COURSE OUTLINE

Course Number | Course Title | Credits | Co- or Pre-requisite | Implementation
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HOS 109 | Advanced Culinary Arts | 3 | HOS 101 (B grade or better) | Revised Spring 2013
HOS 118 | | | |

Course description (from 2011-2013 catalog):

Comprehensive review of current culinary arts practices, including advanced professional culinary skills, recipes, techniques, and use of ingredients. Involves practice of a wide variety of classical and modern cooking techniques as well as basic and advanced sanitation measures in kitchen operations.

Required texts/other materials:
None

Outcome Competencies:
1. Demonstrate advanced level skills including: proper knife techniques, utilize proper preparation methods and all cooking methods.
2. Demonstrate an advanced working knowledge for preparation of stocks and sauces.
3. Demonstrate an understanding of the skills necessary to fabricate primal and sub-primal cuts of meats and utilize the entire cut effectively in a cost efficient manner.
4. Become familiar with and demonstrate the ability to recognize, fabricate and prepare a variety of fresh fish and shellfish.
5. Become familiar with and demonstrate an understanding of American regional cuisine.
6. Demonstrate the ability to convert and adapt recipes to suit preparation for large and small quantities as well as various service types including a la carte, banquet, tableside and buffet service.
7. Produce high quality meal from demonstrating advanced techniques from Market Basket (Black box test)
**Method of Instruction:**

The lecture component of this course will include a 50-minute session. Each class will focus on one chef. The student whose chef is being studied will do an oral presentation at the start of class. The instructor will assist the student by demonstrating advanced techniques, reviewing a wide variety of skills necessary to successfully participate in the laboratory component of the course. Due to the nature of the vast amount of materials, you are responsible for completing all reading and written assignments BEFORE the start of each lecture and laboratory session. Failure to do so will prevent you to successfully accomplishing your laboratory assignments.

The laboratory component of this course will consist of 3 hours per session. The laboratory session will consist of students working either in pairs or individually or as determined by the instructor. Each student pair or individual will be assigned a variety of recipes; after the preparation of each recipe, the student will evaluate the culinary creation for texture, color, taste, method of cooking, and techniques they could or should have used to improve or create correct recipe products. Students in this class will fabricate their own meats poultry and fresh fish as well as prepare stocks when possible for use in all recipes prepared by the class.

**Professionalism and Courtesy:**

You upon entering this class are professionals. You will be expected to be courteous both verbally and in your demonstrated behavior. There will not be permitted yelling, running, throwing of any equipment or food or undignified behavior during any lecture or lab session.

Every student will be responsible for cleaning up the lab at the end of class. No one may leave, without permission of the instructor, prior to the end of the class session. There may be days when we will stay after class to finish cleaning up. You will be expected to stay until all clean up is done and the class is dismissed.

**Sexual harassment of any fellow student will not be tolerated.**

Smoking of any tobacco product or smelling like any tobacco product before or during lecture or lab sessions will lead to immediate dismissal of student from lecture or lab session. (This is a food safety issue).

**Method of Evaluation:**

A. Your performance evaluation is based upon each laboratory session: **50% of final grade**

See Lab/Kitchen Performance Rubric
B. Class lecture grade- **50% of final grade**
   a) Oral report  
   b) Quiz Grade Average, Class participation (Support for the oral report)  
   c) Written Midterm and practical exam  
   d) Capstone Project/Final

**Attendance:**

If you miss classes and labs you do not learn, so... miss three sessions and you will fail the course. That does not mean that you can be out 3 times. You will receive a 0 grade for lab participation on the day of your absence. Any assignments, quizzes that are missed may not be made up, at the discretion of the instructor.

**Grade Scale:**  
100% - 93% = A  
92% - 90% = A-  
89% - 87% = B+  
86% - 83% = B  
82% - 80% = B-  
79% - 77% = C+  
76% - 70% = C  
69% - 60% = D  
59% - 0% = F

**Capstone Project:**

**Group Project**- you must complete a group capstone project to be submitted by **Week 13** (no exceptions). First draft is due week 5. The group will meet and review their individual projects. As a team, a single theme menu will be developed. The menu must include: appetizer, soup/salad/pasta, entrée (starch, vegetable) and a dessert course.

Projects Guidelines must include the following: **50 pts. total**
1) Overall Theme & cuisine styles (Pacific Rim, American regional, etc.) 5 pts.  
2) Menu and Recipes to serve 8 guests. (Must be able to prepare in 2 hours) 15 pts  
3) Purchase order for recipes grouped by classification (meats, fish, produce, dairy, spices etc.) 10 pts  
4) Time line for pre-preparation, preparation, service and clean up and for each of the group members. (Who does what when?) 10 pts  
5) Kitchen equipment needed (including pots, pans, utensils etc.) 5 pts  
6) Dining room Equipment, China, Glassware, flatware, required etc.) 5 pts  
7) Menu Copy for presentation to Guests 5 pts
Projects will be graded on originality, practicality; cooking methods utilized, degree of difficulty, flavor compatibility, texture and color of finished product. 

Any student who a) knowingly represents work of others as his/her own. b) Uses or obtains unauthorized assistance in the execution of any academic work, c) or gives fraudulent assistance to another student is guilty of cheating. Violators will be penalized in accordance with established college policies and procedures.

**Personal Hygiene:**

  Hand washing is the single most important activity that can be done to prevent a majority of all food borne illnesses. You must wash your hands after you change, or use the bathroom and again before you start the laboratory class; frequently during the handling of food and equipment, after handling raw food products of animal origin, eating, drinking, sneezing or coughing, wiping perspiration with a tissue, or after touching any body part.

  All students are required to come to classes with clean hair & nails, be odor free, and have on a clean uniform and apron. Students who have any of the following conditions will not be permitted to prepared any foods or enter the food laboratory. Chapter XII Sanitation in Retail Food Establishments, New Jersey State Sanitary Code, 8:24-14.8: Persons while affected with any disease in a communicable form, or while a carrier of such disease or while affected with boils, infected wounds, sores, acute respiratory infection, nausea, vomiting, or diarrhea which could cause foodborne diseases, shall not work in any area of the establishment in any capacity in which there is a likelihood of such person contaminating food or food contact surfaces with pathogenic organisms.

  Finger nail polish is not permitted during laboratory sessions. False nails are not permitted.

**Uniform Policy for MCCC Food Preparation Laboratory Sessions:**

Students will be required to wear during each lab session the following uniform which must be clean and wrinkle free:

1. White Chefs Jacket
2. Chefs Checkered
3. Chefs Cloth Hat or Paper Chefs Hat (no other hats will be permitted)
4. White Bib Apron
5. Pocket Test Thermometer (Required)
6. Sturdy non-slip Shoes are required. No open toed or open heeled sandals or footwear is permitted. Foot Wear is a Safety Issue. Jewelry is not permitted to be worn: rings, necklaces, tangling earrings, or loose fitting watches with loose chains.

You must be in uniform at every laboratory session; you will be given time to change between lecture and the start of the lab session. You must have your uniform by the third lab session. Other accommodations must be cleared with the Director of Hospitality Programs.
Any leftover food that you prepare, with the permission of the instructor, can be taken home in your own, approved sanitary containers. We cannot and will not provide any containers. Also, all food that is taken home must be maintained below 40 degrees F; leftover hot foods must be reheated to 165 degrees F, within 2 hours before they can be consumed; you can reheat hot foods one time only, then they must be discarded. All leftover foods, whether hot or cold, must be consumed within 24 hours or discarded.

**CLASS OUTLINE**

The following schedule of class sessions and are subject to change by the instructor based on circumstances.

Orientation
Week 2 Review cooking demonstrations
Featured Chef – week 3-7
Midterm
Featured Chef – week 9-13
Final Project

**Session 1: Lecture:** Introduction to Advanced Culinary Arts Techniques
- Discuss Industry trends Career Avenues and Job Search
- Proper cooking techniques Dry Heat and Moist Heat Methods
- Review Safety and Sanitation Procedures
- Review Procedures for the Cleaning and Storing of all equipment and supplies
- Review Units of Measure used in the Culinary Kitchen
- Standardized Recipes and Conversions
- Coffee and Tea

**Laboratory:**
- Organic Farming/Community Supported Agriculture

**Session 2: Pasta**

**Lecture:** Capstone Review. Emphasis on the use of fresh pastas such as Fettuccini, ravioli, dumplings, flavored pastas for use as appetizers, main course and side dishes. The class will explore the use of flavor combinations for the use of fresh pastas and sauces.

**Laboratory:** Demonstration of proper pasta making, handling and preparation techniques.

**Homework for each week:** Each student will prepare a short paper about the featured chef of the day. Each student will contribute to a discussion about this chef. Research their educational background, what influenced them to become a chef, what type of cuisine they are known for, featured recipes, restaurants they own, and awards they’ve won. Include references.

**Session 3: Featured Chef**
**Session 4:** Featured Chef  
**Session 5:** Capstone Theme and Menu draft due, Featured Chef  
**Session 6:** Featured Chef  
**Session 7:** Capstone Theme and Menu due  

**Session 8: Midterm examinations:**  
**Written Exam**  
**Practical Exam Black Box Test:** Each student will be given a box containing the main ingredients from which they must produce a complete entrée based upon one of the above chef’s style of cooking. Starches and vegetables will be prepared utilizing staples from the lab’s dry storage and walk in box. Student’s graded will be based on creativity, difficulty level, presentation, taste, texture, sanitation, proper cooking methods, knife skills, and the final product. You have 10 minutes to inform the instructor what chefs style you will be utilizing.

Menu project:  
Each group will prepare their menu, set a table for 8, and present the meal, as it would be plated for a guest

**Session 9:** Featured Chef  
**Session 10:** Capstone time line due, Featured Chef  
**Session 11:** Featured Chef  
**Session 12:** Capstone purchase order due, Featured Chef  
**Session 13:** Capstone Kitchen equipment, dining room equipment list due, Featured Chef  
**Session 14:** Capstone Menu for guests due, Featured Chef

**Session 15: Laboratory: Capstone/Final Examination**