

Food Preparation III

CHEF1500 251

Instructor Information

Course Description

This course is the more advanced of the Food Preparation classes. Contemporary and uncommon food preparation techniques will be explored. The strengthening of established skills and development of knowledge base will be continued.

Prereq: CHEF 1300, CHEF 1400 & CHEF 1110 w/ C grade or better or valid ServSafe Certificate.

Semester: Fall & Spring

Introducing classical and contemporary Garde Manger techniques are emphasized in this course. Students prepare and serve food in a variety of disciplines. This hands-on production course covers the major areas in Garde Manger: utilization of traditional and modern techniques for preservation and preparation of foods, execution of buffets through the concept of theme, menu and production plan, layout and set-up, and actual production and display of food, and the Garde Manger as a businessperson. The course considers these aspects from a historical/traditional approach to contemporary methodologies. Students will have an opportunity to combine taught kitchen skills with a

sense of business and creativity. This course also provides an opportunity for students to find their own style and further their depth of knowledge regarding how to transition what they see in the kitchen and what the customer sees in delivering of the final product.

Course Student Learning Outcomes

- Define and demonstrate safe fermentation of various foods.
- Evaluate the quality of fermented foods.
- Define and demonstrate safe curing techniques of various foods.
- Evaluate the quality of cured foods.
- Define and execute the safe preservation of various foods.
- Evaluate the quality of preserved foods.
- Define and execute various cheeses.
- Evaluate the quality of cheeses.
- Define and execute yeast breads.
- Define and execute gelees, merengues, custards and mousses.
- Define and describe molecular gastronomy techniques.
- Identify and describe molecular gastronomy tools and ingredients.
- Execute various molecular gastronomy techniques.
- Define and execute food dehydration techniques.
- Evaluate quality of dehydrated foods.
- Define and execute various types of garnishes.
- Evaluate quality of various garnishes.
- Explain and execute dish plating.
- Evaluate quality of dish plate-ups.
- Define and describe classic to contemporary dishes.
- Define and explain holiday foods for various cultures.

Course Prerequisites

Students must have ServSafe Certification or passed an NRAEF endorsed ServSafe class with a “C” or better or be concurrently enrolled in the CHEF 1110 Class and CHEF 1300 Class.

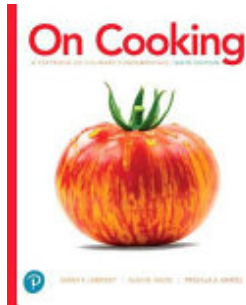
Communication Plan

- You can contact me during my office hours, Canvas messages, email, or text M-F.
- I will respond to messages within two business days.
- I will offer feedback on major assignments within 48 hours of due date(s).

Keys for Success (how to succeed in the course)

- **Prioritize Safety and Professionalism:** Always stay focused, aware of your surroundings, and respectful of coworkers, equipment, and the craft. Adhere to safety protocols, maintain proper hygiene, and avoid distractions in the kitchen to create a secure learning environment.
- **Be Prepared and Engaged:** Come to each class with the required uniform, tools, and materials. Actively participate by asking questions, taking notes, and contributing to discussions during both lectures and labs.
- **Practice Consistently and Manage Time:** Regularly practice cooking techniques outside of class to reinforce skills and efficiency. Plan and organize your schedule effectively to balance study, lab preparation, and assignments.
- **Attention to Detail and Clear Communication:** Follow recipes and instructions meticulously, focusing on consistent quality and safety. Communicate clearly and collaborate effectively with classmates to share knowledge and complete tasks. Follow through on your daily kitchen/lab setup and cleaning duties.
- **Demonstrate Efficiency and Teamwork:** Work with a sense of urgency to complete assignments on time while maintaining quality standards and safety protocols. Collaborate respectfully with peers, embracing diverse perspectives and contributing to a productive team dynamic.

Required Text or Materials



Title: On Cooking

ISBN: 9780134441900

Authors: Sarah R. Labensky, Alan M. Hause, Priscilla Martel

Publication Date: 2018-01-01

Edition: 6th

For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Brief Description of Assignments/Exams

In this culinary arts lecture/lab course, focused on fundamental hands-on cooking practices, assignments are designed to build essential skills for the modern professional kitchen. Practical assignments include developing knife skills, executing fundamental cooking techniques, and preparing specific recipes under timed conditions to develop proficiency.

Tests include practical exams that require students to demonstrate proficiency in core cooking techniques, follow standard recipes, and effectively manage their time within a set timeline. Written exams and quizzes may cover foundational knowledge such as kitchen terminology, ingredient identification, food safety protocols, and culinary theory, all aimed at preparing students for the demands of a modern, fast-paced professional kitchen.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Additional Credit Earned	Assignment	0
	Brine Pork Cutlets	Assignment	25

Due Date	Assignment Name	Assignment Type	Points
	Brine Pork Cutlets	Assignment	25
	Brine Production	Assignment	25
	Brine Whole Chicken	Assignment	25
	Brine Whole Chicken	Assignment	25
	Brined Chicken Cookery	Assignment	25
	Canapé Bases	Assignment	25
	Cold Emulsion Sauces & Mayonnaise Based Dressings	Assignment	50
	Cure Pork Belly	Assignment	25
	Cure Pork Belly	Assignment	25
	Giardiniera	Assignment	25
	Giardiniera	Assignment	25
	Greens Tasting	Assignment	25
	Introduce Yourself	Discussion	0
	Ketchup	Assignment	25
	Kitchen Equipment Training & Safety Review	Assignment	10
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	Onion Marmalade	Assignment	25

Due Date	Assignment Name	Assignment Type	Points
	Prep Meat for Jerky Making Process	Assignment	25
	Preserved Lemons	Assignment	25
	Preserves - Pear Butter & Orange Marmalade	Assignment	50
	Roll Call Attendance	Assignment	100
	Roll Call Attendance	Assignment	100
	Salads - Side & Simple	Assignment	50
	Salads - Simple, Complex, & Combination (Composed)	Assignment	50
	Salads - Simple, Complex, & Combination (Composed)	Assignment	50
	Salmon Fabrication, Smoking Preparation, & Cookery	Assignment	50
	Salmon Gravlax	Assignment	25
	Salmon Gravlax	Assignment	25
	Salsas	Assignment	25
	Sandwiches	Assignment	50
	Sandwiches	Assignment	50
	Sandwiches	Assignment	50

Due Date	Assignment Name	Assignment Type	Points
	Sandwiches	Assignment	50
	Sausage Making	Assignment	50
	Sausage Making	Assignment	50
	Sausage Making	Assignment	50
	Shape & Blind Bake Pate Dough	Assignment	25
	Spice Tasting	Assignment	50
	Spiced Nuts	Assignment	25
	Vinaigrettes	Assignment	50
	Vinegar Tasting	Assignment	50
10/12	CHAPTER 24 - SALADS	Quiz	44
10/12	CHAPTER 26 - SANDWICHES	Quiz	36
10/12	CHAPTER 27 - CHARCUTERIE	Quiz	68
10/12	CHAPTER 28 - HORS D'OEUVRES	Quiz	52
10/12	CHAPTER 36 - BUFFET	Quiz	50
10/12	FP3 MIDTERM - WRITTEN	Quiz	300

Grading Scale

A	94-100%	B-	80-82.9%	D+	67-69.9%
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A-	90-93.9%	C+	77-79.9%	D	63-66.9%
B+	87-89.9%	C	73-76.9%	D-	60-62.9%
B	83-86.9%	C-	70-72.9%	E	59.9% or less

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

You can access the document by clicking on the following link:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, please visit the Institutional Syllabus under the Tutoring and Learning Support tab:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, please visit the Institutional Syllabus under the Advising and Counseling Support Services tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

Additional Policies

Student Uniform Policy

Chefs will inspect uniforms at the beginning of each lab class. Students not in compliance will be asked to correct the issue and return to class.

Required Clothing:

The following apparel must be clean, wrinkle-free, and in good repair: No holes, no tears, hemmed properly, and no frayed edges.

Chef Pants - Basic baggy black chef pants.

Chef Jacket - Embroidered, white, double-breasted, completely buttoned at all times. Only clean tee shirts or long sleeves are permitted under the jacket.

Shoes - Must be a sturdy, closed-toe, and solid black color. The sole is to be non-slip, non-scuffing, and the heel no higher than 1 ½ inches.

Undergarments and socks - Worn at all times.

Hat - Black commis/skull cap. Optional, a black cap may be worn once a student completes 30 credits as a recognition of their efforts. No other type at any time.

Apron and two side towels – CLEAN white apron to be worn at knee length.

Required Tools

9" chef's knife

Swivel Peeler – plastic handle

6" boning knife

3" pairing knife

10" steel

Pocket thermometer

8" offset serrated bread knife

Knife roll – 7 pockets