COURSE OUTLINE

Course Number
HOS 231

Course Title
Meat, Poultry and Fish Fabrication

Credits
1 (0/2)

Hours:
Lecture/Lab/Other
0/2/0

Co- or Pre-requisite:
HOS 101
HOS 118

Implementation
Spring 2011

Catalog description (2009-2011 Catalog):
Addresses the fundamentals of purchasing specifications; receiving, handling, and storing meat and seafood; plus techniques for fabricating cuts for professional kitchens.

Required texts/other materials:
Textbook: Custom Wiley compilation for meat poultry and fish fabrication

Revision date: Revised Spring 2014

Course coordinator: Douglas Fee 570-3447 feed@mccc.edu

Information resources: (Describe the primary information resources that support the course, including books, videos, journals, electronic databases, websites, etc. To request new materials for your course, use the library request form at: www.mccc.edu/student_library_course_form.shtml)

None Required

Other learning resources: (Describe any other student learning resources that are specific to this course, including any special tutoring or study group support, learning system software, etc.)

None Required
Course Competencies/Goals:

The student will be able to:
1. Identify and fabricate various market forms of fish and shellfish.
2. Identify the most common types of finfish and shellfish utilized in the American restaurant industry.
3. Demonstrate a working knowledge of the structure, composition, and selection of various crustaceans and mollusks.
4. Identify and fabricate subprimal cuts of meats into fabricated cuts.
5. Demonstrate a working knowledge of the composition of various grades and cuts of meats including aged meats and the specifications in quality and costs.
7. Identify and fabricate various types of poultry for preparation by restaurant classes.
8. Identify, store, and fabricate various types and cuts of game meats that are utilized in many commercial kitchens utilizing proper sanitation techniques.
9. Demonstrate a working knowledge of portion control and food cost considerations when fabricating meats, poultry, and seafood.

Course-specific General Education Knowledge Goals and Core Skills. [To an extent consistent with its primary purposes, each course in every program is expected to reflect the college’s commitment to general education, as affirmed in the 2005 General Education Policy. A General Education Course is one whose primary purposes and overall design coincide strongly with one or more of the approved general education goals and objectives. For any approved (or proposed) General Education Course, the General Education Goals and Objectives form (the form identified as the “Gen Ed Attachment”) should be completed and attached to the course outline. Below is a complete list of Mercer’s General Education Knowledge Goals and Core Skills. Retain on this course outline the Goals and Skills that pertain to your course and delete those that are not a central part of the course.]

General Education Knowledge Goals
Goal 1. Written and Oral Communication in English: Students will communicate effectively in both speech and writing.
Goal 2. Mathematics: Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.
Goal 4. Technology or Information Literacy: Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals.

MCCC Core Skills
Goal A. Written and Oral Communication in English. Students will communicate effectively in speech and writing, and demonstrate proficiency in reading.
Goal B. Critical Thinking and Problem-solving. Students will use critical thinking and problem solving skills in analyzing information.
Goal D. Information Literacy. Students will recognize when information is needed and have the knowledge and skills to locate, evaluate, and effectively use information for college level work.
Goal E. Computer Literacy. Students will use computers to access, analyze or present information, solve problems, and communicate with others.
Goal F. Collaboration and Cooperation. Students will develop the interpersonal skills required for effective performance in group situations.
Units of study in detail.

**Unit I  Meats, Poultry, and Fish**

*The student will be able to…*

- Evaluate market forms of product available and perform analysis based upon labor, costs, available storage, and volume required. (Course competencies 1,9: Gen Ed Goal 1,2: MCCC core skills A, B)
- Classify meats into proper categories and identify proper storage techniques for maximum quality. (Course competencies 7: Gen Ed Goal 1: MCCC core skills A)
- Cost out recipes based upon proper market form and grade of products. (Course competencies 5,9: Gen Ed Goal 1,2: MCCC core skills A, B)

**Unit II Meat and Poultry Fabrication**

*The student will be able to…*

- Recognize precise specifications for purchasing of meat and poultry. (Course competencies 1,2,9: Gen Ed Goal 1,2:MCCC core skills A)
- Identify and fabricate meats including beef, veal, lamb, and game meats from subprimal cuts to fabricated cuts. (Course competencies 1,3,9: Gen Ed Goal 1,4: MCCC core skills A, B, F)
- Fabricate and conduct yield test on fresh product. (Course competencies 5,6,7,8,9: Gen Ed Goal 1,2: MCCC core skills A, B, F)
- Demonstrate working knowledge of proper sanitation and storage of various market forms of product for meats, and poultry. (Course competencies 8: Gen Ed Goal 1: MCCC core skills A, B, F)
- Identify grades of meats based upon appearance and how to tenderize product in controlled manner through wet- and dry-aged products. (Course competencies 4,5,6,8: Gen Ed Goal 1: MCCC core skills A)
- Demonstrate proper knife skills and techniques while fabricating various fresh products. (Course competencies 8,9: MCCC core skills A, B)

**Unit III Fish Fabrication**

*The student will be able to…*

- Recognize precise specifications for purchasing of fish and shellfish. (Course competencies 1,2,9: Gen Ed Goal 1,2: MCCC core skills A)
- Fabricate whole fish to include both round and flat fish properly. (Course competencies 2,8,9:Gen Ed Goal 1: MCCC core skills A, B, F)
- Identify and fabricate fresh crustacean and shellfish in a safe sanitary manner. (Course competencies 2,3,8,9: Gen Ed Goal 1,4: MCCC core skills A, B)
- Recognize the most common variety of finfish in American food service. (Course competencies 2: Gen Ed Goal 1: MCCC core skills A)

**Unit IV Menu Budgeting**

*The student will be able to…*

- Analyze a given menu and demonstrate the ability to create a product list that falls with the given parameters of labor hours, storage capacity, product availability, and costs. (Course competencies 3,5,9: Gen Ed Goal 1,2,4: MCCC core skills A, B, D, E)
Evaluation of student learning:

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation during lab class</td>
<td>60%</td>
</tr>
<tr>
<td>Quiz Average</td>
<td>10%</td>
</tr>
<tr>
<td>Fabrication budget project</td>
<td>20%</td>
</tr>
<tr>
<td>Final practical exam</td>
<td>10%</td>
</tr>
</tbody>
</table>

Hands-on portion of the course will determine 60% of the students’ grade and will include the criteria on the attached Lab/Kitchen Performance Rubric.

a) Professional Ethics & Conduct
b) Professional Appearance
c) Safety & Sanitation
d) Tools & Equipment
e) Recipe & Menu Understanding
f) Mise en Place
g) Knowledge & Skills

Attendance:

All classes are mandatory. Any student who misses three classes will not complete the class. All classes will start on time. Three late arrivals will count for one missed class.

Proper Uniform:

- All students must be in full uniform by the second class.
- If a student is not in complete uniform by the second class or at any time when required, to be in uniform, the student would have five points deducted for each occurrence.
- Students must be in uniform for both lecture and laboratory sessions.

Laboratory Notice:

Personal hygiene is extremely important in the culinary environment; therefore, all students:

- Will be required to wear a clean uniform
- Will be personally odor-free
- Will have clean fingernails –no nail polish or acrylics
- Will have hair tied back and under a cap
- Will not wear jewelry on the hands or wrists except for a wedding band.
- Will not come to class ill.

Any student with open sores or wounds must wear bandages and plastic protective gloves throughout the entire lab session.

Courtesy and respect will be required at all times.
Laboratory Supplies:
- Each student is required to bring a plastic-coated binder or folder to hold recipes, handouts, notes and other information that is required to complete assignments.
- **Required** uniform for all lecture and lab sessions:
  - White chef jacket
  - White, black or checked pants
  - Bimetal pocket thermometer or digital thermometer
  - White chef hat or bakers cap
  - White bib apron
  - Two side towels
  - Non-slip sole shoes (no sandals)
  - Kitchen timer

Please remember to be in uniform by the second scheduled class of the semester, that you must be in uniform for every class, and to bring required text to all classes.

**Courtesy and Common Sense**

Please make every attempt to come to all class sessions, to come on time and stay until the end of the class unless you have notified the instructor you are leaving early. There may be a time when you are unavoidably late for class or leave early. If that is the case, please choose a seat near the room entrance. Once the class session has begun, please do not leave the room and re-enter unless it is an emergency. If you must miss a class, it is you are still responsible for all material covered, for announcements made in your absence and for acquiring any materials that may have been distributed in class. It is important to stay focused on the class discussion. For this reason, only one person at a time in the class should be speaking. Side conversations are distracting for surrounding students and the instructor. Please also remember to turn off any pager or cell phone, or set it to vibrate so you do not distract the class.

**Academic Integrity Statement:**

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.

**Reasonable Accommodations for Students with Documented Disabilities**

Mercer County Community College is committed to supporting all students in their academic and co-curricular endeavors. Each semester, a significant number of students document disabilities, which may require learning, sight, hearing, manual, speech, or mobility accommodations to ensure access to academic and co-curricular activities. The college provides services and reasonable accommodations to all students who need and have a legal entitlement to such accommodations.

For more information regarding accommodations, you may visit the Office of Academic Support Services in LB 218, or contact the office at (609) 570-3422 / stinsona@mccc.edu.
 Mercer County Community College  
HRIM Department  
Lab/Kitchen Performance Rubric

Student: _____________________  Date(s): ________________

The instructor completes this for each student for each lab session. If the topic covers two class periods one Lab/Kitchen Performance Rubric may be completed instead of two forms (instructor's choice).

**Class Topic:** Needs to be entered in the last box on bottom of form for each lab session.

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Points Awarded According to these Performance Parameters</th>
<th>Points Earned</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Professional Ethics &amp; Conduct</strong></td>
<td>Uncooperative; fails to successfully follow instructions 0-3</td>
<td>Works well with others during most opportunities; follows most instructions 4-6</td>
</tr>
<tr>
<td><strong>Professional Appearance</strong></td>
<td>No uniform (or no designated clothing) 1</td>
<td>Two or more areas (hair, uniform, or shoes) below standards 2-3</td>
</tr>
<tr>
<td><strong>Safety &amp; Sanitation</strong></td>
<td>Two or more significant safety and/or sanitation standards violated 1</td>
<td>One significant or two minor safety or sanitation standards violated 4-6</td>
</tr>
<tr>
<td><strong>Tools &amp; Equipment</strong></td>
<td>Needs assistance ≥70% of the time in operating equipment and/or tools 1-3</td>
<td>Operates all equipment or tools correctly, but requires assistance about 33% of the time 4-6</td>
</tr>
<tr>
<td><strong>Recipe &amp; Menu Understanding</strong></td>
<td>Minimal knowledge of relevant recipes, ingredients &amp; menus (if applicable) 1-3</td>
<td>Understands at least 60% of the information about relevant recipes, ingredients &amp; menus (if applicable) 4-6</td>
</tr>
<tr>
<td><strong>Mise en Place</strong></td>
<td>Unprepared to work; maintenance of work area below standards 1-3</td>
<td>Preparation of work area or maintenance of area below standards 4-6</td>
</tr>
<tr>
<td><strong>Knowledge &amp; Skills</strong></td>
<td>Minimal knowledge and skills 0-10</td>
<td>Knowledgeable of at least 50% of this topic's information and can demonstrate at least 50% of the relevant skills 11-20</td>
</tr>
</tbody>
</table>

**Class Topic:** ____________________________  
Total Points Possible: 100  
Total Points Earned: ____________________