

5 FOOD PREPARATION 2

Prerequisite: Food Preparation 1 Credits: 4

Overview

This course is designed to provide the student with a continuation and expansion of knowledge in practical food preparation and to equip the student with a broader knowledge of food preparation including carving, buffet preparation, creation of showpieces including a basic fruit and vegetable carving.

General Objectives

This course is designed to:

- 1 upgrade the skills developed in Food Preparation 1
- 2 expose the student to basic butchery techniques
- 3 develop competence in the operation of the garde manger to identified operational standards
- 4 develop an awareness of safe working environment and monitoring of safe practices

Learning Outcomes

Upon successful completion of this course, the learner will:

- 1 develop skills in the production of a variety of hot and cold products.
- 2 demonstrate the cutting and processing of meats.
- 3 prepare items appropriate for buffet presentation.

Topics

1.0 Sauces

Objectives

Upon completion of the topic the student will be able to:

- 1.1 define the term glazing
- 1.2 demonstrate the art of glazing

- 1.3 define The term butter sauces and list the derivatives
- 1.4 explain the term “chaudfroid” and describe method of preparation.

Content

- The glazing of sauces
- Butter sauce and derivatives
- The preparation of chaudfroid

2.0 Appetizers

Objectives

Upon completion of the topic the student will be able to:

- 2.1 list the categories of appetizers
- 2.2 define, prepare and serve a selection of pate
- 2.3 explain the terms “canapés” and “savories”
- 2.4 prepare a variety of canapés and cocktail savories

Content

- Preparation of pâté
- Canapés and savories

3.0 Soups

Objectives

Upon completion of the topic the student will be able to:

- 3.1 discuss a variety of specialty soups
- 3.2 prepare a variety of local and international soups

Content

- Specialty soups (local and international)

4.0 Fish and Shellfish

Objectives

Upon completion of the topic the student will be able to:

- 4.1 explain the terms “deep fried”, “steamed” and “stewed” as it relates to fish and shellfish.
- 4.2 identify and describe popular method of cooking local and imported fish and seafood.

Content

- The methods of preparing local and imported fish and seafood

5.0 Meat and Poultry

Objectives

Upon completion of the topic the student will be able to:

- 5.1 define basic meat-, fish- and poultry-cutting terms and demonstrate a variety of cuts
- 5.2 explain the terms roasted, p \hat{e} ole, barbecued and baked as it relates to meat and poultry.
- 5.3 prepare a variety of meat and poultry dishes using the roasted, p \hat{e} ole, barbecued and baked methods of cookery.

Content

- Definition of meat, fish and poultry cuts
- Meat, fish and poultry processing
- Methods of preparing and cooking meat and poultry (p \hat{e} ole, barbecued, baked)

6.0 Jellies and Aspics

Objectives

Upon completion of the topic the student will be able to:

- 6.1 describe the methods of preparing traditional and convenient aspics and jellies
- 6.2 demonstrate the use of aspics and jellies

Content

- The preparation of aspics and jellies
- How to use aspics and jellies

7.0 Game

Objectives

Upon completion of the topic the student will be able to:

- 7.1 explain the term “game”.
- 7.2 outline the use of game on local, regional and international menus
- 7.3 prepare a variety of dishes using game

Content

- Techniques of preparing and cooking game

8.0 Carving

Objectives

Upon completion of the topic the student will be able to:

- 8.1 explain the term carving
- 8.2 demonstrate how to carve a variety of meats

Content

- Techniques of carving

9.0 Flambé

Objectives

Upon completion of the topic the student will be able to:

- 9.1 define the term “flambé”
- 9.2 identify cuts of meat, poultry and seafood suitable for flambé
- 9.3 demonstrate the “flambé” technique

Content

- Flambé as a method of cookery

10.0 Buffet

Objectives

Upon completion of the topic the student will be able to:

- 10.1 explain the important factors of hot and cold buffet presentations.
- 10.2 demonstrate a number of hot and cold buffet dishes
- 10.3 demonstrate buffet presentation techniques

Content

- Definition of a buffet
- Buffet presentation techniques
- Preparing the buffet menu

11.0 Desserts

Objectives

Upon completion of the topic the student will be able to:

- 11.1 explain the terms “soufflé”, “parfait”, “bombes” and “sorbets”.
- 11.2 prepare and serve a variety of the above desserts.

Content

- Techniques of preparing soufflés, parfaits, bombes and sorbets

12.0 Show Pieces

Objectives

Upon completion of the topic the student will be able to:

- 12.1 demonstrate a number of fruit and vegetable carvings

Content

- Principles of carving fruits and vegetables

Instruction Format

Lecture
Demonstration
Practical Food Preparation
Multi-media presentations

Assessment and Evaluation

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

Recommended Text and Resources

Practical Professional Cookery, 3rd Edition, H L Crackwell and R J Kaufmann; published by Thomson Learning.

New Professional Chef, 7th Edition, Editor L G Conway; published by Culinary Institute of America (Van Nostrand Reinhold).

Fundamentals of Menu Planning, 2nd Edition; McVety, Ware and Levesque.

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Attendance

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.