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 (refer to work ethics)
- Tool Box
- French Knife: 8" or 10" blade
- Boning Knife: 6" blade, stiff/rigid
- Paring Knife: 3 ¼" 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
- Digital Scale

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

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 you concerns. You may also call the Office of Disability Services at 432-335-6861 to request assistance and accommodations.

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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 30%
3. Attendance 20%
4. 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:

Student Professionalism

1. **Be on time for all classes and laboratories.**
2. **Maintain work assigned area in an orderly and sanitary condition.**
3. **Refrain from unwarranted conversations, horseplay or otherwise distracting conduct.**
4. **Perform clean-up as a member of a team.**
5. **Cooperate with classmates and function as a member of a team**
6. **Uniforms will consist of a Solid White Long Sleeve Chefs Coat with White Buttons, Black checkered pants, non-skid shoes and a white skull cap. (Nothing else will be permitted!)**
7. **Uniforms will be worn during <u>all</u> culinary classes, Full uniforms for cooking classes (Skull caps, chef's coats, chef pants and non- skid shoes). Skull caps not required in lecture classes.**
8. **All uniforms must be pressed and clean for class. No writing will be permitted on the uniforms.**
9. **All students must be in full uniform before entering the classroom.**
10. **If any student enters the class without any part of his/her uniform (coat, skull cap, pants, and non-skid shoes) they will be sent home to retrieve it. If the student does not return to class he/she will receive a zero for the day.**
11. **No painted nails or acrylic nails are allowed due to food contamination**
12. **All Students will be allowed 3 absences to every class.**
13. **If a student leaves or walks out without notifying the instructor, it will be a zero for the day and the student will be counted absent.**
14. **<u>ALL</u> Students will participate in cleaning the kitchen and classroom! Washing dishes, wiping tables, cleaning equipment, or anything else that needs to be done. If the mess is not yours then clean it anyways you are part of a team.**
15. **All homework will be turned in on time. Any late homework will be penalized 5 points for each day it's late.**
16. **All assigned products must be completed that day or the student will not be given a grade.**
17. **No Cell Phones will be permitted in the kitchen unless it's for emergency.**
18. **To texting is allowed during classes, it's a distraction to the student as well as the Chef.**
19. **No IPods or MP3 headphones are allowed during class.**

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 & Waffels
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