

CHEF 1365-Practicum in Culinary Arts

Credit: 4 semester credit hours

Prerequisite: CHEF 1205

Course Description

A study of the fundamental principles of food preparation and cookery that are essential to a well-rounded culinary professional which focus on six areas: professionalism, preparation, cooking, Garde Manger, baking and presentation.

Required Textbook and Materials

1. **On Cooking 6th Edition**; authors Labensky, Hause, Martel

a. ISBN number 978-0-13-444190-0

2. **ServSafe Manager Workbook 7th Edition**

3. black pants, non-skid shoes

4. 1 inch black binder, 1-2 inch colored binder, 1 package college-ruled notebook paper, 3 package dividers, 1 large glue stick, 1 package black ink pens only, 1 package No.2 pencils, 2 packages clear page protectors

Course Objectives

Upon completion of this course, the student will be able to:

1. Name and identify cooking techniques by highlighting its fundamental principles and skills
2. Use nutrition, safety and sanitation principles as should be applied to the industry.
3. Name key historical figures responsible for developing food service professionalism and describe the contributions of each.
4. Explain the organization of classic and modern kitchen brigades
5. Identify the attributes a student needs to become a successful culinary professional
6. Describe the importance of professional ethics for chefs and list the specific behaviors that all culinary professionals should follow.

Course Outline

A. Professionalism

1. Chefs and restaurant
2. Modern Food Service Operations
3. Modern Kitchen Brigade
4. The Professional Chef

B. Food Safety and Sanitation

1. Sanitation
2. Biological Contaminants
3. Chemical Contaminants
4. Physical Contaminants
5. Cross Contamination
6. Hazard Analysis Critical Control Points
7. Food Allergies and Intolerances
8. The Safe Worker

C. Nutrition

1. Nutrition Basics
2. Tools for Healthy Eating

D. Tools and Equipment

1. Standards for Tools and Equipment
2. Knives
3. Hand Tools
4. Measuring and Portion Devices
5. Cookware
6. Storage containers
7. Heavy Equipment

E. Mise En Place

1. Mise En Place
2. Selecting Tools and Equipment
3. Measuring Ingredients
4. Preparing Ingredients
5. Flavoring Foods
6. Preparing to Cook

F. Principles of Cooking

1. Heat Transfer
2. The Effects of Heat
3. Dry Heat Cooking Methods
4. Moist Heat Cooking Methods
5. Combination Cooking Methods

G. Pies, Pastries and Tarts

1. PASTRIES, PIES, AND TARTS

- a. Crusts
- b. Fillings
- c. Assembling Pies and Tarts
- d. Storing Pies and Tarts

2. CLASSIC PASTRIES

- a. Puff Pastry
- b. Éclair Paste
- c. Meringue

3. COOKIES

- a. Mixing Methods for Cookie Dough
- b. Make-Up Methods for Cookies
- c. Storing Cookies

H. Eggs and Breakfast

1. EGGS

- a. Egg Storage and Sanitation
- b. Egg Products

2. NUTRITION INFORMATION FOR EGGS

3. WHIPPED EGG WHITES

4. COOKING METHODS FOR EGGS

5. DRY-HEAT COOKING METHODS FOR EGGS

- a. Baking
- b. Sautéing
- c. Pan-Frying
- d. Griddling

6. MOIST-HEAT COOKING METHODS FOR EGGS

- a. In-Shell Cooking (Simmering)
- b. Poaching

7. BREAKFAST AND BRUNCH

- a. Breakfast Meats
- b. Griddle Cakes
- c. Crepes
- d. Cereals and Grains

I. Hors d'Oeuvre

1. COLD HORS D'OEUVRE

- a. Canapés
- b. Crudités
- c. Dips
- d. Caviar
- e. Other Cold Hors d'Oeuvre

2. HOT HORS D'OEUVRE

- a. Filled Pastry Shells
- b. Skewers
- c. Meatballs
- d. Hors d'Oeuvre Wrapped in Cheese, Meat or Vegetables
- e. Hors d'Oeuvre Wrapped in Dough
- f. Other Hot Hors d'Oeuvre

3. SERVING HORS D'OEUVRE

- a. Butler Service
- b. Buffet Service
- c. Buffet Platters

Grade Scale

90 - 100	A
80 - 89	B
75 - 79	C
74 - 70	D
0 - 69	F

Course Evaluation

Test 60%

Daily/Lab 40%

Lab attendance as well as participation is mandatory. It will be given in accordance to the performance level of assignment, as well as the professionalism of the student.

Course Requirements

1. Be able demonstrate skills in knife, tool and equipment handling, and operate equipment safely and correctly.
2. Be able to demonstrate proficiency in dry and moist heat cooking methods; produce a variety of food products applying principles of food handling and preparation.
3. Be able discuss Occupational Safety and Health Administration (OSHA) requirements and effective workplace safety programs.
4. Be able to describe food storage and refrigeration techniques; explain sanitation of dishes, equipment, and kitchens including cleaning material, garbage, and refuse disposal.
5. Be able to implement professional standards in food production.

Course Policies

1. No food or drinks in the classroom.
2. Students have three days to make up missing assignments.
3. Students are required to take a missed **test** the day upon returning to class.
4. *See BISD attendance policy.*
5. As the instructor, I maintain the right to maintain and govern my class
6. The lab classes are mandatory. If you are absent the day of a lab, you are responsible for making up the lab at home, recording the lab and submitting it in the Google Classroom folder.
7. If you are more than 20 minutes late for class you will be counted absent.
8. Turn off phones before entering class. You will receive a warning on the first disruption, then your phone will be collected and turned in.
9. Assignments are due on the date specified. Five points will be deducted per day for up to three days then a zero will be the final grade.

Disabilities Statement

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities.

Student Code of Conduct Statement

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the LIT Catalog and Student Handbook. The LIT Catalog and Student Handbook may be accessed at ***www.lit.edu*** or obtained in print upon request at the Student Services Office.

Course Schedule

Week	TOPIC	Reference
1	Professionalism • Chefs and restaurant • Modern Food Service Operations • Modern Kitchen Brigade • The Professional Chef	Pgs. 1-15
2	Food Safety and Sanitation • Sanitation • Biological Contaminants • Chemical Contaminants • Physical Contaminants • Cross Contamination • Hazard Analysis Critical Control Points • Food Allergies and Intolerances • The Safe Worker	Pgs. 17-37
3	Nutrition • Nutrition Basics • Tools for Healthy Eating	Pgs. 39-52
4	Tools and Equipment • Standards for Tools and Equipment • Knives • Hand Tools • Measuring and Portion Devices • Cookware • Storage containers • Heavy Equipment	Pgs. 71-75
5	Mise en Place • Mise en Place • Selecting Tools and Equipment • Measuring Ingredients • Preparing Ingredients • Preparing to Cook	Pgs.161-172
6	Principles of Cooking • Heat Transfer • The Effects of Heat • Dry Heat Cooking Methods • Moist Heat Cooking Methods • Combination Cooking Methods	Pgs. 173-195
7	Pies, Pastries and Tarts 1. PASTRIES, PIES, AND TARTS • Crusts • Fillings • Assembling Pies and Tarts • Storing Pies and Tarts	Pgs. 977-1002

	2. CLASSIC PASTRIES a. Puff Pastry b. Éclair Paste c. Meringue 3. COOKIES • Mixing Methods for Cookie Dough • Make-Up Methods for Cookies • Storing Cookies	
8	Eggs and Breakfast 1. EGGS • Egg Storage and Sanitation • Egg Products 2. NUTRITION INFORMATION FOR EGGS 3. WHIPPED EGG WHITES 4. COOKING METHODS FOR EGGS 5. DRY-HEAT COOKING METHODS FOR EGGS • Baking • Sautéing • Pan-Frying • Griddling 6. MOIST-HEAT COOKING METHODS FOR EGGS • In-Shell Cooking (Simmering) • Poaching 7. BREAKFAST AND BRUNCH • Breakfast Meats • Griddle Cakes • Crepes • Cereals and Grains	Pgs.551-567
9	Hors d'Oeuvre 1. COLD HORS D'OEUVRE • Canapés • Crudités • Dips • Caviar • Other Cold Hors d'Oeuvre 2. HOT HORS D'OEUVRE • Filled Pastry Shells • Skewers • Meatballs • Hors d'Oeuvre Wrapped in Cheese, Meat or Vegetables • Hors d'Oeuvre Wrapped in Dough • Other Hot Hors d'Oeuvre 3. SERVING HORS D'OEUVRE • Butler Service • Buffet Service • Buffet Platters	Pgs. 869-884

Contact Information:

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