

M: Course Objectives / Learning Outcomes

1. describe the methods of cookery and be able to produce a variety of dishes using these methods of cookery in all kinds of establishments;
2. recognize the principles underlying the selection of ingredients, their cost, and the evaluation of quality materials;
3. demonstrate recipe balance and be able to follow recipes to produce dishes of required standard of quality, colour consistency, seasoning, flavour, temperature and presentation;
4. demonstrate knowledge of where, when, and how specific food and dishes would be served;
5. select and correctly use utensils and equipment for both large and small kitchens;
6. apply and practice at all times safe, hygienic and methodical work procedures, for health, safety and economic reasons.

N: Course Content:

1. Identification and operation of kitchen equipment and hand tools.
2. The practice of simple cutting techniques.
3. Definition of cooking terms and concepts.
4. Reading and writing recipes.
5. Principles of measuring ingredients correctly.
6. The preparation of recipes.
7. The identification and use of seasoning, spices and herbs.
8. The classification and preparation of:
 - . stocks and soups
 - . sauces (mother/secondary and butter)
 - . fish and shellfish
 - . meat and poultry
 - . vegetables and starches
 - . cold kitchen prep
 - . baking and dessert introduction.
9. B.C. Liquor regulations.
10. The classification and definition of the various types of spirits, liqueurs, wines and beers.
11. The manufacturing process of wines, beer and spirits.
12. Bar equipment and supplies.
13. Principles of set up and stocking the bar.
14. The preparation of garnishes, mixes and juices.
15. The preparation of various types of drinks and cocktails.
16. Participation in a wine appreciation seminar.

This course is designed to develop a professional attitude and appearance to the job. To acquire professional skills and to behave in a PROFESSIONAL MANNER.

UNIFORMS: Lab dress for all students will consist of clean, white lab coats and a hat (to be supplied). Lab coats must always be clean, white and well pressed, students without lab coats will not be allowed into the lab.

SANITATION: The high standards of sanitation required in all food plants make it necessary to establish rules governing personal hygiene. Public Health Regulations will be adhered to closely.

O: Methods of Instruction

This course uses a combination of lecture and discussion format with hands-on practical training. Students will learn to apply information learning in both kitchen and beverage room settings.

P: Textbooks and Materials to be Purchased by Students

Gisslen, Wayne. Professional Cooking, Latest Ed. Toronto: John Wiley and Sons.

Morelli, Carmine. A Guide to Bartending and Recipes, Latest Ed. Vancouver: VCC Press

Hospitality Management Year 1 Assignment Book, Latest Ed. Vancouver: VCC Press

1 White lab coat.

Q: Means of Assessment

Labs (5 @ 10%)	50%
Assignments (2 @ 10%)	20%
Quiz	10%
Final Examination	<u>20%</u>
	<u>100%</u>

STUDENTS MUST COMPLETE ALL COMPONENTS OF THE COURSE TO OBTAIN CREDIT FOR THE COURSE.

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

No.

Course Designer(s) Mark Elliott

Education Council / Curriculum Committee Representative

Dean / Director Rosilyn G. Coulson

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