

Fundamental of Food Preparation

Course Outcome Summary

Course Information

Organization	Madison Area Technical College
Developers	Paul Short
Development Date	2/24/2003
Course Number	10-109-124
Instructional Level	Associate Degree
Potential Hours of Instruction	45
Total Credits	2

Description

Students will learn fundamental knife skills, basic food preparation, and how to properly store food. Kitchen organization, setup, and cleaning; stations of the kitchen; and simple menu planning techniques will also be discussed. CrLfCrLfCrLf

Target Population

Students involved in the hospitality industry or other food-related industry that generally do not produce food items but need a well-rounded education on back of the house operations. CrLf

Types of Instruction

Instruction Type	Contact Hours	Credits
On Campus Laboratory and Clinicals	45	2

Learner Supplies

Kitchen Skid resistant shoes.. **Quantity:** 1 pair. **Source:** Most shoe stores.

10" Chef Knife. **Manufacturer:** Student choice (preferred commercial). **Quantity:** 1. **Price:** \$25-\$65. **Source:** Restaurant supply store.

White Chef Coat and White Apron. **Quantity:** 1 each. **Source:** Professional Uniform Stores.

Kitchen pants. **Quantity:** 1 pair. **Price:** \$25-\$50. **Source:** Professional Uniform Supply Store.

Three-ringed notebook with paper and pen.. **Quantity:** 1 each. **Price:** \$6.50. **Source:** Book Store.

Prerequisites

Prerequisite or concurrent enrollment in Principles of Sanitation (10-316-101)

Competencies

- A. Demonstrate proper knife skills**
You will demonstrate your competence:
- A.1. in the lab with your knife
 - A.2. on a final exam with 75% accuracy or better

Your performance will be successful when:

- A.1. you sharpen a knife using a three-sided whetstone
- A.2. your knife has a sharp edge that will slice a piece of paper cleanly
- A.3. you demonstrate julienne with your knife
- A.4. you demonstrate brunoise with your knife
- A.5. you demonstrate small dice with your knife
- A.6. you demonstrate medium dice with your knife
- A.7. you demonstrate large dice with your knife
- A.8. you demonstrate tucked finger tips while cutting food items
- A.9. you demonstrate proper knife grip while cutting food items

B. Demonstrate safe food handling techniques

You will demonstrate your competence:

- B.1. in the lab at all times
- B.2. on a final exam with 100% accuracy

Your performance will be successful when:

- B.1. you practice FIFO (first in and first out technique) at all times
- B.2. you demonstrate proper cooling techniques for all foods
- B.3. you keep cold foods below 41 F at all times
- B.4. you keep hot foods at 150 F or above at all times
- B.5. you demonstrate wrapping and labeling techniques required by industry
- B.6. you model good personal hygiene required by industry
- B.7. you proper store all food used for the day

C. Prepare a variety of stocks to industry standards

You will demonstrate your competence:

- C.1. in lab class

Your performance will be successful when:

- C.1. you produce three stocks: vegetable, beef and chicken, clear and rich in flavor
- C.2. you produce three stocks in two and a half hours
- C.3. you yield recipes correctly for stocks
- C.4. you demonstrate proper defatting techniques
- C.5. you demonstrate proper cooling techniques
- C.6. you demonstrate proper storage techniques

D. Prepare a variety of soups to industry standards.

You will demonstrate your competence:

- D.1. in lab class
- D.2. on the final exam with 75% accuracy or better

Your performance will be successful when:

- D.1. you produce a high quality clear broth soup with garnishment
- D.2. you produce a high quality cold soup with flavor
- D.3. you produce a high quality puree soup which is silky and with no lumps

E. Prepare a variety of starches

You will demonstrate your competence:

- E.1. in lab
- E.2. on the final exam with accuracy of 75% or better

Your performance will be successful when:

- E.1. you cook four different pasta al dente
- E.2. you cook four types of potato: mashed, french fried, oven brown and skillet
- E.3. you produce two types of rice, medium and short grained
- E.4. you produce two types of rosotto, vegetable and shellfish

F. Prepare a variety of vegetables

You will demonstrate your competence:

- F.1. on a final exam with accuracy of 75% or better
- F.2. during lab

Your performance will be successful when:

- F.1. you identify common variety of vegetables used in kitchens
- F.2. you blanch and shock vegetable and retain color
- F.3. you prepare vegetables using roasting
- F.4. you prepare vegetables using steaming
- F.5. you prepare vegetables using sauteing

G. Prepare fresh fruit for serving

You will demonstrate your competence:

- G.1. in the lab
- G.2. on the final exam with 75% accuracy or better

Your performance will be successful when:

- G.1. you identify a variety of fruits, tropical and sub-tropical species, with 75% accuracy
- G.2. you prepare fruit display to industry standards
- G.3. you practice proper storage techniques, fruits that are kept at room temperature and fruits that are refrigerated, with 75% accuracy

H. Demonstrate heat transfer techniques commonly used in commercial kitchens

You will demonstrate your competence:

- H.1. in the class
- H.2. on the final exam with 75% accuracy or better

Your performance will be successful when:

- H.1. you demonstrate grilling methods with 75% accuracy
- H.2. you demonstrate sauteing methods with 75% accuracy
- H.3. you demonstrate broiling methods with 75% accuracy
- H.4. you demonstrate steaming methods with 75% accuracy
- H.5. you demonstrate poaching methods with 75% accuracy