



## Master Course Syllabus

For additional course information, including prerequisites, corequisites, and course fees, please refer to the Catalog: <https://catalog.uvu.edu/>

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**Semester:** Spring

**Course Prefix:** CA

**Course Title:** Professional Restaurant 1

**Year:** 2025

**Course and Section #:** 1230-002-2025

**Credits:** 5

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### *Course Description*

This course is designed to be a comprehensive advancement of the fundamental skills developed in CA 1120. It will emphasize proper preparation of entrée, starch, vegetable, and small sauce cookery. The course is designed to introduce more advanced proteins, starches, and vegetables as well as methods of cooking to the culinary arts student. Using measurable standards and competencies the student will be evaluated on skills performed. The student will be able to demonstrate and apply the methods of cooking the foods selected by their instructor during their practical lab experiences.

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### *Course Attributes*

This course has the following attributes:

- General Education Requirements
- Global/Intercultural Graduation Requirements
- Writing Enriched Graduation Requirements
- Discipline Core Requirements in Program
- Elective Core Requirements in Program
- Open Elective

Other: *Click here to enter text.*

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### *Instructor Information*

**Instructor Name:** Chef Peter Sproul, [sproulpe@uvu.edu](mailto:sproulpe@uvu.edu) Chef Erin Jones [erin.jones@uvu.edu](mailto:erin.jones@uvu.edu)

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### *Student Learning Outcomes*

Students will, with a minimum of 70% accuracy, complete the following:

- Demonstrate and identify the setup of proper mise en place, tools, and equipment to coincide with daily production associated with the Professional Kitchen.
- Explain, utilize, and evaluate fresh vegetables, fruits, grains, pasta, and legumes used in Professional Hot Foods Kitchen food preparations.
- Explain the importance of, describe, prepare, and evaluate a variety of center of the plate items using dry, moist, and combination cooking methods.
- Explain, produce, and evaluate assorted “small, non-grand” sauces (a la minute), relishes, compound butter, coulis, compotes, salsas, and chutneys.
- Describe, demonstrate, produce, and evaluate a variety of soups from each category
- Explain, produce, present, and evaluate assorted forms of pasta using both fresh and dried varieties.

- Define, describe, prepare, and evaluate methods for preserving food such as brining, curing, salting, and multiple smoking techniques.
- Explain, demonstrate, produce, and evaluate correct methods of plating entrees, sauces, side dishes, and platter service, meeting the guidelines outlined by the American Culinary Federation competition guidelines.
- Identify and explain the uses of different forms of beef, veal, lamb, and pork primal, sub-primal, and end-user cuts and the uses of different market forms of poultry and seafood products.
- Identify the role sustainability plays in the Professional Kitchen.
- Demonstrate the understanding and ability to create professionally written menus and menu descriptions

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## ***Course Materials and Texts***

**On Cooking, 6<sup>th</sup> Edition** Labensky, Hause, Martel – Pearson

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## ***Course Requirements***

### **Course Assignments, Assessments, and Grading Policy**

*Daily Lab Assessment:* Assessment based on individual output on daily basis. (55% overall grade)

*Homework:* Weekly vocabulary and math assignments related to topics of study. (10% overall grade)

*Research Paper:* One paper on a topic pertinent to the culinary industry. (5% overall grade)

*Quizzes:* Short, in class assessments administered at conclusion of each outcome. (5% overall grade)

*Daily Summaries:* Daily summarization to reinforce knowledge learned in lab setting. (5% overall grade)

*Catering Hour Requirement:* Seven and a half hours of catering experience completed per block. (5% overall grade)

*Final Exam:* A comprehensive exam that covers all course topics in a practical and written format. (20% overall grade)

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### **Required or Recommended Reading Assignments**

All required reading use chapters from the course text that align with the lectures below.

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### **General Description of the Subject Matter of Each Lecture or Discussion**

Chapters

2 - Food Safety & Sanitation

7 - Flavor and Flavorings

9 - Mise en Place

10 - Principles of Cooking

11 - Stocks and Sauces

4 - Menus and Recipes

12 – Soups

21 - Eggs and Breakfast

13 - Principles of Meat Cookery

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- 22 - Vegetables
  - 23 - Potatoes, Grains and Pasta
  - 24 - Healthy Cooking and Special Diets
  - 14 - Beef
  - 15 - Veal
  - 16 – Lamb
  - 17 - Pork
  - 18 – Poultry
  - 19 - Game
  - 20 - Fish & Shellfish
  - 36 - Plate Presentation
  - 37 - Buffet Presentation
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## ***Required Course Syllabus Statements***

### **Generative AI**

AI programs are not a replacement for your human creativity, originality, and critical thinking. Writing, thinking, and researching must be developed over time in order to develop your own individual voice. At the same time, you should learn how to use AI and in what instances AI can be helpful to you.

The use of generative AI tools (e.g. ChatGPT, Google Bard, etc.) **is permitted** in this course for the following activities: Brainstorming and refining your ideas, finding information on your topic, drafting an outline to organize your thoughts, and checking grammar and style.

The use of generative AI tools is **not permitted** in this course for the following activities: Impersonating you in classroom contexts (such as by using the tool to compose discussion board prompts/responses assigned to you or content that you put into a Teams/Canvas chat), writing a draft of a writing assignment, writing entire sentences, paragraphs or papers to complete class assignments.

You are responsible for the information you submit based on an AI query. Your use of AI tools must be properly documented and cited in order to stay within university policies on academic honesty.

Any student work submitted using AI tools should clearly indicate what work the student's work is and what part is generated by the AI. In such cases, no more than 25% of the student work should be generated by AI. If any part of this is confusing or uncertain, please reach out to me for a conversation before submitting your work.

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### **Using Remote Testing Software**

This course does not use remote testing software.

This course uses remote testing software. Remote test-takers may choose their remote testing locations. Please note, however, that the testing software used for this may conduct a brief scan of remote test-takers' immediate surroundings, may require use of a webcam while taking an exam, may require the microphone be on while taking an exam, or may require other practices to confirm academic honesty. Test-takers therefore shall have no expectation of privacy in their test-taking location during, or

immediately preceding, remote testing. If a student strongly objects to using test-taking software, the student should contact the instructor at the beginning of the semester to determine whether alternative testing arrangements are feasible. Alternatives are not guaranteed.

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## ***Required University Syllabus Statements***

### **Accommodations/Students with Disabilities**

Students needing accommodations due to a permanent or temporary disability, pregnancy or pregnancy-related conditions may contact UVU [Accessibility Services](#) at [accessibilityservices@uvu.edu](mailto:accessibilityservices@uvu.edu) or 801-863-8747.

Accessibility Services is located on the Orem Campus in BA 110.

Deaf/Hard of Hearing students requesting ASL interpreters or transcribers can contact Accessibility Services to set up accommodations. Deaf/Hard of Hearing services can be contacted at [DHHservices@uvu.edu](mailto:DHHservices@uvu.edu)

DHH is located on the Orem Campus in BA 112.

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### **Academic Integrity**

At Utah Valley University, faculty and students operate in an atmosphere of mutual trust. Maintaining an atmosphere of academic integrity allows for free exchange of ideas and enables all members of the community to achieve their highest potential. Our goal is to foster an intellectual atmosphere that produces scholars of integrity and imaginative thought. In all academic work, the ideas and contributions of others must be appropriately acknowledged and UVU students are expected to produce their own original academic work.

Faculty and students share the responsibility of ensuring the honesty and fairness of the intellectual environment at UVU. Students have a responsibility to promote academic integrity at the university by not participating in or facilitating others' participation in any act of academic dishonesty. As members of the academic community, students must become familiar with their [rights and responsibilities](#). In each course, they are responsible for knowing the requirements and restrictions regarding research and writing, assessments, collaborative work, the use of study aids, the appropriateness of assistance, and other issues. Likewise, instructors are responsible to clearly state expectations and model best practices.

Further information on what constitutes academic dishonesty is detailed in [UVU Policy 541: Student Code of Conduct](#).

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### **Equity and Title IX**

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by applicable law, including Title IX and 34 C.F.R. Part 106, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services. Inquiries about nondiscrimination at UVU may be directed to the U.S. Department of Education's Office

for Civil Rights or UVU's Title IX Coordinator at 801-863-7999 – [TitleIX@uvu.edu](mailto:TitleIX@uvu.edu) – 800 W University Pkwy, Orem, 84058, Suite BA 203.

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### **Religious Accommodation**

UVU values and acknowledges the array of worldviews, faiths, and religions represented in our student body, and as such provides supportive accommodations for students. Religious belief or conscience broadly includes religious, non-religious, theistic, or non-theistic moral or ethical beliefs as well as participation in religious holidays, observances, or activities. Accommodations may include scheduling or due-date modifications or make-up assignments for missed class work.

To seek a religious accommodation, a student must provide written notice to the instructor and the Director of Accessibility Services at [accessibilityservices@uvu.edu](mailto:accessibilityservices@uvu.edu). If the accommodation relates to a scheduling conflict, the notice should include the date, time, and brief description of the difficulty posed by the conflict. Such requests should be made as soon as the student is aware of the prospective scheduling conflict.

While religious expression is welcome throughout campus, UVU also has a [specially dedicated space](#) for meditation, prayer, reflection, or other forms of religious expression.

**OFFICE HOURS:** By appointment

T, W, Thurs: 7:00 am – 8:00 am

**INFORMATION:** OFFICE PHONE – 801-863-6764

**LOCATION/** CP 107 – Canyon Park Campus – CP Café Kitchen

**SCHEDULE:** Tuesday/Wednesday/Thursday from 8:00 AM–2:20 PM

*(OR AS NOTED IN SYLLABUS)*

**TERM:** Spring 2025: February 25 – April 24, 2025

**DESCRIPTION:** This course is designed to be a comprehensive advancement of the fundamental skills developed in CA 1120. It will emphasize proper preparation of entrée, starch, vegetable, and small sauce cookery. The course is designed to introduce more advanced proteins, starches, and vegetables as well as methods of cooking to the culinary arts student. Using measurable standards and competencies the student will be evaluated on skills performed. The student will be able to demonstrate and apply the methods of cooking the foods selected by their instructor during their practical lab experiences.

*Pre-Requisite(s): CA 1120*

**TEXTBOOK(S):** On Cooking, 6<sup>th</sup> Edition

Labensky, Hause, Martel – Pearson

**COLLEGE POLICIES:** All UVU policies must be adhered to at all times during this course.

All CA policies as outlined in the CA Student Handbook must be adhered to at all times during this course.

Important: Located in each classroom kitchen is a marked three-ring binder containing the “Right to Know” Safety Data Sheets (SDS) for all chemicals used in the culinary arts program. Important information such as first aid treatment, should an accident occur, is listed within each sheet as supplied by the manufacturer.

Emergency Evacuation Plan:

In the event of a fire or a real emergency, all students are to immediately evacuate the building and reconvene at the entrance to the parking lot from Timpanogos Parkway.

Explanation of Course Fees: Culinary Arts course fees are used to fund daily classroom/lab-related expenses including but not limited to expenses such as educational and instructional food products, purchase, repair, or replacement of common kitchen equipment, needed small wares and supplies for all Culinary Arts classrooms and/or labs.

Accommodations:“ Students who need accommodations because of a disability may contact the UVU Accessibility Services Department (ASD), located on the Orem Campus in LC 312. To schedule an appointment or to speak with a counselor, call the ASD office at 801-863-8747. Deaf/Hard of Hearing individuals, email [nicole.hemmingsen@uvu.edu](mailto:nicole.hemmingsen@uvu.edu) or text 385-208-2677.”

## **Learning Outcomes**

**LEARNING OUTCOMES:** Students will, with a minimum of 70% accuracy, complete the following:

- Demonstrate and identify the setup of proper mise en place, tools, and equipment to coincide with daily production associated with the Professional Kitchen.
- Explain, utilize, and evaluate fresh vegetables, fruits, grains, pasta, and legumes used in Professional Hot Foods Kitchen food preparations.
- Explain the importance of, describe, prepare, and evaluate a variety of center of the plate items using dry, moist, and combination cooking methods.
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- Explain, produce, present, and evaluate assorted forms of pasta using both fresh and dried varieties.
- Define, describe, prepare, and evaluate methods for preserving food such as brining, curing, salting, and multiple smoking techniques.
- Explain, demonstrate, produce, and evaluate correct methods of plating entrees, sauces, side dishes, and platter service, meeting the guidelines outlined by the American Culinary Federation competition guidelines.
- Identify and explain the uses of different forms of beef, veal, lamb, and pork primal, sub-primal, and end-user cuts and the uses of different market forms of poultry and seafood products.
- Identify the role sustainability plays in the Professional Kitchen.
- Demonstrate the understanding and ability to create professionally written menus and menu descriptions

## **INSTRUCTIONAL**

### **METHODS:**

Daily lectures; Demonstrations; Hands-On instruction; Classroom Interaction; Food: Tasting, Instructor Critique & Feedback; Field Trips; Guest Lecturers; Assignments, Projects, Tests; Practical Examination; Video & Computer Aides.

### **IN GENERAL:**

This course is about the proper methods, operations and cooking procedures in a Professional Kitchen while emphasizing small sauce cookery, advanced vegetables, grains, and proteins; along with healthy

cooking, contemporary plating, and garnishing techniques. The course is more difficult in execution and grading and therefore will test knowledge and skills on all levels. Critical evaluation of daily production is of high concern and will be represented in all grading standards.

### **ATTENDANCE:**

All absences will result in a 0 (zero) for your daily grade. As per CAI policy, you will be assessed an additional 4% penalty for each absence after your first two. Ie: Absence # 3 = 0 daily grade plus a 4% additional deduction from your final class score; absence 4 = an 8% deduction, etc...

Arriving late to class 30 minutes or more or leaving **early** for any reason will result in a daily grade adjustment of **up to 50% of your daily score**.

LATES/TARDY: Arriving to class late.... every 3<sup>rd</sup> tardy (late) will convert to an ABSENCE and will be graded as such. AN ABSENCE!

### **Grading Standards**

**GRADING:** University Grading policies & standards apply.

A	95/100 %	C+	77 / 79.99%
A-	90 / 94.99 %	C	74 / 76.99%
B+	87 / 89.99%	C-	70 / 73.99%
B	84 / 86.99%	D	65 / 69.99%
B-	80 / 83.99%	E	64.99% or below

*\*\*C- or above is passing*

**GRADE DEFINITIONS:** All CAI grading is done per University Policy.

#### **A, A- = Outstanding Achievement**

The student demonstrates an exceptional mastery of the content. An “A or A-” grade is an exceptional grade indicating distinctly superior performance which very few students are capable of achieving. The student demonstrates unusually sharp insight regarding the course content and every aspect of performance is of exemplary quality.

#### **B+, B, B- = Commendable Achievement**

The student demonstrates an above-average mastery of the content. A “B+, B, or B-” grade is an above-average grade indicating achievement of a high order. The student has exceeded the stated requirements.



The student demonstrated commendable insight regarding the course content and every aspect of performance is of above-average quality.

### **C+, C = Acceptable Achievement**

The student demonstrates an average aptitude for the content. A “C+ or C” grade is an average grade indicating that a student has performed satisfactorily in all aspects of their work. The student has adequately met the stated requirements. The student demonstrates acceptable insight regarding the content and overall performance is of average quality.

### **C- = Marginal Achievement**

The student demonstrates a below-average mastery of the content. A “C-” grade is a below-average grade indicating that a student has not fully met the stated standards of the course. The student demonstrates minimal insight regarding content and the overall performance is of marginal quality.

### **Below C- = Failing**

The student demonstrates little to no mastery of the content. An “F” grade is a failing grade indicating that a student has not met the stated standards of the course. The student demonstrates insufficient insight regarding content and the overall performance is not worthy of credit.

**Note:** Any course grade with a score below C- must be repeated.

### **EVALUATION:**

CA 1230 will be weighted as follows:

- 55% Daily Grade (as outlined in the Grading Rubric)
- 05% Research Paper
- 05% Weekly Student Journal
- 05% Written Final Exam
- 15% Final Practical Exam
- 10% Weekly Quizzes
- 05% Event Commitment

## DAILY GRADE:

Your daily lab grade will be determined by your performance in the areas outlined on the CAI Lab Evaluation Form in each of the five areas for a total of 100 points per day.

### **A: PROFESSIONALISM / ATTENDANCE 0-10**

1. Comes to class/and is prepared
2. Complete clean uniform
3. Proper use of equipment
4. Talking / class disruption/focus

### **B: SANITATION/ SAFETY IN THE WORKPLACE 0-10**

1. Personal hygiene
2. Proper food storage and handling
3. Follows proper hand-washing procedures
4. Follows department safety regulations
5. Proper storage of chemicals/cleaning products
6. Safe use of equipment and knives

### **D: MISE EN PLACE/ ORGANIZATION / PRODUCTIVITY 0-30**

1. Follows directions through to completion
2. Knowledge of product
3. Use of proper measurements/mise en place
4. Organization structure
5. Speed (sense of urgency – ability to multi-task)

### **F: ATTITUDE/TEAMWORK / INITIATIVE 0-20**

1. Teamwork (helps others in the lab when your job is complete)
2. Participates in-class activities
3. Self-starter/motivation level/energy

### **G: SKILL / QUALITY / KNOWLEDGE 0-30**

1. Production skills / final product
2. Proper tool/job/ timing
3. Knowledge & quality of techniques **DAILY TOTAL 100**

## DAILY GRADE RUBRIC FOR CULINARY ARTS

<u>CATEGORY / GRADE</u>	<i>Outstanding Achievement (90 – 100%)</i>	<i>Commendable Achievement (84-89.99%)</i>	<i>Acceptable Achievement (73-83.99%)</i>	<i>Marginal Achievement (72.99% and below)</i>
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<b>Professionalism, Appearance, Dress Code, Attendance</b>	<i>Takes effort to look your best. Always neat &amp; Clean; Uniform clean &amp; pressed Almost perfect, Always on time</i>	Usually neat & clean; uniform is neat and sometimes pressed. Always on time.	Does not take any extra effort to look professional. Generally looks okay but room for improvement. Sometimes late.	Takes very little care and applies no effort in appearance. Unshaven or unclean. Uniform stained &/or wrinkled. Often late or absent.
<b>Sanitation &amp; Safety in the workplace</b>	<i>Absolutely clean and safe during production and preparation of work area and kitchen in general. Does extra work like walk-ins and floors without being asked..</i>	Station & Work area is almost always clean but seldom need to be asked or reminded to clean & sanitize. Some room for improvement.	Station & Work area are generally clean but need regular reinforcement. Neglects the areas outside personal stations. Obvious room for improvement.	Needs improvement in both safety & sanitation. Regularly needs to be reminded of sanitation, time, and temperature issues.
<b>Attitude/ Teamwork / Initiative</b>	<i>Exceptional, energetic, eager &amp; enthused. Willing to take action without being asked. Hard-working and concerned &amp; involved with team-mates</i>	Eager worker with interest and actively participates. Enjoys daily challenges, a self-starter. Participates in teamwork.	Interest is Hot & Cold depending on the topic. Generally interested but needs motivation. Doesn't always cooperate & assist teammates.	Needs constant motivation and attention, poor attitude, and is generally unwilling to start without directive or urging.
<b>Mise En Place, Organization &amp; Productivity</b>	<i>Always organized, clear direction, and engaged. Superior attention to detail. Very energetic and driven. Constantly trying to improve.</i>	Very organized and efficient. Clearly understanding flow and time management. Willing and eager to attack work. Performs duties without needing to guide and direct every detail.	Organized but needs instruction and direction. Requires some assistance with production issues. Sometimes needs to be given instructions repeatedly.	Needs repeated instruction and constant supervision. Lacks drive & urgency. Generally unorganized and underproductive.

<b>Skill, Quality of Work, Product Knowledge, Timing</b>	<i>Extremely Knowledgeable and takes pride in all aspects of work &amp; production. Highest level of quality. Products look &amp; taste exact. Never satisfied.</i>	Occasionally makes errors but rarely needs constant supervision. Superior quality & skill level. Knowledgeable & efficient.	Satisfactory in general. Inconsistent at times with product quality & presentation. Systematically does well but accepts average skill level.	Needs improvement in base knowledge and craftsmanship. Regularly needs to redo items and regularly does not meet deadlines.

## Assignment Detail

### DAILY LAB STRUCTURE:

**DAILY SCHEDULE:** (subject to change with notice)

8:00 am	Roll and inspection
8:05 – 8:15 am	Review of Independent Study materials with Chef Erin
8:15am – 11:15 am	Lab Instruction, Demonstration & Student Production Core Curriculum Output Production; Team Production
11:15am – 12:30 pm	Kitchen Appreciation
12:30 – 2:00 pm	New material demonstrating for the next day
2:00pm - 2:20 pm	Kitchen Appreciation then Dismissal

### DAILY CURRICULUM OUTPUT:

Teams & Workloads will be assigned daily/weekly by random draw

Detail will be outlined in the DLO's

## **CANVAS:**

Everything pertaining to this class is outlined here and in Canvas. You are responsible for keeping up with all assignments, independent study, journals, quizzes, etc..

ALL WORK IS DUE AT ITS DESIGNATED DUE TIME AS OUTLINED IN CANVAS.....

.....**NO LATE WORK/SUBMISSIONS WILL BE ACCEPTED**

*Please make sure you connect your personal email address to your UVU email address*

*All communication from me will be done through Canvas*

## **RESEARCH PAPER:** Due April 17, 2025

A formal four (4-6) page minimum, MLA formatted ***research paper*** is required. MLA format standards are available on UV Link:[http://www.uvu.edu/writingcenter/docs/style\\_guides-mla\\_format.pdf](http://www.uvu.edu/writingcenter/docs/style_guides-mla_format.pdf) Your paper should be topical to hot food in the Professional Kitchen and in an area that interests you. Topics like: GMOs and how they are affecting the Professional Kitchen; Organic Farming and its effect on taste; August Escoffier, Why he's considered the greatest chef of all time; Sustainability in our industry; The evolution of the Professional Kitchen; Healthy Cooking in today Professional Kitchen; etc. This paper should be a **research paper**, MLA formatted, *not a story!!!*, it should be complete with PROPER citations at the point of usage and full of facts that apply to the subject. There must be citations and a proper citation page.

## **JOURNAL:**

A weekly student journal is required for CA 1230 and will be reviewed weekly. Journal entries will be required to be uploaded as a **Word document** directly into Canvas. Please follow the journal template/samples given in the CA handbook which is available on canvas in the files folder. Keep all journal entries class-specific, factual, objective, and useful. No useless, non-essential information is required. Journals are for YOU. It should include USEFUL information that you can and will access in 3-5 years. Your daily DLO handout should be the basis for your journal entries. You will lose points if your journal does not include **critical information**. Such as the ratio of flavoring liquid/acid in a butter sauce reduction. Examples of acceptable journal entries are in the Canvas files folder.

## **INDEPENDENT WORK**

## **ASSESSMENT:**

Quizzes will be in Canvas on the date. Each quiz will be on the associated chapters outlined in the *Weekly Learning Opportunities* listed below in the course detail. This is 100% **INDEPENDENT WORK**. You are responsible for all textbook material outlined. Be prepared for the quizzes, you will only have one untimed attempt.

**FINAL WRITTEN EXAM:** A comprehensive written exam will be given on February 13th in class. It will cover all materials outlined in all independent work assignments and the materials covered in the lab.

**FINAL PRACTICAL EXAMS:**

There will be one comprehensive practical examination on the last two days of class. It will cover all the materials covered in the lab during the block. It will be a compulsory evaluation of cooking skills, butchery, and knife techniques. Details will be provided several days before the exam. Examples of past Final Practical exams are in the Canvas Files folder

**EVENT COMMITMENT:** EVENT COMMITMENT: Each student is required to accrue no less than 7.5 hours of CAI event service during the block. This is “engaged” Professional Development and an Institute requirement. These service hours must be *outside of normally scheduled class time* or as assigned/ approved by ME. The completed service time sheet must be completed, signed by the supervising chef, and submitted as outlined in Canvas to receive credit.

*EVERY STUDENT SHOULD BE ON THE CAI PAYROLL AND BE PAID FOR ANY AND ALL EVENT HOURS WORKED OUTSIDE THE CLASS-REQUIRED EVENT COMMITMENT.*

**EVENT HOURS SIGN-UP SHEETS ARE BOTH AT CANYON PARK AND THE EVENTS CENTER. THERE WILL BE A LINE MARKED “EC” AND A LINE MARKED “HP” TO CLARIFY IF IT IS Event Commitment or Hourly Payroll.**

**IF YOU SIGN UP FOR AN EVENT AND DO NOT SHOW UP TO FULFILL YOUR COMMITMENT, YOU WILL LOSE 50% OF YOUR TOTAL GRADE FOR THIS ASSIGNMENT. This is a homework component for CA 1230.**

## **IMPORTANT DATES:**

### **MANDATORY DAYS**

Mandatory days are **RED** days and count for *double points*

Missing mandatory days for normal scheduled life events (like work) is not acceptable and will be graded accordingly as a ZERO (0%)....Twice!

The following dates are MANDATORY RED DAYS and should be put on your calendar ASAP

### **NORMAL SCHEDULE CHANGES for 1st block**

**RED DAYS: APRIL 11, APRIL 25**

## **COURSE OUTLINE:**

~~ **Weekly Learning Opportunities Schedule (WLO)**

**Spring 2025**

Subject to change based on events and scheduling; this is a ROUGH outline, details are up on Canvas.

The OC Instructors guide is in the files folder on Canvas and is a great resource to compliment your independent textbook studies. Your canvas assignments and quizzes will align with this schedule.

**WEEK 1:** Independent Study Work

Quiz due on 03.02.25

Chapters

2 - Food Safety & Sanitation

Sanitation: Contaminants (Biological; Physical; Chemical)

Cross Contamination: HACCP: Food Allergies/Contaminants

Safety in the Workplace

## 7 - Flavor and Flavorings

Flavor and Taste: Flavoring Food: International Flavors:

Herbs and Spices: Salt: Oil: Vinegar: Condiments

Alcohol, Wine Beer & Spirits

## 9 - Mise en Place

Defining Mise en Place: Selecting Tools & Equipment

Measuring Ingredients: Preparing Ingredients: Flavorings

Preparing to Cook

## 10 - Principles of Cooking

Heat Transfer: Effects of Heat on Food: Determining Doneness

Cooking Methods: Dry-Heat Cooking: Moist-Heat Cooking

Combination Cooking

## 11 - Stocks and Sauces

Ingredients: Principles and Process of Stock Making

Sauces/ Mother Sauces: Butter Sauces: Using Sauces

## **WEEK 2:** Independent Study Work

Quiz due on 03.16.25

Chapters

## 4 - Menus and Recipes

Standardized Recipes: Measurements & Conversions

Recipe Conversions: Unit Costs/Recipe Costs

Selling Price: Food Cost: Recipe Writing



## 12 - Soups

Characteristics of Soups: Clear Soups: Thick Soups

Other Soups: Garnishing Soup: Soup Service

## 21 - Eggs and Breakfast

Eggs, Nutrition, Freshness, sizing: Inspection & Grading of Eggs: Purchasing, Receiving & Inspection:  
Storage: Cooking Methods

Breakfast Meats: Cakes, Crepes, Cereals & Grains

## 13 - Principles of Meat Cookery

Inspection and Grading: Purchasing & Storing: Aging: Preparing

Dry-Heat Cooking Methods: Moist-Heat Cooking Methods:

Combination Cooking Method

## **WEEK 3:** Independent Study Work

Quiz due on 03.23.25

Chapters

## 22 - Vegetables

Identifying Vegetables: Nutritional Information: Purchasing :

Storing Vegetables: Cooking Methods: Preserving Vegetables

## 23 - Potatoes, Grains and Pasta

Identifying each: Nutritional Components of Each: Purchasing & Storing of Each: Cooking Methods for each

## 24 - Healthy Cooking and Special Diets

Principles of Healthy Cooking: Recipe Modifications:

Accommodating Special Diets: Vegetarians: Vegans

**WEEK 4:** Independent Study Work

Quiz due on 03.30.25

Chapters

14 - Beef

Primal & Sub-primal Cuts: Forequarter Primal Cuts: Hindquarter Primal Cuts

Nutritional Information: Purchasing & Storing: Fabrication

15 - Veal

Primal & Sub-primal Cuts: Purchasing Veal: Fore & Hind Saddle Primals

Veal Organ Meats: Nutritional Information: Purchasing & Storing: Veal Fabrication

16 - Lamb

Primal & Sub-primal Cuts: Purchasing Lamb: Nutritional Information

Purchasing & Storing: Fabrication

17 - Pork

Primal & Sub-primal Cuts: Purchasing Pork: Nutritional Information

Purchasing & Storing: Fabrication

**WEEK 5:** Independent Study Work

Quiz due on 04.06.25

Chapters

18 - Poultry

Muscle Composition: Nutritional Information: Inspection & Grading of Poultry: Purchasing, Receiving & Inspection

Storage: Butchering: Cooking Methods for Poultry

19 - Game

Furred or Ground Game: Feathered or Winged Game: Nutritional Info

Purchasing & Storing: Marinating Game

20 - Fish & Shellfish

Structure and Composition: Identifying Fish; Shellfish & Crustaceans

Nutritional Information: Inspection & Grading: Governing Body

Purchasing & Storing: Fabrication: Cooking Methods for All

Serving Raw Fish & Shellfish Regulation

**WEEK 6:** Independent Study Work

Quiz on 04.13.25

Chapters

36 - Plate Presentation

Presentation Techniques for Food: Presentation Techniques

or the Plate: Small Plates

37 - Buffet Presentations

Buffets: Designing Buffets/Tables: Presenting & Maintaining Buffets

**WEEK 6:**

Written Final Exam is due 04.22.25

**WEEK 7:**

RESEARCH PAPER is DUE 02.17.25

## ~~ Weekly Lab Schedule (WLS)

Spring 2025

Subject to change (with notice) based on events and scheduling:

This is a ROUGH outline. Details will be provided on a Daily Learning Opportunity sheet (DLO) distributed each morning prior to class by the instructor.

### **WEEK 1: REVIEW**

**Day 1 WELCOME:** Introductions

Class Business; Syllabus Review; Equipment Training;

Flavor Discussion; Pro-Kitchen I Discussion; Mise en Place; Cleaning & Sanitation

Food Receiving, Storage & Labeling; Recycling

**Week one review of CA1120 & CA 1180**

**Video: Jacques Pepin omelet production**

**Demo and Production:** Egg Cookery: Scrambled, Omelets, Poached

Demo: Egg Freshness; Cracking; Separating; Storing

Proper degree of doneness; Tasting

Soft Scramble- Cacio e pepe

Omelets: Classic French; Country (Utah); Egg White; Frittata

Poaching Eggs; Boiling Eggs: Hard, Medium, Soft

Fried Eggs: Over Hard; Medium; Easy

Other Egg productions: Shirred; Sunny Side; Basted etc.

## **Day 2: Review**

**Demo:** Stocks: Brown Stock; White

Risotto Method – Blooming/Blanching (Arborio)

Pilaf Method (Long Grain Rice)

Chicken / Poultry Butchery/ Trussing / Barding

Dry Heat Method: Sauté – Grill (Chicken / Vegetables/Potatoes)

**Production:** Bloomed Risotto;

Rice Pilaf Production

Sauté Chicken Breast

Grill Chicken Breasts

Chicken Butchery 4-6 ea

## **Day 3: Review**

**Demo:** - Combination Cooking Method: Braise–

Protein Chicken BI Leg and Thigh & Boneless L&T

Vegetable: Glazed Carrots; Beets; Parsnips

Starch: Fondant Potatoes;

Strain Stocks – Remouillage - Cooling Stocks

Brown Sauce (Espagnole) ....aka

Daughter Sauces : Demi-Glace ; Poivrade ; Chasseur; etc.

Compound Butter: Matrie d’Hotel Butter

Herbed/Flavored Oils: Chive/ Basil/Scallion Oil

Chili Oil / Curry Oil

**Production:** Braise Chicken – two ways

Braise Vegetables & Potatoes

Compound Butter: MD 1#

Herb/Flavored Oil: Chive or Basil - your choice 1 c finished

## **WEEK 2:**

### **Day: Review**

**Demo:** - Dry-Heat: Frying Methods- Breading & Batters

Proteins, Vegetables & Starches

Moist Heat Cooking Methods review:

Poaching & Steaming Properly: Protein, Veg, Starches

Flavored liquids for poaching and steaming: Cuisson

Protein +/- Vegetables En Papillote

Big Pot Blanching – Par-Boiling

Fortifying White Stock for Consommé

Brown Chicken Stock

**Production:** Fried: Proteins/Vegetables/Starches

Steamed: Proteins/Vegetables/Starches

Boiled: Proteins/Vegetables/Starches

## **Day 2: Review**

**Demo:** Clarified Butter; Butter Sauce & Hollandaise Sauce .....made easy

Small (Daughter Sauces) from both Hollandaise and Butter Sauces

Vegetable: Purees/ Silks/ Spreads/ Soups –

Soup revisited (Pureed and Cream)

Finishing bloomed Risotto using Veggie Purees

Chicken Consommé Double

Raft Process – Clarification Process

## **Production:**

Clarified Butter 2# ea

Butter Sauce (Beurre Blanc ½#)

Hollandaise Sauce ( 4 yolk)

Vegetable Puree of your choice 1 pt

Puree of Cream Soup of your choice 1 qt finished

Finished Risotto utilizing your puree and vegetables

## **Day 3: Review**

**Demo:** Butter Sauce & Hollandaise Sauce .....Again

Small (Daughter Sauces) from both Hollandaise and Butter Sauces

Chicken Consommé Double

Raft Process – Clarification Process

**Production:**

Finish everything from Day 2 plus.....

2- ½ # “Small” Butter Sauce of your choice

2- 4 yolk “Small” Hollandaise Sauce of your choice

Prepare 1 gal finished Chicken Consommé Double as demoed on Day 2

Practice anything from review (Days 1-6) that is needed.

**WEEK 3:****Day 1 – VEGETABLE DAY****Demo:       Vegetables:**

All things Vegetables – Family discussions – Power Point

Mushrooms: White; Shiitake; Cremini; Portobello; Oysters; dried

How to clean, cut, portion, cook vegetables (Dry and Moist methods)

Field Trip to Harmons- Purchase exotics

**Productions:**

Demo and Production of vegetables, mushrooms and exotics using ALL cooking methods

**Day 2 – Legume/Bean & Grains Day****Demo & Production – Legumes/Beans and Grains**



Grains: Quinoa; Faro; Wild/Red Rice/Forbidden; Barley; Bulgur, etc.

Polenta: Creamy & Gratin

Beans: To soak not to soak

Black, Northern White, Lentils, Chic Peas, etc.

Couscous: Israeli and Moroccan

Methods: Simmering; Pilaf; Risotto

Finishing Products: Garnishes; ratios

### **Day 3: POTATO DAY**

#### **Demo:**

Potatoes: Mealy, Waxy, Specialty, exotics

Prepare a variety of potatoes using ALL the cooking methods

Potato Tree:

Puree: Mashed; Duchesse; Dauphin; Croquette; Baked Stuffed

Baked: Baked Stuffed; Cottage Fries; Stuffed Skins;

Others: Maxim; Lyonnaise; Potato Pancakes; Darpin; Gratin; Fondant

Smashed Golden's; Creamed smashed Potatoes; Oven Roast

Salt & Balsamic Roast; Sweet Potato Puree; Candied Yams

Garnishes with Potatoes: Plaques; Gaufrettes; etc.

Potato Gnocchi

#### **Production:**

Create 1# of each Gratin Potatoes – Mashed Potatoes; Maxim Potatoes,

Create at least 2 other potatoes from each group that was Demoed:

Prepare 2# of Potato Gnocchi as demoed

## **WEEK 4:**

### **Day 1: DRIED & FLAT PASTA DAY**

#### **Demo:**

Dried Pasta – cooking process, review

Cacio e Pepe (Bucatini)

Fresh Pasta Dough: Egg, Semolina, Flavored (Spinach, Tomato, Saffron, etc.)

Pasta inlays - Gluten Free Pasta – Quinoa, Chic-Pea

Kneading, Rolling, Cutting (with machine & by Hand)

Hand-cut shapes, Farfalle, Cavatelli, Papardelle, etc.

Ricotta Gnocchi - Parisian Gnocchi

Pasta Sauces- Made simple: Tomato, Pesto, Parmesan Truffle;

Carbonara

#### **Production:**

Every pasta that was Demoed:

Two Pasta sauces: at least one with NO cream

20 tasting portions of one pasta with an appropriate sauce, bulk plating

### **Day 2: FILLED PASTA DAY**

#### **Demo:**

Filled Pasta:

Pasta Filling options, binding agents, textures

Filled Pasta Shapes

Tortellini, Tortellini, Ravioli (Tray and Artisan), Agnolotti

Cannelloni, Lasagna,

Cooking, storing, finishing, etc...

**Production:**

Three types of filled pasta with different fillings (5 dz of each)

Two types of pasta sauce with either a flat or filled pasta

20 tasting portions of one pasta with an appropriate sauce, bulk plating

**Day 3: POTATO DAY**

**Demo:**

Potatoes: Mealy, Waxy, Specialty, exotics

Potato Tree:

Puree: Mashed; Duchesse; Dauphin; Croquette; Baked Stuffed

Baked: Baked Stuffed; Cottage Fries; Stuffed Skins;

Others: Maxim; Lyonnaise; Potato Pancakes; Darpin; Gratin; Fondant;

Smashed Golden's; Creamed smashed Potatoes; Oven Roast

Salt & Balsamic Roast; Sweet Potato Puree; Candied Yams

**Production:**

Create 1# of each Gratin Potatoes – Mashed Potatoes; Maxim Potatoes,

Create at least 2 other potatoes from each group that was Demoed:

**WEEK 5:**

**Day 1: DUCK/ GAME HEN DAY:**

**Demo:** Duck fabrication

Differences: Cut off Wing completely; don't separate leg & thigh

Score breast skin

How to render Duck Fat

Marinate Legs for Duck Confit

Dry Heat Cooking: Duck Breast- Scoring, rendering skin, resting, slicing

Moist Heat: Braising Leg and Thigh

Duck- Sausage/Mousse production

Emulsified and Panade

Cornish Game Hen Fabrication : Regular ; Spatchcock; Halved

Dry & Wet Rub defined

Dry Curing for Cold Smoking

Dry Heat: Roasting; Sautéing Breast

Moist Heat: Braised Leg and Thigh

Fortifying Stock and Pan Sauces, simple and flavored

Plating Demo of Both Duck Breast & Hen

### **Production:**

Duck and Hen fabrication

Dry Heat and Moist heat cooking methods of each

Duck Sausage or Mousse production

Finished sauce utilizing the carcasses

Finished Duck with appropriate Sauce

Finished Spatchcock Hen with either wet or dry rub seasoning

## **Day 2: PORK DAY:**

**Discussion:** Beef - Veal – Lamb - Pork Carcass structures, utilizing industry cuts displaying similarity of bone structure and size variances.

**Demo:** Pork Identification and Fabrication: Loin; Rack; Tenderloin; Butt

How to French Pork Rack Chops

Marinate and cook Pulled Pork & BBQ Ribs

Dry Heat Cooking: Sauté, Roast, Grill, Barbecue, various cuts of Pork

Moist Heat: Braising pork trim and scraps

Brining, curing, rubbing.

Cold Smoking Process Defined – Duck Breasts- Pork Tenderloin- Hens

Cold Smoke Duck Breasts, Hens & Pork Tenderloins

Hot Smoking Process defined – to be done on Day 3

Chutney: Mango, Apple; Pear; Pineapple

### **Production:**

Pork Fabrication: Loin, Tenderloin and Ribs

Dry Heat and Moist heat cooking methods of each

Clean and brine Ribs to be hot smoked on Day 3

Coat with Dry Rub after brining

Braise Pork Trim and Scraps

Make Country Sausage with Trim and scraps (Casings optional)

Create 1 pt of Chutney, your choice.

Cook and serve 1 portion of either a pork medallion or pork chop with a finished sauce

### **Day 3: BEEF & VEAL**

#### **Demo: BEEF- VEAL**

Industry cuts, identification, butchery, tying (trussing) for roasting

Cleaning, cutting, portioning, trussing, larding & barding

RIB-EYE; TENDERLOIN; NY SIRLOIN 180 0x1

Flank Steak; Tri-Tip; Hanger Steak; Petit Tender

VEAL: Tenderloin; Loin: Medallions & Scallopini

Cookery: Sauté, Grill, Roast, Barbecue, specialty productions

Cook Cold Smoked Duck and Pork Tenderloins from yesterday to be sampled

#### **Production:**

Beef & Veal: NY's, Rib Eyes; Tenderloin Process (Filet Mignon)

Loins, Tenders, Scaloppini, etc.

Grilled & Sautéed of each to a true MR

1 finished plate of Filet Mignon with a flavored Hollandaise Sauce

HOT SMOKE Pork Ribs from Yesterday

### **WEEK 6**

**Day 1: BEEF- VEAL Day 2**

#### **Demo:**

Industry cuts, identification, butchery, tying (trussing) for roasting

Cleaning, cutting, portioning, trussing, larding & barding

RIB-EYE; TENDERLOIN; NY SIRLOIN 180 0x1

Flank Steak; Tri-Tip; Hanger Steak; Petit Tender

VEAL: Tenderloin; Loin: Medallions & Scallopini

Cookery: Sauté, Grill, Roast, Barbecue, specialty productions

Menu Writing and Plate Construction

Actual Plating Demo

**Production:**

Beef & Veal: NY's, Rib Eyes; Tenderloin Process (Filet Mignon)

Loins, Tenders, Scaloppini, etc.

Complete any and all item not completed on Day 3 last week

Write a complete menu utilizing Beef or Veal and submit it

Prepare the complete plate as outlined in the menu and present

**Day 2: LAMB DAY:**

**Demo:** Lamb Identification and Fabrication: Loin; Rack; Tenderloin; Leg

**Discussion:** Domestic, Australian, New Zealand Lamb

Rack butchery: Frenched Rack of Lamb and prepare Double cut Chops

Lamb Loin butchery: removing tenderloin and B/L loin

Cutting Loin Chiops

Dry Heat Cooking: Sauté, Roast, Grill, Barbecue, various cuts of Pork

Moist Heat: Braising lamb trim and scraps

Sausage, Mousseline, stuffing, etc..

Bone and tie a leg of lamb – Roast, carve

### **Production:**

Lamb Fabrication: Frenched Rack, B/L Loin, Tenderloin and Legs

Dry Heat and Moist heat cooking methods of each

Prepare a Braise Lamb Trim and Scraps

Make Country Sausage (Merguez) with Trim and scraps (Casings required)

Cook and serve 1 portion of any a lamb with a finished sauce

Write a complete menu utilizing Lamb and submit it

Prepare the complete plate as outlined in the menu and present

### **Day 3:**

#### **GAME DAY - FURRED & FEATHERED:**

**Discussion:** Furred- Buffalo, Venison, Elk

Feathered: Quail, Pheasant, Squab, Partridge, Guinea Hen

**Demo:** Fabrication of furred Game, portioning, Cooking Methods

Prepare utilizing Dry & Moist heat cooking methods

Fabrication of feathered game, trussing, cooking methods

Stuffing and Larding as needed

Utilization of carcass and organ meat to accent production

Game sauces: Bread Sauce, Poivrade; Chasseur; etc.



**Production:**

Fabricate and prepare 1 Furred Game item as demoed

Fabricate and prepare 1 Feathered Game item as demoed

Write a complete menu utilizing Lamb and submit it

Prepare the complete plate as outlined in the menu and present

**WEEK 7**

**Day 1: FISH DAY – Round and Flat:**

**Discussion:** Round vs. Flat; Farmed vs. Wild

Receiving Evaluation methods, storing, etc.

Warm Water vs. Cold Water

**Demo:** Fabrication of Flat Fish (Halibut/ Dover Sole)

Fabrication of Round Fish (Arctic Char)

Wrapping, storing whole and filleted fish

Portioning for ALL cooking methods

Preparing Flat & Round fish utilizing ALL cooking methods

Cooking other Flat fish: Dover Sole/ Flounder/ Plaice

Cooking other Round Fish: Grouper; Snapper; Monk; Cod

Fish En Papillote cooking (Moist Heat/ Steaming)

Emulsified Mousseline: Quenelle preparation, Sauce Nantua

**Production:**

Sauté, Grill and Poach or steam each type of fish

Prepare on portion of Quenelle with sauce Nantua

Write a complete menu utilizing a Fish and submit it

Prepare the complete plate as outlined in the menu and present

**Day 2: SEAFOOD DAY:**

**Discussion:** Classifications

Points of Origin – Purchasing Regulations

Receiving, Storage, Rotation, Shelf Life

Governing Body for Seafood- Fish- Etc.

**Demo:** Shrimp: Types, Sizes, IQF, Head-On, Cleaning, Fabrication

**Cooking:** Cocktail, Grilled, Scampi,

Scallops: Types, Sizes, IQF, Fresh; Dry/Wet; Live? Cleaning, Fabrication

**Cooking:** Scampi, Baked Gratin, Grilled Rosemary Skewers

Mussels: Types, Sizes, Origin, Tags, Beards, Cleaning, Fabrication

**Cooking:** Steamed, Cold Glace', Liquor

Clams: Types, Sizes, Tags, Raw, Cleaning, Fabrication/Opening

**Cooking:** Steamed, Raw Cocktail, Grilled, Baked Stuffed

Oysters: Types, Sizes, Tags, Raw, Cleaning, Fabrication/Opening

**Cooking:** Steamed, Raw Cocktail, Grilled, Baked Stuffed

Lobsters: Types, Sizes/Names, Tags/Harvesting, Raw, Killing & Blanching.

Cleaning/Removing the shell, Fabrication/Finishing

Roe, Liver, Bisque

**Cooking:** Blanched, Shell Removed; Butter Poached, Steamed, Grilled, Baked; Broiled; Stuffed; other utilizations for shells and bodies

**Production:**

Repeat everything demoed

Shrimp: Cleaned, Sauted or grilled properly Scampi and Cocktail (or other)

Scallops: Sautéed properly, Grilled with Rosemary Skewer

Mussels: Hot Steamed open with finished broth

Cold with a coating sauce (Saffron, Vert, etc.)

Clams: Steamed and on the half shell,

Baked Stuffed'Oysters: Opened on the half Shell mignonette

Baked or Glazed with stuffing or sauce

Lobster: Blanched and removed from the shell, butter poached

One other preparation with the Lobster, your choice

**Day 3: PLATE CONSTRUCTION PRODUCTION AND PRESENTATION**

**Demo:** SK Style Demo, Menu Writing and Plate Design

Timeline Production - Station Set Up

Food Prep List - Equipment Prep List

**Production:**

Pick a protein, write a menu, produce it and build a complex competition style plate.

Plate should include:

Written menu description

Primary and secondary utilization of protein (or more)

Primary sauce constructed from the protein carcass

Carbohydrate/Starch, proportionate to portion size

Vegetables: as many as needed, multiple sizes, cuts, colors

Cooking techniques, etc.

Secondary/ Highlight Sauce

PREPARE TWO PLATES, exactly the same. One for tasting, one for critique

**WEEK 8:**

**Day 1: FINAL PRACTICAL EXAM - PRACTICAL INDIVIDUAL**

**Day 2: FINAL PRACTICAL EXAM - TEAM FINAL**