

ODESSA COLLEGE
CULINARY ARTS

201 West University
Odessa, Texas 79764

COURSE SYLLABUS

COURSE NUMBER	:	CHEF 2201
COURSE TITLE	:	Intermediate Food Preparation
CREDIT HOURS	:	2 [Lecture hours: 16, Laboratory hours: 48]
PREREQUISITES	:	CHEF 1301 – Basic Food Preparation CHEF 2302 - Saucier
COREQUISITES	:	CHEF 1301 – Basic Food Preparation CHEF 2302 – Saucier OR Permission of the Instructor

CATALOG DESCRIPTION :

Topics on menu items such as soups, sauces and protein foods. Also includes concentration on the identification of a variety of sandwiches, salads, fruits and vegetables.
(Scans 1, 3, 4, 5, 7, 8). Lab fee required.

TEXTBOOK: Professional Cooking, Wayne Gisslen, John Wiley and Sons, 7th ed.

SUPPLIES:

- Chef's Uniform with Cap
- Tool Box
- French Knife: 8" or 10" blade
- Boning Knife: 6" blade, stiff/rigid
- Paring Knife: 3 ¼" blade
- Sandwich Spreader: 3 ½" blade
- French Whip: 14"
- Piano Whip: 14"
- 2 Vegetable Peelers
- 4 Pastry Brushes
- Cook's Fork: 6 ½" tines
- Roast Beef Slicer: 12" blade/scalloped
- Measuring Cups
- Pocket Calculator

LEARNING OUTCOMES:

After completing this course the student should be able to demonstrate the following competencies:

- Organize the pantry for the effective production of pantry food items.
- Organize the short-order station for the preparation and service of breakfast and fast order foods.
- Prepare salads and salad dressings employing standard principles and concepts.
- Prepare breakfast items to order.
- Prepare fast order food items.
- Practice the appropriate sanitation principles associated with pantry production and short order cooking.
- Organize the pantry and grill areas for rapid production and service of salads, sandwiches and breakfast food items. **

** INDICATES INTEGRATED, CORE CURRICULUM SKILLS

(Math, Reading, Communication, Technological Literacy and/or Critical Thinking)

COURSE REQUIREMENTS:

See Instructor Information Sheet for specific course requirements.

METHOD OF EVALUATION:

See Instructor Information Sheet for specific course requirements.

ATTENDANCE POLICY:

Your attendance is the greatest predictor of your success. **Student attendance at EVERY class is expected.** You should expect that each absence will adversely affect your course grade. Please see the instructor regarding anticipated absences or conflicts due to college sponsored activities.

ACADEMIC ETHICS:

You will be provided with a daily laboratory and production schedule which will tell you what must be prepared within the time frame of the class session. It is expected that you will prepare recipe cards with the correct conversions for desired quantities. You must organize your work task assignments with emphasis on assembly, weighing, following proper construction principles, cooking and determining the degree of doneness. You are expected to do the outside readings, as provided on the reading schedule.

SANITATION REQUIREMENTS:

- Leave your jewelry at home.
- Fingernails should be short, free of nail polish, and clean of grease, grime and whatever else is there. No fake nails.
- Prior to handling food items, the hands must be washed in hot water with soap and sanitized with hand sanitizing solution.
- Hands must be free of cuts, sores and other skin abrasions.
- Smoking is not permitted in the kitchen or classroom and is detrimental to your taste buds as well as a health hazard.
- Chewing gum in class is not permitted.
- Chef's attire is required for work in the laboratory.
- The student is expected to present a professional appearance which means attention to personal grooming is expected.
- Strict sanitation principles must be adhered to in the preparation of food.

COMPLIANCE TO THE ABOVE REQUIREMENTS MANDATED BY THE TEXAS HEALTH DEPARTMENT AND ECTOR COUNTY BOARD OF HEALTH.

STUDENT ASSISTANCE:

The following resources are available to assist you in successful completion of this course:

- A. **Tutoring Center Services** – call 335-6878 or stop by LRC 301
 - 1. Peer Tutoring Available

Students are required to come to class in their uniform (chef jacket, pant, and hat). Also **cursing** in class will not be tolerated, students caught cursing will be given a **warning**, if they persist they will be **sent home**. All students are also required to attend all classes and are only allowed **3 absences** in the program, after the 3rd absence they will have to retake the class.

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INSTRUCTOR : Paul Porras
Office Phone : 335-6320
Laboratory Phone : 335-6324
E-Mail : pporras@odessa.edu

COURSE NUMBER : CHEF 2201

COURSE TITLE : Intermediate Food Preparation

ALL STUDENTS ARE EXPECTED TO:

1. Take all of the course quizzes and the comprehensive examination.
2. Complete all laboratory and production assignments.
3. Attend all class sessions.
4. Exhibit a professional attitude towards their assigned duties, kitchen equipment and classmates at all times.

METHOD OF EVALUATION

GRADING CRITERIA:

- | | |
|--------------------------|-----|
| 1. Laboratory activities | 40% |
| 2. Final exam | 25% |
| 3. Attendance | 10% |
| 4. Quizzes | 15% |
| 5. Work ethics | 10% |

COURSE REQUIREMENT DEADLINES:

Credit will be given for ONLY those quizzes and the comprehensive examination completed on assigned days, unless you make **prior** arrangement with the instructor.

ATTENDANCE POLICY:

See policy in the **COURSE SYLLABUS**

Note: Students who leave class early will not receive full credit for **WORK ETHICS** for that class period.

ACADEMIC ETHICS:

See policy in the **COURSE SYLLABUS**

WORK ETHICS:

The student is expected to:

1. Be on time for all classes and laboratories.
2. Be prepared for all classes and laboratories.
3. Be in appropriate attire for classes and laboratories.
4. Maintain work assigned area in an orderly and sanitary condition.
5. Refrain from unwarranted conversations, horseplay or otherwise distracting conduct.
6. Perform clean-up as a member of a team.
7. Cooperate with classmates and functions as a member of a team.

COURSE OUTLINE:

WEEK 1 Reading, Discussion, & Lab Due: TBA

Introduction to Salads

- 1A. Categories of salads.
- 1B. The four components of a salad.
- 1C. Assembly and preliminary preparation of a salad.
- 1D. Chilling of food items.
- 1E. Cutting of food items.
- 1F. Assembly of salads.
- 1G. Dressing of salads.

: Laboratory on salad construction

- 1H. Tossed salads.
- 1I. Macaroni salad.
- 1J. Potato salad; American and German.
- 1K. Antipasto salad.
- 1L. Caesar salad.
- 1M. Arabian peach mold.

WEEK 2: Reading, Discussion, & Lab Due: TBA

Preparation of Salads

- 2A. Marinated mushroom salad.
- 2B. 3 bean salad.

: Introduction to salad dressings

- 2C. Types of vinegars.
- 2D. Italian dressing.
- 2E. Ranch dressing.
- 2F. Blue cheese dressing.
- 2G. Green Goddess dressing.
- 2H. Mayonnaise

2I. Boiled Dressing.

: Introduction to breakfast cookery

2J. Definitions of eggs, grades, sizes and freshness.

2K. Chemical and physical structure of eggs.

2L. Sanitation factors for egg cookery.

2M. Four categories of egg cookery.

WEEK 3: Reading, Discussion, & Lab Due: TBA

Preparation and service of egg dishes

3A. Scrambled, fried, poached, Shirred, omelets.

3B. Specialty dishes: Eggs Benedict, Eggs Sardu, Juevos Rancheros.

: Introduction to breakfast meats

3C. Types of meats in breakfast cookery.

3D. Preliminary preparation and holding for service

: Related breakfast items

3E. Pancakes, crepes.

3F. French toast.

3G. Waffles.

3H. Homefries/cottage potatoes/hash browns/corned beef hash.

WEEK 4: Reading, Discussion, & Lab Due: TBA

Production of breakfast items

4A. Pancakes & Waffles

4B. Omelets & Eggs

4C. Quiches & Fritattas

WEEK 5: Reading, Discussion, & Lab Due: TBA

Introduction to short-order cooking

5A. Hot and cold sandwiches.

5B. Definition of a sandwich.

5C. Categories of sandwiches.

5D. Parts of a sandwich.

5E. Mise en place, assembly/preparation procedures.

5F. Sanitation factors.

5G. Construction, presentation, garnishes and condiments.

5H. Quality standards for sandwiches.

: Cooking procedures for hot sandwiches

5I. Grilling, broiling, baking, frying.

5J. Specialty sandwiches: Heroes, Ruben, Monte Cristo, Hot Submarines, Gyros

: Written and practical final examination

: End of semester kitchen clean-up