

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



SAULT
COLLEGE

COURSE OUTLINE

COURSE TITLE: Cuisine a' la Carte II

CODE NO. : FDS161 **SEMESTER:** 2

PROGRAM: CULINARY SKILLS – CHEF TRAINING
CULINARY MANAGEMENT
COOK APPRENTICE

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APPROVED: "Angelique Lemay" June/16

	<hr/>	DEAN	<hr/>	DATE
TOTAL CREDITS:	4			
PREREQUISITE(S):	FDS141			
HOURS/WEEK:	8			

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I. COURSE DESCRIPTION:

This course will give students an opportunity to experience "a la carte" cookery. This course will continue introduce students to all areas of the fully-operational kitchen, Sault College Hospitality Centre's Willow Teaching Restaurant. Students will develop advanced knowledge and skills in the organization and operation of each of the production areas. Students will also acquire practical skills on how to produce basic food items in a safe and sanitary work environment.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Produce on an a la carte basis, the following items in an operating food establishment:Potential Elements of the Performance:

- Practice food preparation cookery methods with emphasis on quality, sanitation and hygiene standards for large quantities in a 'table service' restaurant
- Produce food products to industry standards following the sanitation and hygiene code regulations
- Recall cookery methods and apply those methods to a variety of food products according to selected menus
- Produce a menu of various classical, contemporary and ethnic dishes (e.g. French - modern and regional; Italian - regional; Asian - Chinese, Japanese, Thai, Indian; North American - regional) following standard recipes using a variety of contemporary serving styles (including artistic plated presentations) and techniques.
- Articulate instructions and provide guidance to food service staff, kitchen staff, and support staff
- Demonstrate oral skills that will result in the successful production of the planned menu

2. Prepare AppetizersPotential Elements of the Performance:

- Practice and demonstrate various techniques of appetizer preparation for volume function. This will include neatness, balance, quality, portion size, garnish, time and convenience.

- Prepare various side dishes that are tempting and smart in appearance with small portions using skill and originality in combination and garnish. Organize a small portion of a number of hot or cold appetizers of varied scope in design and arrangement
- Correctly prepare desired portions in an allotted time span for any appetizer.

3. **Prepare Soups**

Potential Elements of the Performance:

- Demonstrate the mode of preparation of the different types and classifications of soups
- Produce soups of different types
- Utilize different stocks in preparing the different classifications of soups
- Prepare portions correctly in a time frame allotted and serve this soup with appropriate garnish
- Demonstrate the care and handling of stocks used as a foundation in preparing soups
- Prepare selected national soups and garnishes

4. **Prepare Salads**

Potential Elements of the Performance:

- Use different salad greens and vegetables and demonstrate their various uses, their quality and their names and signify their best condition for salad preparation
- Prepare four basic parts of a salad, demonstrating eye appeal, flavour, color and body by combining them into various salads
- Produce non-salad items, main course salads, fruit salads, various dressings relating to salads of quality, eye appeal, flavour, texture and a harmonious combination
- Prepare various dressings, flavoured oils and vinegars to accompany the salads in harmonious combination
- Complete portions of salad, dressing and garnish in a safe, sanitary manner in the allotted time frame using contemporary presentation and culinary techniques

5. **Prepare Vegetables**

Potential Elements of the Performance:

- Identify, cook and present a variety of fresh and frozen vegetables

- following the correct methods, sanitation and safety rules
- Perform the following tasks with vegetables: select, handle, clean, cut, blanch, boil, stew, sauté, bake, stuff, roast, deep fry, braise, glaze/gratinate, turn, puree
- In an allotted time frame, prepare and present vegetables

6. **Prepare Potatoes/Farinaceous**

Potential Elements of the Performance:

- Cook and present fresh potatoes following the correct methods, sanitation and safety rules
- Perform the following tasks with potatoes (alternate starches or farinaceous products such as rice or pasta may be used where appropriate); handle, clean, cut, blanch, boil, steam, sauté, stuff, deep fry, puree, roast, and bake
- In an allotted time frame, prepare and present potatoes (or alternate starches)

7. **Prepare Entrees: Fish, Meat, and Poultry**

Potential Elements of the Performance:

- Demonstrate various techniques for the production of entrees with emphasis on quality, sanitation, and safety standards
- Perform various tasks such as: grill, broil, glaze, braise, sauté, roast, bake, steam, blanch, panfry, puree, stuff, debone, trim and portion
- Prepare a selection of entrees within the allotted time according to standards of taste and presentation using correct procedures
- Serve a finished product keeping in mind taste, portion size, selection and neat appearance, and contemporary serving and artistic plated techniques
- Produce a selection of entrees: fish; meat; and poultry

8. **Prepare Desserts**

Potential Elements of the Performance:

- Prepare ingredients to produce a variety of finished desserts following correct sanitation, cookery and safety rules
- Prepare desserts & bread utilizing the following concepts and/or products: season/spice/flavour; thicken; shape/form; decorate/present; portion; purees (and dessert coulis); sweet short dough; gelatin products; fruit products; chilling/freezing; yeast dough; and proofing

- Prepare desserts within an allotted time frame utilizing contemporary culinary techniques and presentation

9. **Name and Demonstrate the use of all equipment used in an a la carte Kitchen**

Potential Elements of the Performance:

- Identify, name, use, dismantle, clean, reassemble with efficiency and safety; all slicers, food processors, mixers, immersion blenders, stoves, ranges, salamander, grill and broiler; ovens (conventional and convection); steam units and kettles; deep fat fryers (electric and gas); hand equipment; knives; meat grinder; ice cream machine; tilting fryer; potato peeler

10. **Apply correct business etiquette, hospitality protocol and codes of conduct as a server in the restaurant and special events.**

Potential Elements of the Performance:

- The student will demonstrate the use of proper etiquette and protocol as he/she functions through each area of the food and beverage function.

Areas which will be considered:

- Scheduled Gallery attendance and punctuality
- Hygiene, grooming and dress code
- Respect of co-workers, faculty and customers
- Ability to create and maintain a welcoming environment
- Self-discipline under stress to meet deadlines
- Compliance with policies and standards
- Ability to make recommendations to improve service
- Acting in accordance with legislation governing security, and health and safety in the workplace

11. **Perform effectively as a member of a food and beverage service team using problem solving, decision-making and interpersonal skills.**

Potential Elements of the Performance:

- React in a positive manner to co-workers, faculty and customers
- Contribute in a positive manner to the overall running of the food and beverage operation in a team structure
- Suggest improvements which could affect the overall running of the food and beverage operation and present them to the team

- Participate in the planning and execution of the teams assigned responsibilities

III. TOPICS:

1. A la' Carte Introduction
2. Appetizers
3. Soups
4. Salads
5. Vegetables
6. Potatoes/Farinaceous
7. Entrees: Fish, Meat & Poultry
8. Desserts
9. Equipment
10. Etiquette
11. Problem Solving & Interpersonal Skills

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Digital Thermometer
Digital Scale
Zester
Vegetable Peeler
Paring Knife
Chanel Knife
Boning Knife
Bread Knife
Steel
Chef Knife 6"-10"
Piping Bag with appropriate tips
Sturdy Non-slip Shoes
White Chef Jacket with name
Checkered Chef's Pants
Chef's Hat
Apron
Clean Hand Towels
Neck Tie
Hair Net

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%
- Arrival	
- Uniform	
- Grooming	
- Professional Etiquette	
- Deportment	
Sanitation & Safety	25%
- Personal	
- Organization of work area	
- Work environment	
- Product management	
- Safe handling, operation, cleaning & sanitizing of tools	
Method of Work	40%
- Application of theory	
- Application of culinary methods & techniques	
- Work rhythm (pace)	
- Ability to correct errors	
- Product organization	
- Operation & care of equipment	
- Attention to duties	
- Decision making	
- Job flexibility	
- Accepts direction from others	
- Attitude toward others	
- Amount of supervision required	
- Reaction to frustration	
- Effectiveness under stress / adjust to and accepts changes	
- Knowledge of work	
- Quality	
- Quantity of work	
- Interaction with supervisor	
- Ability to learn required tasks	
- Takes initiative	
Quality of Finished Product	20%
- appearance, taste, texture, temperature	

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
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.	

If a faculty member determines that a student is at risk of not being academically successful, the faculty member may confidentially provide that student's name to Student Services in an effort to help with the student's success. Students wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

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. It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be granted admission to the room.

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.

LAB Absence:

If a student is unable to attend class for medical reasons on the date assigned, the following procedure is required:

- In the event of an emergency on the day of class, the student may require documentation to support the absence and must telephone the College to identify the absence. The college has a 24 hour electronic voice mail system (759-2554) Ext. 2588.
- The student shall provide the Professor with advance notice preferably in writing or e-mail of his/her need to miss the class with an explanation which is acceptable to the professor.
- The student may be required to document the absence at the discretion of the Professor.
- With satisfactory documentation the student is responsible to make arrangements, immediately upon their return to the College to make-up the missed lab.

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:

The provisions contained in the addendum located in D2L and on the portal form part of this course outline.