

ODESSA COLLEGE  
CULINARY ARTS

201 West University  
Odessa, Texas 79764

COURSE NUMBER : CHEF 1214  
COURSE TITLE : A La Carte Cooking  
CREDIT HOURS : 2  
[Lecture hours: 16, Laboratory hours: 48]  
PREREQUISITES : CHEF 1301 – Basic Food Preparation  
CHEF 2302 – Saucier  
CHEF 2201 – Intermediate Food Preparation  
COREQUISITES : CHEF 1345 International Cuisine  
CHEF 1341 American Cuisine  
OR Permission of the Instructor

CATALOG DESCRIPTION :  
Introduces advanced theories and production systems associated with a la carte or cooking to order concepts. The student will be able to interpret menus and recipes, calculate quantities, assemble food and equipment materials and employ appropriate cooking, plating and saucing principles. The student will also be able to identify and correct cooking errors, organize work stations for productive performance and serve as a member of a team. (SCANS 1, 3, 4, 5, 7, 8) Lab fee required.

TEXTBOOK: Professional Cooking, Wayne Gisslen, John Wiley and Sons 7<sup>th</sup> Edition

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
- Measuring Spoons
- Pocket Calculator

## LEARNING OUTCOMES:

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

- 1.0 Organize work station
- 2.0 Prepare a la carte items ordered using broiling, sautéing, roasting, and combination methods
- 3.0 Prepare short sauces for food items
- 4.0 Work with a minimum of time and wasted movement
- 5.0 \* Interpret the quality standards for a la carte food items.
- 6.0 Determine food costs for items prepared

## \* 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 TARRANT 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

**SPECIAL NEEDS:**

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please contact your instructor to discuss your concerns. You may also call the Office of Disability Services at 432-335-6861 to request assistance and accommodations.

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INSTRUCTOR : Terry Gouley  
Office Phone : 335-6867  
Laboratory Phone : 335-6324  
E-Mail : tgouley@odessa.edu

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**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.

**GRADING CRITERIA:**

- |                          |     |
|--------------------------|-----|
| 1. Laboratory activities | 40% |
| 2. Comprehensive exam    | 20% |
| 3. Attendance            | 10% |
| 4. Handouts              | 20% |
| 5. Work Ethics           | 10% |

**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 function as a member of a team.

**IMPORTANT NOTE TO STUDENTS:**

It is the policy of this instructor to help you complete this course. If you believe that you cannot complete this class due to medical, family, financial, social, job related or other problems or conflicts, you should see your instructor to discuss your options **PRIOR TO THE FINAL DROP DATE.**

**COURSE OUTLINE:**

**Week 1 – Discussion on cooking systems used in a la carte cooking.**

1. A. Organization of stations
1. B. Division of labor
1. C. Mise en place for a la carte cooking
1. D. Cooking to order
1. E. Expediting
1. F. Hot and cold food items
1. G. Quality standards for a la carte foods
1. H. Garnishment process
1. I. Sanitation factors
1. J. Kitchen organization

**Week 2– Major cooking strategies in a la carte cooking.**

2. A. Broiling
  2. B. Sautéing
  2. C. Roasting/Baking
  2. D. Definition of terms
- Demonstration of knife skills
2. E. Knife skills/sharpening/cleaning/handling
  2. F. Cutting strategies
  2. G. Uniformity/consistency of cuts
  2. H. Cutting terms
- Discussion on roasting/broiling/sautéing
2. I. Types of meats used for each cooking process
  2. J. Organization of stations and equipment
  2. K. Pre-preparation process for meats
  2. L. Steps of sequence for each meat cooking strategy
  2. M. Safety factors to consider
  2. N. Sanitation factors to consider
  2. O. Cooking process-what is happening?
  2. P. Four ways to determine degree of doneness
  2. Q. Quality standards for cooked meats
  2. R. Plating principles
  2. S. Finishing process
  2. T. Production of Menu Number One

**Week 3– Discussion on vegetable, potato and rice cookery.**

- 3. A. Recipe development and conversions
- 3. B. Menu review and development: importance of a balance with regard to eye appeal, nutrition, variety of texture and flavor, compatible seasonings, timing,, tableware, condiments and garnishes, portion size and cost/selling price
- 3. C. As purchased/edible portion
- 3. D. Food cost analysis
- 3. E. Menu/recipe review and stewarding practices
  - Production of menu number two for the public

**Week 4– Production of menus number three.**

**Week 5– Production of menus number four and five.**

- Written final examination