

Intermediate Food Preparation (CHEF 2301)



Credit: 4 semester credit hours (2 hours lecture, 4 hours lab)

Prerequisite/Co-requisite: CHEF 1305, CHEF1401

Course Description

A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism.

Required Textbook and Materials

1. *Professional Cooking 6th ed.*, Author Wayne Gisslen
 - a. ISBN number is 0471663743
2. *Professional Cooking 6th ed. Study Guide*, Author Wayne Gisslen
3. *Chef coat, black pants, non-skid shoes, knife set and case*
4. A package of #882 Scantrons and #2 pencils.

Course Objectives

Upon completion of this course, the student will be able to:

1. Name and identify cooking techniques, to handle and understand cooking materials.
2. Use nutrition, safety and sanitation principles as should be applied to the industry.
3. Understand the Brigade System and professionalism.

Course Outline

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|--|------------------------------|
| 1. Vegetable Cooking | b. Ingredients |
| a. Boiling and Steaming | 6. Sandwiches |
| b. Sautéing and pan frying | a. Bread |
| 2. Potatoes | b. Spreads |
| a. Understanding | 7. Hors D' oeuvres |
| b. Cooking | a. Serving |
| 3. Legumes, Grains, Pasta and Other Starches | b. Canapés |
| a. Dried Legumes | 8. Breakfast Preparation |
| b. Grains | a. Understanding Eggs |
| c. Pasta, Noodles and Dumpling | b. Cooking Eggs |
| 4. Cooking For Vegetarian Diet | 9. Dairy and Beverage |
| a. Understanding Vegan Diets | a. Dairy Production |
| b. Menus | b. Milk and Cream |
| 5. Salads and Salad Dressing | c. Butter |
| a. Types of Salad | 10. Sausages and Cured Foods |
| | a. Curing |

Approved 01/2013

CHEF 2301
Course Syllabus

- b. Sausages
- 11. Pates, Terrines and Other Cold Foods
 - a. Handling
 - b. Aspic
- 12. Food Presentation and Garnish

- a. Hot Food Presentation
- b. Cold Food Presentation
- 13. Bake Shop Production
 - a. Basic Principles
 - b. Mixing and Gluten

Grade Scale

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
0 – 59	F

Course Evaluation

Final grades will be calculated according to the following criteria:

Mid-Term	25%
Final Exam	25%
Lab	25%
Special Functions	25%

Lab attendance as well as participation is mandatory

Pop Quizzes

Pop quizzes may be given at any time, in either class or lab.

Lab Grade

The lab grade will be given in accordance to the performance level of assignment, as well as the professionalism of the student.

Course Requirements

1. Be able demonstrate skills in knife, tool and equipment handling, and operate equipment safely and correctly.
2. Be able to demonstrate proficiency in dry and moist heat cooking methods; produce a variety of food products applying principles of food handling and preparation.
3. Be able discuss Occupational Safety and Health Administration (OSHA) requirements and effective workplace safety programs.
4. Be able to describe food storage and refrigeration techniques; explain sanitation of dishes, equipment, and kitchens including cleaning material, garbage, and refuse disposal;
5. Be able to implement professional standards in food production.

Course Policies

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1. No drinks or use of tobacco products in class.
2. Do not bring children to class.
3. No late assignments will be accepted.
4. Tests. Students that miss a test are not allowed to make up the test. Students that miss a test will receive a grade of '0'.
5. Attendance Policy. Two absences are allowed. If a student is tardy to class or departs early three (3) times, it will be equal to one (1) absence. Each absence beyond two absences will result in a 5 point deduction from your final grade.
6. If you wish to drop a course, the student is responsible for initiating and completing the drop process. If you stop coming to class and fail to drop the course, you will earn an 'F' in the course.
7. As an instructor I maintain the right to govern my class
8. **Lab classes are mandatory, no absences will be tolerated unless prior notice is approved and an alternate lab is arranged.**
9. A sign in sheet is passed at the beginning of lab. If you are late, it is your responsibility to see me after lab. If you are more than 45 minutes late for a 2 ½ hour class period and have not talked to me beforehand you will be counted absent.
10. Class participation is encouraged, but disruptive talking is not. You will be warned once and if you persist you will be asked to leave for the remainder of the class. If you continue to disrupt in following classes you will be expelled from class and not allowed to return.
11. Turn off all pagers and phones before entering class. You will receive a warning on the first disruption, you will be asked to leave for any other disturbances.
12. The only people allowed to attend class are those who are enrolled in the class.
13. Office hours are posted on my office door. If you need to talk to me please call and make an appointment or come by my office and see me.
14. Assignments are due on the date specified. If it is not turned in on time I reserve the right not to grade or remove 10 points per late class day
15. During testing remove all material from the top of the desk
16. The instructor has the right to assign seats or change seats at any time during the semester. The instructor also has the right to add other policies that maybe appropriate as needed
17. Other class assignments may be added to your assignment as they come up.

Disabilities Statement

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with

documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the office in Student Services, Cecil Beeson Building.

Student Code of Conduct Statement

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the LIT Catalog and Student Handbook. The LIT Catalog and Student Handbook may be accessed at www.lit.edu or obtained in print upon request at the Student Services Office.

Course Schedule

Week	Topic	Reference
1	A. Cooking Vegetables a. Boiling and Steaming and pan frying.	pp. 561-600
2	B. Potatoes a. Understanding b. Cooking	pp. 603-626
3	C. Legumes, Grains, Pasta and Other Starches a. Dried Legumes b. Grains c. Pasta, Noodles and Dumpling	pp. 629-678
4	D. Cooking For Vegetarian Diets a. Understanding Vegan Diets b. Menus	pp. 681-697
5	E. Salads and Salad Dressing a. Types of Salad b. Ingredients	pp. 699-757
6	F. Sandwiches a. Bread b. Spreads	pp. 761-778
7	G. Hors D' oeuvres a. Serving b. Canapés	pp. 781-808
8	H. Breakfast Preparation a. Understanding Eggs b. Cooking Eggs	pp. 811-829
9	I. Dairy and Beverage a. Dairy Production b. Milk and Cream c. Butter	pp. 833-845
10	J. Sausages and Cured Foods a. Curing b. Sausages	pp. 853-873
11	K. Pates, Terrines and Other Cold Foods	pp. 875-903

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Week	Topic	Reference
	a. Handling b. Aspic	
11	L. Food Presentation and Garnish a. Hot Food Presentation b. Cold Food Presentation	pp. 905-917
12	M. Bake Shop Production a. Basic Principles b. Mixing and Gluten	pp. 919-935
13	Review	
14	Review for Finals	
15	Final	