and clean a live lobster
- Prepare Lobster A l'armoricaine
- Prepare and present Lobster Bisque
- Demonstrate a pastry covered soup
- Equivalents may be used.

Prepare hot appetizers:

Examples:

Clean, marinate snails
Prepare garlic butter
Fill snail shells
Present Escargots A la Bourguignonne
Prepare and present Shrimp in Pemo
Present Frogs' Legs Provengale
Equivalents may be used.

Prepare the following shellfish dishes or equivalents:

Oysters
Oysters Casino
Oysters Florentine
Kiwi Clams with Marinated Squid
Clean and open fresh oysters
Cook and refresh spinach, fennel and watercress
Prepare and present

2. CANAPES

Elements of the performance:

Prepare a variety of canapes
Prepare a variety of canape fillings
Assemble a variety Of canapes
Glaze prepared canapes.
Assemble prepare canapes for service using contemporary presentation techniques

3. PATE

Elements of the performance:

Prepare pate en croute

Prepare pate dough
Prepare meat farce
Assemble pate en croute

Bake pate en croute
Fill pate en croute with prepared aspic
Slice prepared pate
Arrange sliced pate on a serving platter for service using contemporary presentation techniques.

4. HORS D'OEUVRE

Elements of the performance:

Prepare a variety of cold hors-d'oeuvre

Assemble and garnish a tray of cold hors d'oeuvre for service using contemporary presentation techniques.

5. BUFFET (COLD)

Elements of the performance:

Prepare a cold buffet piece demonstrating the application of *CHAUD-FROID*

Cook chicken breasts
Prepare chaud froid sauce
Prepare aspic
Prepare cooked chicken breasts for coating
Mask chicken breasts with chaud froid sauce
Decorate coated chicken breasts
Assemble decorated chicken breasts on a platter for service

6. COLD SOUPS

Elements of the performance:

Prepare the following cold soups (or equivalents)

Vichyssoise
Gazpacho
Fresh fruit soup

Demonstrate serving techniques for cold soups using a variety of garnishes and concepts relating to their origins.

7. DESSERTS

Elements of the performance:

Prepare the following desserts (or equivalents) using contemporary formats (plates and styles):

- Poires au vin rouge
- Mousse au chocolat
- Prepare tuiles
- Prepare sauce anglaise

8. POULTRY AND GAME

Elements of the performance:

Prepare the following chicken dishes:

- Coq-au-Vin (or equivalent)
- Pomme Arlie
- Epinards au beurre
 - Cut a chicken into 8 pieces
 - Prepare Coq-au-vin
 - Prepare Pommes Arlie
 - Clean and wash spinach
 - Cook and refresh spinach
 - Finish buttered spinach

Prepare the following poultry dishes:

- Ballotine of duck
- Puree of carrot
- Rock Cornish Game Hen
- Muskoka dressing (or equivalent)
- Galette potatoes
- Braised onions

9. LAMB COOKERY

Elements of the performance:

Prepare the following lamb dishes (or equivalent lamb dishes):

- Rack of Lamb Persille
- Prepare and serve a mustard sauce
- Puree of carrot
- Loin of Lamb en Croute (phyllo)
- Stuffed Shoulder of Lamb Boulang6re
- Braised lamb shanks Cajun Style
- Spinach fettucine

10. PORK COOKERY

Elements of the performance:

Prepare the following pork dishes (or equivalent pork dishes):

- Roast Stuffed Tenderloin of Pork with Port Wine Sauce
- Pork Cutlets en Papillotte
- Pork Chops Charcutiere
- Prepare Gnocchi A la Piemontaise
- Prepare Ratatouille

11. VEAL COOKERY

Elements of the performance:

Prepare the following veal dishes (or equivalents):

- Escalope de Veau Viennoise
- Cordon bleu
- Piccata Milanese

Prepare the following:

- Emince de Veau Zurichoise
- Haricots Verts au Beurre
- Rosti
- Veal Pojarski

12. BEEF

Elements of the performance:

Prepare the following beef dishes (or equivalents):

Tournedos Rossini Chateaubriand h la Bouquetiere Paupiettes of beef
Duchesse potatoes
Braised red cabbage
Trim and cut a fillet of beef into tournedos, chateaubriand
Prepare, cook, finish and present a la bouquetiere
Prepare croutons
Prepare sauce madeira
Saut6, assemble and present tournedos Rossini Turn and boil potatoes
Prepare and braise Savoy cabbage
Slice and tenderize beef for paupiettes (rouladen)
Prepare a filling for paupiettes (rouladen)
Assemble and b'raise paupiettes of beef
Present paupiettes of beef
Prepare and present duchesse potatoes Prepare, braise and present red cabbage

Prepare the following variety meat dishes (or equivalents):

Sweetbreads Marechal
Sweetbreads Toulousaine
Chicken quenelles

13. PASTA

Elements of the performance:

Prepare ravioli al sugo (or equivalent stuffed pasta):

Prepare Paste
Prepare filling
Assemble, blanch and refresh pasta
Prepare an accompanying sauce *or jus*
Assemble and bake

14. SAVOURY SOUFFLES

Elements of the performance:

Prepare hot savoury souffles

- Prepare the required mise-en-place for making savoury souffles Prepare and present a variety of hot savory souffles and discuss uses.
- Describe the preparations of hot dessert souffles and discuss uses.

Prepare and present a hot sabayon (zabaglione) and discuss uses.

15. DINING ROOM MISE-EN-PLACE

Elements of the performance:

Prepare the following dining room dishes:

Prepare mise-en-place for

Prepare in front of the customer:

Caesar salad

Steak Diane (or equivalent)

Steak Tartare

COURSE NAME

CODE**EVALUATION METHODS:**

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

The mark in this course will be derived as the following:

- Attendance
- Daily performance

A grade will be assigned daily

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. A temporary grade limited to special circumstances have prevented the student from completing objectives by the end of the semester. An X grade reverts to an R grade if not upgraded within a specified time.

SPECIAL NOTES

- 1. In order to pass this course the student must obtain an overall test/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 up to the instructor, and may consist of such things as make-up work, rewriting tests, and comprehensive examinations.**

Students with special needs (eg. physical impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with Your instructor reserves the right to modify the course as needed deems necessary to meet the needs of students.

FOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor.

REQUIRED STUDENT RESOURCES

Text: Professional Cooking 3rd edition, Wayne Gisslen