

Mercer County Community College
Hotel, Restaurant and Institution Management Program
Culinary Arts Programs

Course Outline

Course Number: **HOS 101**
Lecture: 1 hour
Division: Business

Course Title: **Food Preparation I**
Laboratory: 4 hours
Prerequisites: None

Credits: 3
Length: 15 sessions

Text: 1) **On Cooking, A Textbook of Culinary Fundamentals**

4th Edition, 2007
Labensky & Hause
Prentice-Hall, Inc.

2) **On Cooking, Student Study Guide**

Course Description: An introduction to the principles, skills and techniques necessary for basic food preparation. Areas of culinary study will include the understanding and performing of a wide variety of cooking techniques to prepare basic and advanced menu items, the use of commercial kitchen equipment and recipes, and the practice of basic sanitation and safety techniques in the kitchen.

Meeting Time: _____

HRIM Laboratory Engineering Sciences Building (ES) Room 111

Chef Instructor: _____

HRIM Telephone: _____ Email _____

HRIM Office: _____

Office Hours: see instructor

Outcome Competencies:

1. Use of industry standards in the safe and sanitary practices of preparing, handling and storing of all food products. Recognizing wholesome and safe food products.
2. Handle all equipment in a safe, sanitary and efficient manner, from pre-preparation to preparation, serving and finally cleaning and storing.
3. Demonstrate an understanding of the skills necessary for basic food preparation.
4. Become familiar with the ingredients of a wide variety of food products.
5. Become familiar with the effect of ingredients on the finished culinary dish.
6. Be able to evaluate foods in terms of flavor, aroma, appearance and texture and presentation.
7. Demonstrate an understanding of all cooking methods reviewed in class
8. Recognize recipes as a model for further development and adaptation including substitutions and quantities.
9. Demonstrate a culinary proficiency that will permit your advancement to HM 102.

Method of Instruction:

The lecture component of this course will include up to a 50 minute session, 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 not permit you to successfully accomplish your laboratory assignments.

The laboratory component of this course will consist of approximately 4 hours per session. Some sessions may require more time than others. The laboratory session will consist of students working either in pairs or individually. 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.

Method of Evaluation:

- A. Your performance evaluation is based upon each laboratory session: **50%** of Final Grade
- a) Demonstration of general culinary proficiency: 15 points
 - b) Wearing proper uniform at each lab session: 5 points
 - c) Following proper safety and sanitation practices: 10 points
 - d) Following recipes and instructions properly: 10 points
 - e) Station & lab clean-up: 10 points
- Total for each lab session: **50 points**
- 50-45 points = A 44-40 points=B 39-30 points=C 29-25 points=D Below 25 points=F
- B. Completion of Study Guide: **10%** of Final Grade
- C. Midterm Practical and Written Exam: **15%** of Final Grade
- D. Final Practical and Written Exam: **15%** of Final Grade
- E. Quiz Grade Average: **10%** of Final Grade*

Students earning **below a C as a final grade** will **not be permitted** to enter into HOS 102.

*Quiz average includes 4 scheduled quizzes and all surprise quiz grades

Attendance:

If you miss classes and labs you do not learn, so.... miss three sessions and you will fail the course.

Personal Hygiene:

Hand washing is single most important activity that can be done to prevent 66% 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 to be worn during laboratory sessions. False nails are not permitted during laboratory sessions. Jewelry that is not permitted to be worn includes: rings, necklaces, tangling earrings, or loose fitting watches with loose chains.

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 sessions. Also, **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).

Uniform Policy for MCCC Food Preparation Laboratory Sessions:

This policy is in effect for all Culinary classes

Students will be required to wear during each lab session the following uniform:

1. White Chef's Jacket
2. Chef's Black or Checkered Pants
3. Chef's Cloth or Paper Hat (no other hats will be permitted)
4. White Bib Apron
5. Sturdy non-slip Shoes are required. No open toed or open heeled sandals or footwear is permitted. Foot Wear is a Safety Issue.
6. **Bi-Metal Pocket Thermometer or Digital Thermometer**

You must be in uniform at every laboratory session; you will be given time to change between the 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 teacher, can be taken home, in your own, approved sanitary containers. We cannot and will not provide you with 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.

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.

CLASS OUTLINE

Session 1: Lecture: Introduction to HOS 101

Assignment: Chapters 1, 2, 4 and 5

Laboratory : Tour of Facilities

Lockers

Review Safety and Sanitation Procedures

Equipment Identification and its use

Cookware

Procedures for the Cleaning and Storing of all equipment and supplies

Measuring and Portioning Devices

Units of Measure used in the Culinary Kitchen

Standardized Recipes

Session 2: Lecture: Mise en Place chapter 9

Assignment: Read Chapter 6: Knife Skills

Read Chapter 7: Flavors and Flavorings

Read Chapter 8: Dairy Products

Read Chapter 10: Principles of Cooking

Laboratory: Knife Skills, Cutting, Chopping, Dicing, etc.

Basic Herb Identification

Salt and Pepper

Spices

Session 3: Lecture: Stocks

Assignment: Read Chapter 11: Stocks and Sauces: Review Chapter 6

Laboratory: Knife Skills and Prepare Various Stocks

QUIZ 1

Session 4: Lecture: Sauces

Assignment: Review Chapter 10 and 11

Laboratory: Prepare the Mother Sauces and Secondary Sauces

Sessions 5: Lecture: Soups

Assignment: Read Chapter 12 Soups and Chapter 13 Principles of Meat cookery

Laboratory: Prepare Soups

QUIZ 2

Session 6: Lecture: Principles of Meat Cookery

Beef, Veal, Lamb, Pork

Principles of Cooking

Assignment: Read Chapter 14, 15, 16, 17

Review Chapter 13

Laboratory: Using various cooking methods,

Prepare various beef, veal, lamb and/or pork recipes

Session 7: Lecture: Poultry, Game Cookery

Review: **Principles of Cookery**

Assignment: Review Chapter 13 Principles of Meat Cookery

Read Chapter 18 Poultry

Read Chapter 19 Game

Laboratory: Using the various cooking techniques,

Prepare poultry and game recipes

Session 8: Lecture: Fish and Shellfish Cookery

Assignment: Read Chapter 20 Fish and Shellfish

Laboratory: Using various cooking techniques,

Prepare various fish and shellfish recipes

Session 9: Midterm Examinations: Practical and Written

Session 10: Lecture: Potatoes, Grains and Pasta

Assignment: Read Chapter 23

Laboratory: Prepare a variety of Potato and Grain recipes

Session 11: Lecture: Vegetables and Fruits

QUIZ 3

Assignment: Read Chapter 22 Vegetables

Read Chapter 26 Fruits

Laboratory: Prepare a variety of Fruit and vegetable recipes

Applying various cooking methods

Session 12: Lecture: Breakfast and Brunch

QUIZ 4

Assignment: Read Chapter 21 Eggs and Breakfast

Review: Chapter 8 Dairy Products

Laboratory: Prepare various egg and breakfast

Session 13: Sandwiches, Salads and Dressings

Assignment: Read Chapter 27 Sandwiches

Read Chapter 25 Salads

Laboratory: Prepare various Sandwiches, Salads and Dressings

Session 14: Lecture: Final Exam Review

Assignment: Review for Final Examination

Read Handouts

Laboratory: Student Demonstrations

Session 15: Lecture: Final Written Examination

Laboratory: Final Practical Examination

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.