

PASSAIC COUNTY TECHNICAL INSTITUTE

CULINARY ARTS / PRODUCTION

APRIL 2005

CULINARY ARTS / PRODUCTION KITCHEN

I. DESCRIPTION

Culinary Arts

Culinary Arts is the act of preparing food for consumption. It encompasses a vast range of methods, tools and combinations of ingredients to improve the flavor and/or digestibility of food. It generally requires the selection, measurement and combining of ingredients in an ordered procedure in an effort to achieve the desired result. Constraints on success include the variability of ingredients, ambient conditions, tools and the skill of the person cooking. The diversity of cooking worldwide is a reflection of myriad nutritional, aesthetic, agricultural, economic, cultural and religious considerations that impact upon it. Cooking frequently, though not always, involves applying heat in order to chemically transform a food thus changing its flavor, texture, appearance or nutritional properties. There is archaeological evidence of cooked foodstuffs (both animal and vegetable) in human settlements dating from the earliest known use of fire.

Production Kitchen

This course will emphasize proper kitchen safety and sanitation practices, with special consideration to HACCP and proper equipment usage. Basic knife handling techniques and basic vegetable cuts such as dice, mince, julienne, peel, pare, shred, tourne, slice and brunoise will be utilized. Students will gain knowledge of time and temperature in cooking various meats, fish, poultry, starches and vegetables. Skills will also be developed in proper plating, garnishing and presentation of foods during “real” situations. Students will also be efficient in the making of and the ability to recognize and identify basic

sauces, as well as clear and creamed soups. During the preparation of these soups and sauces students will also learn how and when to apply spices and herbs for flavor enhancement. Broiling, baking, sautéing, grilling, stewing, deep-frying, pan-frying, braising, and roasting of various meats, poultry, fish, and vegetables will be mastered. In addition to the daily hot menu items needed to be produced daily, assistance will be provided to help in components of our pantry curriculum. This is needed because of the 2400+ daily portions of lunches required at PCTI.

II. COURSE OBJECTIVES / OUTLINE

A. Kitchen Safety and Sanitation

Student will be able to:

1. Display a personal standard of appearance, sanitation, safety, and behavior appropriate with a food service professional. (CCCS; 9.1 and 9.2)
2. Demonstrate the various uses of different knives and proper use of kitchen utensils. (CCCS; 9.1 and 9.2)

B. Use and Care of Kitchen Equipment

Student will be able to:

1. Name and use of each major piece of equipment in a standard commercial kitchen. (CCCS; 9.1 and 9.2)
2. Show proper care and use of each piece of equipment in a standard commercial kitchen. (CCCS; 9.1 and 9.2)

C. Standard Recipe Measurement and Conversion Use

Student will be able to:

1. Name terms related to standard recipes. (CCCS; 9.1 and 9.2)
2. Write equations showing the substations of similar units for weights and measures. (CCCS; 9.1 and 9.2)
3. List common can sizes. (CCCS 9.1 and 9.2)
4. Conversion tables to adjust recipes. (CCCS; 9.1 and 9.2)
5. Reduce or increase recipe yield. (CCCS; 9.1 and 9.2)

D. Seasoning

Student will be able to:

1. Define terms and list the form in which seasoning may be available. (CCCS; 9.1 and 9.2)
2. Use by sight, taste and smell and name commonly used spices, herbs, and condiments. (CCCS; 9.1 and 9.2)
3. Explain the basic principles used for seasoning foods. (CCCS; 9.1 and 9.2)
4. Create a basic light mire pox, dark mire pox sachet de spice and bouquet garnet. (CCCS; 9.1 and 9.2)

II. COURSE OBJECTIVES / OUTLINE (CONTINUED)

E. Meat Identification and Cookery

Student will be able to:

1. Name the terms related to meat identification and grading (CCCS; 9.1 and 9.2)
2. Label a chart of meat cut from various animals including game. (CCCS; 9.1 and 9.2)
3. Prepare and evaluate cooked by mist and dry heat cooking methods. (CCCS; 9.1 and 9.2)
4. Demonstrate carving techniques. (CCCS; 9.1 and 9.2)
5. Utilize meat-tenderizing methods. (CCCS; 9.1 and 9.2)

6. Portion meat by weight and desired cuts. (CCCS; 9.1 and 9.2)

F. Fish and Shell Fish

Student will be able to:

1. List terms of fish and shell fish. (CCCS; 9.1 and 9.2)
2. Stat factor to the quality and freshness of fish. (CCCS; 9.1 and 9.2)
3. Evaluate baked, fried, steamed, poached, and broiled fish. (CCCS; 9.1 and 9.2)
4. Make various stuffing of fish. (CCCS; 9.1 and 9.2)
5. How to clean, scale, filet and de bone. (CCCS; 9.1 and 9.2)
6. Store fish and shellfish in a safe manor. (CCCS; 9.1 and 9.2)

G. Poultry and Game Birds

Student will be able to:

1. List terms relating to various types of poultry and game birds. (CCCS; 9.1 and 9.2)
2. Prepare poultry and game for various cooking methods. (CCCS; 9.1 and 9.2)
3. Cook poultry by both moist and dry cooking methods. (CCCS; 9.1 and 9.2)
4. Cut up, de bone, French cut breasts all poultry and game birds. (CCCS; 9.1 and 9.2)

II. COURSE

OUTLINE /
OBJECTIVE
(CONTINUED)

H. Stocks, Soups, Sauces, and Thickening Agents

Student will be able to:

1. Prepare different types of roués white, blonde, and brown. (CCCS; 9.1 and 9.2)
2. Make a white, chicken, fish, vegetable or brown stock. (CCCS; 9.1 and 9.2)
3. Name the 5 major sauces. (CCCS; 9.1 and 9.2)
4. Prepare a sauce from each major category. (CCCS; 9.1 and 9.2)
5. Differentiate among thickening agents and explain the uses. (CCCS; 9.1 and 9.2)

I. Fruits, Vegetables, and Pasta

Student will be able to:

1. Define terms relating to fruits and vegetables, rice, and pasta. (CCCS; 9.1 and 9.2)
2. Prepare vegetables for cooking, utilizing various cuts, julienne, dice, mince, peel, pare, shred, slice and brunoise and methods of cooking. (CCCS; 9.1 and 9.2)
3. Create various fruit dishes. (CCCS; 9.1 and 9.2)
4. Garnish dishes with fruit. (CCCS; 9.1 and 9.2)
5. List the common forms of pasta. (CCCS; 9.1 and 9.2)
6. Cook and evaluate rice, pasta and associated dishes: pilaf, risotto, macaroni and cheese, Spanish rice. (CCCS; 9.1 and 9.2)

J. Plating and Garniture

Student will be able to:

1. Demonstrate appropriate plating for commercial food

service. (CCCS; 9.1 and 9.2)

2. Show garniture procedures for commercial food service.
(CCCS; 9.1 and 9.2)

III. TEXTBOOKS AND INSTRUCTIONAL MATERIALS

Johnson and Wales College. CULINARY ESSENTIALS.
United States of America, 2002

Prostart 1 and 2 BECOMING A FOODSERVICE PROFESSIONAL
United States of America, 2002

IV. INSTRUCTIONAL STRATEGIES

Various teaching methods are used in this course. Instruction will be given using prepared worksheets, class notes and exercises from selected texts.

Classroom demonstrations and hands-on practice activities will be included. Group activities and cooperative learning will also be employed. In addition, PROSTART course guidelines and the Internet may be used in this course.

VI. EVALUATION

Students are evaluated using the following criteria:

- i. Class participation
- ii. Attendance
- iii. Periodic tests and quizzes
- iv. Homework
- v. Hands-on practice
- vi. Production projects
- vii. Additional class assignments

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X. STUDENT HANDOUT

CULINARY ARTS – PRODUCTION

COURSE OVERVIEW

Culinary Arts- Production is a full year program designed primarily for students of all grade levels to understand and be exposed to culinary production. It is a course of systematized

knowledge gained by hands on approach, observation and experimentation. By being in a production kitchen students will be able to understand what it takes to operate in a successful fast pace environment. Awareness of production will be developed and knowledge of how a single person in the kitchen can affect the overall success or failure of that kitchen.

Students of Culinary Arts– Production will be exposed to three different production kitchens. Chez-Technique is an Ala-Carte restaurant and upscale catering. The Teachers Cafeteria is a full-service slightly upscale cafeteria with tableside cooking and catering. And, the Main Café where the majority of student lunches are made and the majority of everyday catering is prepared.

PROFICIENCIES:

1. Students will be able to display a personal standard of appearance, sanitation, safety and behavior appropriate to a food service professional. (CCCS 9.1 and 9.2)
2. Students will be able to name the use of each major piece of equipment used in a standard commercial kitchen. (CCCS 9.1 and 9.2)
3. Students will be able to write equations showing the substitution of similar units of weights and measures. (CCCS 9.1 and 9.2)
4. Students will be able to define the terms and list the form in which seasoning may be available. (CCCS 9.1 and 9.2)
5. Students will be able to explain the terms relating to meat identification and grading. (CCCS 9.1 and 9.2)
6. Students will be able to list terms related to fish. (CCCS 9.1 and 9.2)
7. Students will be able to list terms relating to various types of poultry. (CCCS 9.1 and 9.2)
8. Students will be able to prepare vegetables for cooking utilizing different cuts: julienne, dice, peel pare, etc. (CCCS 9.1 and 9.2)

