

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: CULINARY TECHNIQUES II

CODE NO. : FDS 160 **SEMESTER:** Two

PROGRAM: CULINARY SKILLS – CHEF TRAINING PROGRAM
CULINARY MANAGEMENT PROGRAM
COOK APPRENTICE

AUTHOR: GLEN DAHL

DATE: Oct 2006 **PREVIOUS OUTLINE DATED:** Dec 2005

APPROVED:

	_____	_____
	DEAN	DATE

TOTAL CREDITS: 9

PREREQUISITE(S): FDS140

HOURS/WEEK: 9 hours / week

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Part 1: Labs: Culinary Techniques II

I. COURSE DESCRIPTION:

This course will build on the basic knowledge from FDS140 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. Prepare soups

Potential Elements of the Performance:

- Prepare bisque
- Prepare Specialty / International
- Prepare cold soups

2. Prepare sauces

Potential Elements of the Performance:

- Hot emulsified: Hollandaise
- Hot emulsified: Béarnaise
- And derivatives
- Beurre blanc
- Compound butters (3 types)

3. Prepare salads

Potential Elements of the Performance:

- Compound:
 - Fish
 - Shellfish
 - Meat
 - Vegetable
 - Warm salads
 - Warm vegetable salads

4. Prepare garde-manger dishes

Potential Elements of the Performance:

- Terrine
- Mousse de foie
- Seafood appetizer
- Vegetable terrine
- Graved lax
- Aspic

5. Prepare poultry dishesPotential Elements of the Performance:

- Prepare / butcher for:
 - Ballontine
 - Galantine
 - Stuffed supreme
- Utilizing appropriate cooking methods:
 - Roast
 - Sauté
 - Poach
 - Grill
 - Pan fry
 - Fricassee
 - Pies

6. Prepare pork dishesPotential Elements of the Performance:

- Prepare / butcher for
 - Escalopes
 - Chops
 - Tenderloin
 - Emince
 - Medallion
- Utilizing appropriate cooking methods:
 - Roast (stuffed)
 - Grill
 - Pan fry
 - Sauté
 - Braised
 - Pork pie
 - Fricassee

7. Prepare veal dishesPotential Elements of the Performance:

- Prepare / butcher for:
 - Osso bucco
 - Sweet breads
 - Stuffed breast
 - Liver, kidney
 - Escalope (stuffed)
 - Cutlet
 - Chop
 - Leg (break down demonstration)
- Utilizing appropriate cooking methods:
 - Fricassee
 - Blanquette

- Pan fry
- Toast
- Braised
- Grill
- Sauté

8. **Prepare beef dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Short loin (porterhouse steaks, t-bone, wing)
 - Strip loin (whole, steaks)
 - Tenderloin (whole, tournedos, chateaubriand, filet steaks, filet mignon)
 - Medallion
 - Flank
 - Tongue
 - Oxtail
- Utilizing appropriate cooking methods:
 - Roast
 - Pot roast
 - Stew
 - Braised
 - Grill/broil
 - Pan fry
 - Sauté

9. **Prepare lamb dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Carcass (break down leg demonstration)
 - Rack – cutlet
 - Loin – chops – noisettes
 - Kidney
 - Liver
- Utilizing appropriate cooking methods:
 - Roast
 - Sauté
 - Pan fry
 - Stew
 - Braise
 - Grill/broil

10. **Prepare fish dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Paupiette
 - Trancon

- Quenelle
- Colbert
- Utilizing appropriate cooking methods:
 - Poach (court bouillon)
 - Steaming
 - Pan fry
 - Deep fat fry
 - Grill/broil
 - Bake
 - En papillote

11. **Prepare shellfish dishes**

Potential Elements of the Performance:

- Prepare / butcher for:
 - Lobster
 - Crawfish
 - Crayfish
 - Crab
 - Squid
 - Octopus
 - Salted and dry fish
 - Fish cakes
 - cubliac
- Utilizing appropriate cooking methods:
 - Steam
 - Poach
 - Pan fry
 - Deep fry
 - Grill/broil
 - En papillote

III. TOPICS:

1. Soups
2. Sauces
3. Salads
4. Garde manger
5. Poultry
6. Pork
7. Veal

8. Beef
9. Lamb
10. Fish
11. Shellfish

Part 2: Theory: Culinary Techniques II

I. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

Upon successful completion of the reportable subject, the student is able to demonstrate a working knowledge of advanced food theory in preparation of the practical application of culinary techniques.

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

1. Demonstrate a working knowledge of advanced sauces

Potential Elements of the Performance:

- Describe various advanced cooking techniques using classical garnitures and advanced sauce derivatives as points of departure to explore:
 - Fish,
 - Meats,
 - Poultry,
 - And vegetables as media of advanced preparation.
 - Describe various contemporary dishes using sauce and garnish applications.

2. Demonstrate a working knowledge of wines, spirits, beers, and cheese cooking.

Potential Elements of the Performance:

- Differentiate between the types of wines:
 - Red, white, sparkling
- Explain the culinary use of wines, spirits and beers as they relate to
 - soups and sauces
 - hors-d'oeuvres
 - fish cookery
 - meat cookery
 - salads and
 - desserts
- Discuss the marriage of food and wine
- Describe the process of making various cheeses
- Identify cheese classifications:
 - Fresh
 - Soft
 - Medium-hard
 - Blue
- Describe the use of cheese in the kitchen
 - Ingredient

- Menu item
3. **Demonstrate a working knowledge of garde manger applications and principles**

Potential Elements of the Performance:

- Define garde manger and explain the various techniques of buffet presentation
 - Identify simple and compound salads, and salad dressings
 - Describe the preparation of major types of salad dressings and their storage
 - Describe hors-d'oeuvres and uses on the menu
- Discuss the evolution of the buffet table
- Describe charcuterie
 - Cold smoke
 - Hot smoke
 - Brine
- Prepare cold sandwiches:
 - Basic filled
 - Fancy (pinwheel, checkerboard)
 - Open faced
- Describe chaud-froid.

III. TOPICS:

1. Advanced sauces
2. Wines, beers, spirits, and cheese in cooking
3. Garde manger

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

"Professional Cooking", 6th 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:

Students will be **graded in Theory Component** as follows:

Theory - Test # 1	25%
Theory - Test # 2	25%
Final Assessment	<u>50%</u>
Total:	100%

NOTE THAT THE FINAL GRADE WILL CONSIST OF

LABS:	60%
THEORY:	<u>40%</u>
TOTAL:	100%

Note: Practical application:

- In all practical food labs, 40% of the unit final mark is to evaluate the "Method of work" which includes preparation.
- 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. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies & Procedures Manual – Deferred Grades and Make-up</i>).	
NR	Grade not reported to Registrar's Office.	
W	Student has withdrawn from the course without academic penalty	

VI. SPECIAL NOTES:

Dress Code:

All students are required to wear their uniforms while in the Northern Ontario Hospitality Institute, both in and out of the classroom. **(Without proper uniform, classroom access will be denied)**

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1101 or call Extension 2493 so that support services can be arranged for you.

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.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. 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.

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.

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

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.