

CHEF 1401 Basic Food Preparation



Credit: 4 semester credit hours (2 hours lecture, 4 hours lab)

Prerequisite/Co-requisite: CHEF 1305

Course Description

A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism.

Required Textbook and Materials

1. *Professional Cooking 8th ed.*, Author Wayne Gisslen
 - a. ISBN number 978-1-118-63672-5
2. *Professional Cooking 7th ed. Study Guide*, Author Wayne Gisslen
3. Chef coat, black pants, non-skid shoes, knife set and case
4. A package of #882 Scantrons and #2 pencils.

Course Objectives

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

1. Name and identify cooking techniques, to handle and understand cooking materials.
2. Use nutrition, safety and sanitation principles as should be applied to the industry.
3. Understand the Brigade System and professionalism

Course Outline

- A. The Food Service Industry
 - a. History of Modern Food Service
 - b. The Organization of modern Kitchens
 - c. Standards of Professionalism
- B. Nutrition, Safety, and Science in the Food Service Industry
 - a. Food Hazard
 - b. Personal Hygiene
 - c. Preventing Cuts and Burns
- C. Tools and Equipment
 - a. Introduction to Quality Food Equipment
 - b. Processing equipment
- D. Basic Cooking Principles
 - a. Moist Heat
 - b. Dry Heat
- E. Menu, Recipes and Cost Management
 - a. Menu Forms and Function
 - b. Building Menu

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- F. Nutrition
 - a. Nutrients
 - b. The Balance Diet
- G. Mise en Place
 - a. Planning and Organizing Production
 - b. Using the Knife
- H. Stocks, Soups, and Sauces
 - a. Stocks
 - b. Sauces
- I. Soups
 - a. Understanding Soup
 - b. Clear and Thick Soup
- J. Understanding Vegetables
 - a. Cooking Vegetables
 - b. Potatoes
- K. Legumes, Grains, and Pasta

Grade Scale

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
0 – 59	F

Course Evaluation

Final grades will be calculated according to the following criteria:

Test	25%
Final Exam	25%
Lab	25%
Special Functions	25%

Lab attendance as well as participation is mandatory

Pop Quizzes

Pop quizzes may be given at any time, in either class or lab.

Lab Grade

The lab grade 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, drinks, or use of tobacco products in class.
2. Do not bring children to class.
3. No late assignments will be accepted.
4. Tests. Students that miss a test are not allowed to make up the test. Students that miss a test will receive a grade of '0'.
5. Attendance Policy. Two absences are allowed. If a student is tardy to class or departs early three (3) times, it will be equal to one (1) absence. Each absence beyond two absences will result in a 5 point deduction from your final grade.
6. If you wish to drop a course, the student is responsible for initiating and completing the drop process. If you stop coming to class and fail to drop the course, you will earn an 'F' in the course.
7. As the instructor, I maintain the right to maintain and govern my class
8. **The lab classes are mandatory, so no absences will be tolerated unless prior notice is approved and an alternate lab is arranged.**
9. If you are more than 45 minutes late for a 2 ½ hour class period you will be counted absent.
10. Class participation is encouraged, but disruptive talking is not. You will be warned once and if you persist you will be asked to leave for the remainder of the class. If you continue to disrupt the class in following classes you will be expelled from class and not allowed to return.
11. Turn off all pagers and phones before entering class. You will receive a warning on the first disruption, you will be asked to leave for any other disturbances.
12. The only people allowed to attend class are those who are enrolled in the class. Therefore, no children are allowed to attend this class.
13. Office hours are posted on my office door, other times can be arranged by appointment only.
14. Assignments are due on the date specified. If it is not turned in on time I reserve the right not to grade or remove 10 points per late class day
15. For Testing, it will be required to remove all material from top of the desk

16. The instructor has the right to assign seats or change seats at any time during the semester. The instructor also has the right to add other policies that may be appropriate as needed

17. Other class assignments may be added to your assignment as they come up.

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. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the office in Student Services, Cecil Beeson Building.

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

Wk.	Topic	Reference
1	The Food Service Industry <ul style="list-style-type: none">• History of Modern Food Service• The Organization of modern Kitchens	pp. 1-14
2	Safety and Sanitation <ul style="list-style-type: none">• Food Hazard , Personal Hygiene• The Safe Workplace, Preventing cuts and burns	pp. 15-36
3	Tools and Equipment <ul style="list-style-type: none">• Cooking Equipment• Processing Equipment	pp. 37-58
4	Menus, Recipes and Cost Management	pp. 59-86
5	Nutrition <ul style="list-style-type: none">• Balanced Diets	pp. 91-101
6	Basic Cooking Principles <ul style="list-style-type: none">• Dry Heat• Moist Heat	pp. 105-130
7	Mise en Place <ul style="list-style-type: none">• Planning and Organizing• Using the Knife	pp. 135-152
8	Stocks and Sauces	pp. 155-224
9	Soups	pp. 225-266
10	Understanding Vegetables	pp. 267-304

11	Cooking Vegetables	pp. 305-344
12	Potatoes	pp. 345-366
13	Legumes, grains and Pasta	pp. 367-412
14	Review	
15	Final Exam	

Contact Information:

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Office Hours: Posted on Office Door or by Appointment