



Culinary Arts Department

CHEF 1301

Basic Food Preparation

Course Description: A study of the Fundamental Principles of food preparation and cookery to include the Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition and professionalism.

Instructor:

Chef Patrick Ramsey, C.E.C.

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Phone: (806) 716-2584

Office Hours: Scheduled by appointment or check office door for schedule of hours.

Class Hour and Room:

Exam Schedule: Chapter tests are assigned on MyCulinary Lab. The Final will be a Practical Exam held in the class, date and time TBD.

Required Text: On Cooking Plus MyLab Culinary and Pearson Kitchen Manager with Pearson eText -- Access Card Package, 6/E

ISBN # 9780134872780 *this is the same book and access code used for PSTR 1301, YOU ONLY NEED TO PURCHASE THIS ONCE, they are used for both classes

Required Materials: One inch, 3 ring binder

Online homework can be found under the MyCulinary Lab Tab on the Blackboard Homepage. Chapter notes are also available for students under the MyCulinary Tab-Multimedia Recourses. Students MUST print out the chapter notes prior to class lecture.

NOTE: LOG INTO MYCulinary Lab THROUGH BLACKBOARD. DO NOT GO DIRECTLY TO THE MYLAB SERVSAFE WEBSITE.

ADA STATEMENT: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at the Lubbock Center, the Levelland Student Health & Wellness Center 806-716-2577, Reese Center Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

Grading Policy:

1. There will be **no** Make-up on Homework Assignments or Exams.
2. Homework Assignments will be assigned online through **Blackboard MyCulinary Lab** throughout the semester. Please go to Blackboard and register your username first. If you've already bought an access code, you may register with the access without payment. If you do not have an access code, you will be asked to pay before you can access to the online assignments.
3. Individual effort must be demonstrated on all exams. Also considered inappropriate is the use of, in any fashion, a solution manual of any kind. It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. **Academic Dishonesty:** "At minimum, the first instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive a zero for the assignment. The second instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive an F in the course and be expelled from the program".
4. Class attendance and attention will be crucial to the student's successful completion of this course. Attendance will be taken, you are allowed ONE excused absences throughout the semester, but are expected to complete all assignments by the due date. IF STUDENTS ARE ABSENT ON LAB DAYS, THEIR DAILY GRADE WILL BE GREATLY AFFECTED AND THERE WILL BE NO MAKE UP LAB.
5. The grading scale is as follows:

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F
6. The grading will be based on the following assignment:

Homework:	20%
Quizzes:	10%
Tests:	40%
Weekly Lab Grade/Final:	30%
	<u>100%</u>
7. If there is a problem or a dispute with a grade, it must be brought to your instructor's attention and resolved within 5 days of the grades return. After that, it will not be considered under any circumstances.
8. If you feel you need out of class help, please visit with your professor during office hours.

Notes:

- Online assignments will open on FRIDAY at 8am and be due on the following FRIDAY at 11:59PM. Occasionally we will cover more than 1 chapter per week. Please stay current on home work and home study materials.

- There might be a possibility for extra credit or a bonus sometime during the semester. These extra points CANNOT raise your grade for a particular segment of your grade beyond 100%. For example, your maximum quiz average can only be 100% or test average can only be 100%.
- The **Final** for this course will be a Practical Exam held in lab, date and time is TBD.
- If you need special accommodations, you will still have to take the test on the scheduled date of the exam. If there is a conflict, you will have to prove it to your instructor in order to take an exam at a different time.

Classroom Etiquette: Students should arrive on time for class and be in full, required uniform. All cellphones, laptops, and bags are not allowed in the lab space. Only required materials such as textbooks, binders, knife kits, and pens are allowed to be in class. Lockers will be assigned for student use, students must bring their own lock if desired. No outside food or drink is allowed in class except for a closable water bottle. All students are responsible for cleaning up after themselves. No one will leave class until the lab is clean and approved by the instructor.

Required Uniform: Students should ALWAYS be in full uniform for ALL classes. Clean/wrinkle free chef coats, pants, caps, and non-slip shoes are required. Students SHOULD NOT wear any jewelry except for a snug to the wrist watch, and a wedding band/ring that are permitted. Student's personal hygiene is EXTREMELY important. Clean hair, hands, and fingernails are a part of the uniform as well.

Topics: The list of selected topics may be modified during the course of the semester. The instructor will notify the class of any changes to the topic list.

BASIC FOOD PREP: FALL SEMSTER 2018

WEEK 1 **AUGUST 27**

DAY 1- Orientation- Facilities Tour

Review Syllabus/ classroom policies/ Blackboard/ email/ Pearson cookbooks

Chemical Safety Training

Uniforms/ knife kits

DAY 2- introduction to Profession

CHAPTER 1

Professionalism

History of Modern Cuisine

Brigade System/ FOH_ BOH

Qualities attributes of Professional Chef

WEEK 2: **SEPTEMBER 3**

DAY 1- FOOD-KITCHEN SAFETY

CHAPTER 2

Sanitation, contaminants, cross-contamination, Food storage, FIFO, Label and dating

Receiving and proper storage of products.

DAY 2- KITCHEN TOOLS AND EQUIPMENT-

CHAPTER 5

WEEK 3: SEPTEMBER 10

DAY 1- KNIFE SKILLS

CHAPTER 6

KNIFE TECHNIQUES—slicing, chopping, mincing, paring, peeling, specialty cuts, chiffonade

Specialty cutting machinery, slicer, mandoline, spiral slicers

DAY 2- VEGETABLE CUTS-

-battonette, large dice, small dice, brunoise, micro brunoise, oblique cut, allumette, paysanne

WEEK 4: SEPTEMBER 17

DAY 1- FLAVORS/ FLAVORINGS/ FLAVOR PROFILE

CHAPTER 7

Major tastes, taste influence factors, balance, building flavors----- build the perfect sandwich

DAY 2- Salt, pepper, herbs, spices, infused flavors

Marinades, brines, rubs, steeping—make infused oils, infused vinegars, basic pickle, quick pickle

- Basic vinaigrette, BBQ Rub, Korean pickle cucumbers

WEEK 5 SEPTEMBER 24

DAY 1: VEGETABLES

CHAPTER 22

Identifying vegetables, growth periods, grading and storage---show and touch produce

DAY 2: VEGETABLE COOKING METHODS

Fiber content, acid/alkali reactions-blanching, shocking, purees

WEEK 6 OCTOBER 1

DAY 1: POTATOES, GRAINS AND PASTAS

CHAPTER 23

Cooking potatoes, ancient grains

DAY 2: PASTA IDENTIFICATION – COOKERY

Make fresh pasta dough, infused flavors, colors etc.

WEEK 7 – MID TERM OCTOBER 8

DAY 1:- WRITTEN EXAM

DAY 2: PRACTICAL EXAM- knife cuts techniques, vegetable and equipment identification

WEEK 8 **OCTOBER 18**

DAY 1: MISE EN PLACE

CHAPTER 9

Creating Production/preparations lists

Reading recipes, preparing to cook- BUTTER CLARIFICATION

DAY 2: Mise en place / vegetable Lasagna

WEEK 9 **OCTOBER 22**

DAY 1: PRINCIPLES OF COOKING

CHAPTER 10

Heat transfer, effects of heat, Maillard reaction, temperature reactions and changes

Cook eggs, caramelize onions—

DAY 2: COOKING METHODS

Dry heat, Moist heat, Combination cooking

Breading- pan fry

Batter – deep fry

Oven frying- potatoes

WEEK 10 **OCTOBER 29**

DAY 1- COOKING METHODS- DRY HEAT – sauté, grill, stir fry and broil

DAY 2- COOKING METHODS –DRY HEAT- roasting / baking

WEEK 11 **NOVEMBER 5**

DAY 1- COOKING METHODS- MOIST HEAT

Poaching and simmering

DAY 2- COOKING METHODS –MOIST HEAT

Boiling and steaming

WEEK 12 **NOVEMBER 12**

DAY 1- COMBINATION COOKING - Braising

DAY 2- COMBINATION COOKING- stewing and sous vide

WEEK 13 **NOVEMBER 19**

DAY 1- SALADS AND SALAD DRESSINGS

CHAPTER 25

Mayonnaise, béarnaise, aioli

DAY 2- Vinaigrettes, emulsified dressings

WEEK 14 **NOVEMBER 26**

DAY 1 – IDENTIFYING SALAD GREENS- TYPES OF SALADS

DAY 2- preparation of a composed, Caesar dressing/ tossed salad, grilled vegetable salad

Week 15 **DECEMBER 3**

DAY 1: WRITTEN EXAM REVIEW

DAY 2: PRACTICAL EXAM REVIEW

WEEK 16 **DECEMBER 10—FINALS**

DAY 1 **WRITTEN EXAM**

DAY 2 **PRACTICAL EXAM**