

Management of Food Production and Service (RSTO 2405)



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

Prerequisite/Co-requisite: CHEF 1305, CHEF 1405, and CHEF 2305

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. Food for Fifty, Mary K. Molt; ISBN-13: 978-0-13-613651-4
2. *Chef coat, black pants, non-skid shoes, knife set and case*
3. 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

PLANNING MEALS

1. Planning the Menu and Planning Special Meals and Receptions.

Menu Planning

Planning Special Meals and Receptions

2. Guides and Tables.

How to Use Tables and Guides

Section A — The Recipe: Development, Construction, and Adjustment.

Section B — Amounts of Food to Serve, Yield and Food

Equivalents Information.

Section C — Weights, Measures, and Guides for Cooking/Baking Temperatures.

Section D — Food Safety.

3. Food Product Information, Purchasing, and Storage.

Basic Food Products

4. Production Fundamentals.

Production and Kitchen

Readiness

Production Scheduling

Cooking Methods and Terms

Evaluating Food for Quality

5. Knives and Equipment.

Knives

Equipment

III. RECIPES.

6. Appetizers, Hors d'oeuvres, and Special Event Food

Appetizer Recipes

7. Beverages.

Coffee
Tea
Punch
Wine
Beverage Recipes

8. Breads.

Quick Breads
Yeast Breads.
Quick Bread Recipe
Yeast Bread Recipes.

9. Desserts.

Cakes and Icings
Cookies
Pies
Other Desserts
Cake Recipes
Icing Recipes
Filling Recipes
Drop Cookie Recipes
Bar Cookie Recipes.
Pressed, Molded, and Rolled
Cookie Recipes.
Pie Recipes
Other Dessert Recipes

10. Eggs and Cheese.

Egg, Cheese, and Milk Cookery
Egg and Cheese recipes

11. Fish and Shellfish.

Fish and Shellfish Cookery;
Time and Temperature
Timetables and Guidelines

Fish and Shellfish Recipes

12. Meat.

Time and Temperature
Timetables and Guidelines for
Cooking Meat
Degree of Doneness
Beef Recipes.
Veal Recipes
Pork Recipes

13. Poultry.

Safe Handling
Cooking Methods
Poultry Recipes

14. Pasta, Rice, Cereals, and Foods with Grains, Beans, and Tofu.

Rice and Pasta Yields
Pasta Recipes
Rice Recipes
Cereal and Grain Recipes
Bean and Tofu Recipes

15. Salad and Salad Dressings.

Salads
Arranged Salads
Salad Bars
Salad Ingredients
Vegetable and Pasta Salad
Recipes
Entrée Salad Recipes
Relish Recipes.
Salad Dressing Recipes

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:

Midterm exam	20%
Final Exam	20%
Project	40%
Attendance/Class Participation/	

Special functions

20%

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

1. No food, drinks, or use of tobacco products in class.
2. No late assignments will be accepted.
3. 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'.
4. 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.
5. As instructor I maintain the right to maintain and govern my class.
6. **The lab classes are mandatory, so no absences will be tolerated.**
7. 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 the class in following classes you will be expelled from class and not allowed to return.
8. 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.
9. The only people allowed to attend class are those who are enrolled in the class. Therefore, no children are allowed to attend this class.

10. Office hours are posted on door of my office and in your handout if you need to talk to me please call and make an appointment or come by my office and see me. I am willing to come in and talk with you at other times if an appointment is made.
11. 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
12. Testing procedure all hats will be removed from students heads as well as the removal of all material from the top of the desk
13. 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
14. 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	Planning the Menu and Planning Special Meals and Receptions. <ol style="list-style-type: none"> 1. Menu Planning. 2. Planning Special Meals and Receptions. 	Required Textbook pp 28-57
2	Guides and Tables. <ol style="list-style-type: none"> 1. How to Use Tables and Guides. 2. Section A — The Recipe: Development, Construction, and Adjustment. 3. Section B — Amounts of Food to Serve, Yield and Food Equivalents Information. 4. Section C — Weights, Measures, and Guides for Cooking/Baking Temperatures. 	pp 59-94

	5. Section D — Food Safety.	
3	Food Product Information, Purchasing, and Storage. Basic Food Products.	pp 96-139
4	Production Fundamentals. 1. Production and Kitchen Readiness. 2. Production Scheduling. 3. Cooking Methods and Terms. 4. Evaluating Food for Quality.	pp 143-155
5	Knives and Equipment. 1. Knives. 2. Equipment.	pp 162-174
6	Appetizers, Hors d'oeuvres, and Special Event Food. Appetizer Recipes.	pp 190-212
7	Beverages. 1. Coffee. 2. Tea. 3. Punch. 4. Wine. 5. Beverage Recipes.	pp 213-227
8	Breads. 1. Quick Breads. 2. Yeast Breads. 3. Quick Bread Recipes. 4. Yeast Bread Recipes.	pp 228-281
9	Desserts. 1. Cakes and Icings. 2. Cookies. 3. Pies. 4. Other Desserts. 5. Cake Recipes. 6. Icing Recipes. 7. Filling Recipes. 8. Drop Cookie Recipes. 9. Bar Cookie Recipes. 10. Pressed, Molded, and Rolled Cookie Recipes. 11. Pie Recipes. 12. Other Dessert Recipes.	pp 282-381
10	Eggs and Cheese. 1. Egg, Cheese, and Milk Cookery. 2. Egg and Cheese Recipes.	pp 382-399

11	Fish and Shellfish. 1. Fish and Shellfish Cookery; Time and Temperature Timetables and Guidelines. 2. Fish and Shellfish Recipes	pp 400-420
12	Meat. 1. Time and Temperature Timetables and Guidelines for Cooking Meat. 2. Degree of Doneness. 3. Beef Recipes. 4. Veal Recipes. 5. Pork Recipes.	pp 421-474
13	Poultry. 1. Safe Handling. 2. Cooking Methods. 3. Poultry Recipes.	pp 475-504
14	Pasta, Rice, Cereals, and Foods with Grains, Beans, and Tofu. 1. Rice and Pasta Yields. 2. Pasta Recipes. 3. Rice Recipes. 4. Cereal and Grain Recipes. 5. Bean and Tofu Recipes.	pp 505-591
15	Salad and Salad Dressings. 1. Salads. 2. Arranged Salads. 3. Salad Bars. 4. Salad Ingredients. 5. Vegetable and Pasta Salad Recipes. 6. Entrée Salad Recipes. 7. Relish Recipes. 8. Salad Dressing Recipes.	pp 592-652