

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

Course Outline

Course Number: HOS 109                      Course Title: **Advanced Culinary Arts**  
Credits: 3  
Lecture: 45 minutes                      Laboratory: 3 hours    Length: 15 sessions  
Division: Business and Technology    Prerequisite: Food Prep I Grade of B or Better

Text: The New Professional Chef , 6<sup>th</sup> Edition

Course Description: A continuation on the principles, skills and techniques necessary for advanced food preparation. Areas of culinary study will include intense concentration on the understanding and performing of a wide variety of cooking techniques. Students will prepare advanced menu items and utilizing scratch cooking for all recipes whenever possible. Students will be able to convert recipes to provide purchasing lists and then fabricate portions from primal and Sub primal cuts of meat and then produce those food items. Students will also continue to use basic sanitation and safety techniques in the kitchen.

Lecture Meeting Time:    Wednesday 5:30 to 10:00  
Laboratory Meeting Time: Culinary-HRIM Laboratory  
   Engineering Sciences Building (ES) 111

Instructor:  
HRIM Telephone: 609-586-4800 extension 3476 (laboratory telephone extension 3203)  
HRIM Office:        Business Science Building, Room 120  
Office Hours:

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 tableside service techniques.
6. Become familiar with and demonstrate an understanding of American regional cuisine.
7. 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.

Method of Instruction:

The lecture component of this course will include up to a 45-minute session including demonstrations of 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. Student in this class will fabricate their own meats poultry and fresh fish as well as prepare stocks when possible for use for 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 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).

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 Class Assignments: **10% of Final Grade**
- C. Written Midterm and Final exam **10% of Final Grade**
- D. Quiz Grade Average: **10% of Final Grade**
- E. Individual Capstone Project **5% of Final Grade**
- F. Final Practical Exam Team Production Project **15 % of final Grade**

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

**Capstone Projects:** You will develop a concept and plan a theme dinner of your choice for 10 guests. Design a seven course meal to include: Appetizer, Soup or Salad, Pasta course, Fish course and side, Beef course and side, Chicken course and side, and Desert. Side dishes may consist of a starch, fruit or vegetable of your choice that best enhances the entree course. Projects to be designed to be prepared by a group of five.

**Individual Projects** to be completed by week 3 and must be type written including recipes.

**Group Project As a group** of up to 5 students you must complete a group capstone project to be submitted by week 6 (no exceptions).

Projects must include the following

- 1) Overall Theme (Pacific Rim, Traditional New England Meal, etc.)
- 2) Menu and Recipes to serve 10 guests
- 3) Purchase order for recipes grouped by classification (meats, Vegetables, Spices etc.)
- 4) Time line of preparation Service and clean up and for each of the group members (who does what when)
- 5) Kitchen equipment needed (including pots, pans, utensils etc.)
- 6) Dining room Equipment China, Glassware, flatware, required etc.)
- 7) Menu Copy for presentation to Guests

Projects will be graded on originality, practicality, cooking methods utilized, degree of difficulty, flavor compatibility, texture and color of finished product,

**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 food borne 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

**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 or Black Pants
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.

**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**

**The following schedule of class sessions and the accompanying recipes are subject to change by the instructor based on the class size and availability of ingredients. Recipes are only an example of the preparation methods and ingredients can expect to work with.**

**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

Advanced knife Skills and Knife care techniques  
Proper Knife cuts

**Laboratory:** Tour of Facilities  
Knife Skills, cutting, chopping, chiffonade, oblique, julienne  
Knife skills evaluation  
Knife sharpening and care  
Fresh Herbs and Spice Identification

**Session 2:** Advanced Sauce and Soup Preparation

**Lecture:** Capstone Review  
Soup and sauces review  
Thickening agents, Emulsified sauces, and Flavored Vinegar's  
Emulsified Sauces, Compound Sauces

**Recipe:** Jus de Veau Lie, Robert Sauce, Bemaise Sauce, Red Pepper Coulis, Fruit Chutneys and Relishes. Infused Oils and Vinegar's, Maryland Crab Soup, Peanut Soup, Fruit Soup, Finnish Salmon Soup

**Session 3:** Potatoes Rice and Grains

**Lecture:** Capstone Review Preparation from traditional to advanced preparation to include a wide variety of grains and exotics including quinoa, wild pecan rice, kasha, Yukon gold and blue/purple potatoes. Students will begin to explore the influence of cross-cultural cuisine on menu planning

**Assignment:** Devise two entree selections including ingredient list and recipes for vegetarian entrees.

**Laboratory:** Prepare Stocks, Pilafs, Risotto, Duchess potatoes, croquets, various grain and rice dishes.

**Session 4:** Vegetables and Vegetarian Dishes

**Lecture:** Capstone Review, Vegetarian Diets and the impact they have on menus and sales will be discussed, as will the types and effects of following a vegetarian diet. Preparation of traditional to exotics with special emphasis on vegetarian preparation and meeting the growing demands for vegetarian or meatless dishes. Entrees to include the use of Tempeh, and other soy based products. Flavor and color combinations will be discussed and demonstrated while still following the guidelines for complete proteins with the absence of meat.

**Sessions 5:** 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.

**Recipes:** Roasted Vegetable Ravioli, Spinach Fettuccini, Smoked Salmon Ravioli, Gnocchi, Shrimp Ravioli, Red Clam Sauce, White Clam Sauce, Plum Tomato Sauce, Almond Cream Sauce

### **Session 6: Beef and Veal I**

**Lecture:** identifying Fabricating and Preparation of Beef and veal will be discussed. Primal and Sub primal cuts will be reviewed. Meat grades and quality will be reviewed. Product yields and utilization of entire cuts will be discussed. Moist heat cooking methods will be reviewed.

**Demonstration:** Breakdown of Beef Loin, Veal Scaloppini

**Laboratory:** Breakdown of beef round, veal loin, veal scaloppini, beef rib

**Recipes:** Prime Rib of Beef Au jus, Roast Top Round of Beef, Braised Beef, Braised Short Ribs, Beef Rouladen in Burgundy Sauce, Estoufade of Beef, Sautéed Veal with Lump Crab Meat, Veal Cordon Bleu, Stuffed Veal Chop with Wild Mushroom Sauce, Veal Medallions with a Red Pepper Sauce, Medallion de Veau a la Creme et Champignons

### **Session 7: Beef And Veal II**

**Lecture:** a continuation of Fabrication and advanced preparation of beef and veal focusing on

**Demonstration:** Beef Brisket, Veal Breast

**Laboratory:** Meat Identification Quiz Practical beef and veal

**Recipes:** Beef Tournedos Sauté a la Nicoise, Beef Tenderloin with Scallion Butter, Beef Tournedos Sauté a la Nicoise, Beef Wellington, Strip Steak Provincale, Blackened Beef with Corn and Pepper Sauce, Veal Shoulder Poêle, Veal Banquette, Fricassee de Veau

### **Session 8: Pork and Lamb**

**Lecture:** Identifying Fabricating and Preparation of Pork and Lamb will be discussed. Primal and Sub primal cuts will be reviewed. Meat grades and quality will be reviewed. Product yields and utilization of entire cuts will be discussed. Dry and Moist heat cooking methods will be reviewed.

**Demonstration:** Bone, Roll and Tie Leg of Lamb, Pork Loin Boned and portioned

**Laboratory:** break down lamb rib, and shoulder, Fresh Ham

**Recipes:** Emince of Lamb with Green Peppercorns, Roast Rack of Lamb Persille, Noisettes of Lamb Judic, Roast Leg of Lamb with Mint Sauce, Lamb Chops

with Arizona Chili Butter, Crown Roast Rack of Lamb with Fresh Rosemary Sauce, Pork Medallions with Red Onion Confit, Pan Fried Pork Forester, Broiled Pork Chops with Sesame Ginger Buffer, Pork Goulash, Roast Pork Tenderloin with Jus Lie

### **Session 9: Midterm examinations:**

#### **Written Exam**

**Practical Exam Black Box Test:** Students will be given a box containing the main ingredients from which they must produce a complete entree including starch and vegetable utilizing staples from the labs dry storage and walk in box. Students will be graded on based on creativity, difficulty level, presentation, taste, texture, sanitation, proper cooking methods, knife skills, and the final product.

### **Session 10: Poultry, Fowl and Game Birds**

**Lecture:** Classifications and fabrication of poultry proper preparation and cooking methods for Broilers, Fryers, Roasters, Duck, Goose, Pheasant and Cornish hens.

**Demonstration:** Complete process for breaking down poultry boning and skinning

**Laboratory:** Each student will break down completely at least one type of poultry

**Recipes:** Pan: Chicken Provincial, Chicken Supreme Marechel, Poole of Capon with Tomatoes and Artichokes, Pan Smoked Chicken with Apples and Green Peppercorns, Chicken Leg with Duxelles, Grilled Paillards of Chicken with Tarragon Butter, Chicken Eugene, Poached Cornish Game hen with Star Anise, Roast Duckling with Sauce Bigarde, Roast Duckling with Plum Sauce, Roast Pheasant with Cranberry and Peppercorn Sauce, Roasted with Chestnut stuffing, Pan Smoked Duck Breast

### **Session 11: Saltwater Fish**

**Lecture:** Identification and classification and fabrication techniques of flat and round fish. Discussion of how to properly fabricate and utilize whole fresh fish to produce fumet to the finished entree. Fabrications of loins of tuna shark ect to also be covered. Fish selection and discussion of common toxins and parasites.

**Demonstration:** Filleting techniques for fiat and round fish

**Laboratory:** Students will fabricate all the fish for their recipes from whole fresh fish or loins

**Recipes:** Lobster Thermador, Filet of Mahi Mahi with Pineapple Chutney, Sauté of Sole with Mango Chutney and Grilled Bananas, Roasted Monkfish with Nicoise Olives and Pernod Sauce, Asparagus and a light Tomato Sauce, Pan Fried Halibut with Puttanesca Sauce, Flounder Stuffed With Crabmeat with Lemon Burre Blanc, Paupiettes of Sole Veronique, Pan Seared Black Sea Bass With Ratatouille, Bluefish with Creole Mustard Sauce, Broiled Mako Shark with Grilled Scallions and

Tomato Basil Coulis, Grilled Tuna with Roasted Peppers and Balsamic Vinegar Sauce, Potato Roasted Cod, Broiled Lobster

**Session 12:** Freshwater Fish and Shellfish

**Lecture:** Discuss the techniques to identify and fabricate various fresh water fish as well as shellfish

**Assignment:**

**Laboratory:** Prepare fresh water fish and shellfish recipes and continue preparation of some saltwater fish as well.

**Recipes:** Sauté Trout Meuniere, Trout Almondine, Oysters Gratinee, Stuffed Clams, Clams Casino, Escargot Meuniere, Shrimp Jambalaya, Mussels Mariner Style, Coquilles St. Jacques au Gratin, Seared Sea Scallops with Saffron Rice, Salmon Baked in Phyllo with Saffron Sauce, Catfish Topped with Crab meat and Cornbread Crumbs, Perch Bordelaise Style

**Session 13:** Table-side Cooking and Dining Room Presentation

**Lecture:** Complete look at Dining Room presentation, service and how to best utilize your staff for the style of service desired. Topics will range from appetizers, soups salads desserts beverages and fruit and cheese course. Discussion of showmanship and marketing to increase profits. Dining Room and kitchen misenplace dining room tools, strategies for profits and plate presentation.

**Assignment:**

**Demonstration:** Proper use of Tools and techniques for all items named above as well as Wine and champagne service, sample and discuss various cheeses and cheese types

**Laboratory:** Prepare as necessary the items needed to produce a dish to be finished tableside,

**Recipes:** Seafood Crepes, Caesar Salad, Trout Meuniere, Duck a la Orange, Chateaubriand, Strawberries Romanoff, Banana Forester, Cherries Jubilee

**Session 14:** Final written Exam / American Regional Cuisine

**Assignment:**

**Laboratory:** Prepare various American Regional Cuisine recipes

**Recipes:**

**Session 15:** Laboratory: Final Practical Examination

Portions and courses to be prepared to be determined by instructor.

Capstone project can be prepared and presented to the instructor as if for a table of four guests