



CULINARY ARTS INSTITUTE
@ LOS ANGELES MISSION COLLEGE
FOOD SERVICE MANAGEMENT/CULINARY ARTS PROGRAM
FSMGMT 225 – FOODS LABORATORY
Syllabus Fall 2012

Section: 3279
Units: 2
Location: Culinary Arts Institute, Demo. Rm 208/Main Production Kitchen
Hours: Tuesday/Thursday
Lab – 5:05pm-8:15pm
Texts: Professional Cooking, 7th Edition, Author: Gisslen, ISBN: 978-0-470-19753-0
Chef Instructor: Chef Martin Gilligan, MCFE
Phone: 818.364.7604 or 714-931-0971
Email: GilligMA@lamission.edu
Office Location: Culinary Arts Institute Rm. 1006
Office Hours: Tuesday / Thursday – 4pm-5pm

PREREQUISITE: FSMGMT 050 – Sanitation & Safety, FSMGMT 101 – Food Production I, passed ServSafe Exam and negative TB test result.

WHAT ARE STUDENT LEARNING OUTCOMES?

- Student Learning Outcomes (SLO's) focus on designing curriculum around answering this question:
- What will a student be able to DO in his/her multiple roles with what he/she learns in the course?
- When instruction focuses on SLO's the learning process is more learner centered and more relevant to a student's life.

STUDENT LEARNING OUTCOMES:

1. Upon successful completion of this course the student should describe the composition and structure of meat, game, poultry and fish and how they relate to the appropriate cooking methods.
2. Upon successful completion of this course the student should be able to identify the primal cuts of beef, lamb, veal and pork. Students will be able to list the major fabricated cuts obtained from each of the primal cuts.
3. Upon successful completion of this course the student should be able to determine the doneness in cooked meat, game, poultry and fish.

COURSE DESCRIPTION: Foods Laboratory is the continuation of the culinary studies from Food Production I and Food Production II. Advanced techniques, study and kitchen/laboratory experience of quantity and quality food preparation and production. This is an application of advanced preparation procedures requiring high production standards, attractive service and recipe standardization will be addressed daily. American Culinary Federation competencies will be emphasized and mandatory participation in catering and foodservice operations is needed to develop skills. This is a comprehensive hands-on advanced culinary techniques, including classic knife cuts, terminology, equipment, measurements, and ingredients. Speed, time management and accuracy are emphasized. Part of a one year certificate program.

INSTRUCTIONAL METHODS: In the Food Production Laboratory course, recipes and techniques are discussed and/or demonstrated by the chef instructors. Videos are used to further enhance the knowledge of the student when viewing techniques and cooking methods. Students then prepare the lesson as instructed or demonstrated, all students working in groups or individually to produce the required competencies. Periodic use of videos, Multi-media presentations and guest speakers augment the curriculum.

COURSE OBJECTIVES: Upon completion of this course, students will have an understanding of, or be able to apply the following principles and concepts:

1. Select and store canned, frozen, and prepared foods properly.
2. Use basic guidelines for selecting, receiving, and storing meats.
3. Name the market forms of fish. Receive and store fish and seafood.
4. Select and store a variety of fruits, vegetables, herbs, and fruits.
5. Select the best cuts of meats, fish, and poultry for frying and explain why they are well suited to the technique. Select a fat or oil for frying and test its temperature before starting to fry.
6. Select and prepare foods for grilling and broiling.
7. Define braising and stewing, noting the similarities and differences between these two methods.
8. Select and prepare foods that are suitable for shallow-poaching and steaming.
9. Prepare vegetables using boiling, sautéing, roasting, grilling, pureeing, and pan-frying techniques.
10. Use basic guidelines to select and prepare foods to serve as appetizers, her d'oeuvres and canapés.
11. Explain the importance of keeping ingredients and equipment very cold when preparing forcemeats.
12. Prepare yeast breads and explain to substitute one form of yeast for another. Prepare pate a choux.
13. Define flavor. Name the elements of flavor. Use a variety of seasoning techniques.
14. Explain what presentation is and use of food presentation techniques to arrange sauce and garnish foods.
15. Name the important regions of Europe and list some of the important flavors, ingredients, and techniques used in these regions.
16. Name several important culinary regions in Asia and list some of the important flavors, ingredients, and techniques used in these regions. Name several distinguishing flavors and foods of cuisines of Asia.
17. Name the major regions of the Americas. Name several distinguishing flavors and foods of the cuisines of the Americas.

UNIFORM CODE: Students must be in proper CAI school uniform at all times. Black skull caps and bistro aprons are necessary only if food is being prepared. By law, students must wear appropriate attire in the food production laboratory. It is the student's responsibility to be dressed in clean, proper attire for all lab periods. If you are not dressed appropriately/complete uniform, you will not be admitted to class, and you will be given an absence for the day. If you are passing through or working in the kitchen, you must be in uniform. NO EXCUSES!

COMPLETE UNIFORM:

- White Chef Coat, white bistro apron, black skull cap, heavy non-slip black shoes with shoe laces/ties or clogs, black or white socks, and houndstooth/checkered pants. Student will be sent home and marked absent if not in full uniform.
- No nail polish, faux nails or rings. Wedding band okay. Nails must be trimmed and short. No excuse.
- No earrings (studs ok), nose rings or facial piercings.
- Completely clean shave or beard and mustache trimmed neat to ¼ inch in length. You will be sent home if you have not shaved and can only return if you have shaved.

ATTENDANCE: Culinary Arts Institute's attendance policy approximates the expectations found in a working situation. It is essential that each student learns the discipline of regular and prompt attendance as well as the skills involved in the culinary arts and hospitality industries. At the time the student moves from training into a career, the employer will be very interested in dependability and punctuality. No matter how skilled the

person, an employee is valuable only when present on the job. The faculty and staff of Culinary Arts Institute @ LAMC consider each moment in class imperative for success. When the student is not in the classroom, the information missed cannot be recaptured.

IMPORTANT: If you stop attending a class (or wish to drop a class), YOU MUST DROP THE CLASS YOURSELF – OFFICIALLY – on or before November 18th, 2012 (internet). Failure to do so may result in a grade of "F" in the class.

MISSED WORK: If a student arrives late to class, and a test is still in progress, the student may take the test with no penalty. If a student misses a test or an assignment, the test/assignment will have ten (10) points deducted from the score. The student must contact his/her chef instructor to arrange to make-up the test/assignment prior to his/her return to the next scheduled class. If a student does not contact the chef instructor to make-up the test assignment before the day he/she returns to the next scheduled class, the student will receive a zero (0) for the test/assignment.

MAKING UP MISSED DAYS:

Students may make up the missed days by working in The Servedy, Cappuccino Cart, Dish room or catering events during the week that they were absent. For example, if you missed a day of class that is 4 hours you missed. So you may work in wherever the chef instructor wants you to be utilized that week and not the following week and so on. This is not cumulative. YOU MUST make up the absence that same week. Again, please check with your chef instructor first to schedule you in the appropriate location in the CAI Bldg.

SPECIAL CATERING EVENTS:

Occasionally as part of your learning environment in the Culinary Arts Institute, you will be asked to participate in food preparation and cooking for catering events for the college. This enhances your experience in the kitchen and makes you a stronger culinary arts student.

This fall 2012 semester we have the following events and attendance is mandatory:
September 1st – 1st Annual Sylmar Olive Fest – El Cariso Golf Course

ORGANIC GARDEN:

Students from Food Production I & II and Foods Laboratory 225 & 325 will be responsible to maintain the CAI Organic Garden. Daily or weekly harvests and removal of weeds and such are necessary so that the products grow properly.

THROUGHOUT THE SEMESTER, STUDENTS WILL BE ROTATED TO 5 DIFFERENT STATIONS TO MAKE SURE THAT CLASSES AND THE OPERATION RUNS SMOOTHLY – DISH ROOM, BEVERAGE STATION, PIZZA, THE LINE (GRILL/FRY), and ORGANIC SALAD BAR. ALWAYS KEEP RECORDS AND MAINTAIN A RECIPE FILE.

LAB CHECK OUT REQUIREMENTS:

- Food is not to be taken out of the lab unless authorized by the chef instructor.
- All pantry supplies and equipment returned to proper storage area before class ends. Class hours must be adhered.
- All cutting boards stacked in order of color for the next class
- All workstations and sinks cleaned and wiped dry.
- All appliances/equipment cleaned after use, including stove tops, French tops, all reach-in and walk-in refrigerator doors wiped cleaned, counter tops and cupboard doors.
- All equipment, supplies and dry herbs/spices must be put back in its proper space.

- All under sinks cabinets cleaned and in order.
- All spills are to be wiped up and all wet towels placed in washing machine in lower level. If you use it, clean it!
- Floors swept and mopped.
- If you leave prior to class ending, you will be marked ½ absent. Attendance will be taken at the end of class as well.

TEXT & MATERIALS:

1. Notebook (8 ½ x 11” notebook for recipes and notes)
2. 2” binder and Digital Camera
3. Calculator and Scantron sheets for exams
4. Instant-read thermometer
5. Measuring Spoons, measuring cups (liquid weights)
6. Student Knife kit/case or “Toolbox”

Recommended Reading:

Culinary Artistry – Authors: Andrew Dornenberg & Karen Page - ISBN: 0-471-57228-4
 The Sauce Bible – Author: David Paul Larousse - ISBN: 978-0470-08856

ASSIGNMENTS & EVALUATION:

1. Student workbook (each chapter is worth 15 points)	=	300 (20 chapters)
2. Final Exam/Practicum/Final Binder	=	200
3. Progress Checks 1, 2, 3, 4	=	200
4. <u>Participation, team cooperation, attendance, punctuality</u>	=	<u>300</u>
Total Points		= 1000

GRADING SCALE:

900-1000 = A
 800-899 = B
 700-799 = C
 600-699 = D
 599 ≤ = F

IMPORTANT INFORMATION: Class hours must be adhered to. A student who misses more than 3 absences may be dropped by the instructor, but it your (THE STUDENT) responsibility to drop or withdraw from the class. Continued tardiness will affect your attendance (3 tardy = 1 absence). If there is an emergency, the chef instructor can be contacted by phone or by email so that arrangements can be made.

DIETARY SERVICE SUPERVISOR STUDENTS: All students taking any Culinary Arts class are subject to the same principals and guidelines. Students will learn to ensure that all foods are served by methods that conserve nutritive value, flavor and appearance and all foods are prepared in a form designed to meet individual needs. All substitutions should be similar nutritive value. Student’s competency will be demonstration and evaluated by the Registered Dietitian/Professor.

STUDENTS WITH SPECIAL NEEDS: If you have any health impairments that require regular medication, or any disability that might affect your performance in the class or lab, and would like your chef instructor to make special accommodations, please call our campus Special Services Director at 818-364-7734 as soon as possible. They will help you arrange special accommodations for your classes. The special needs of each student are met, in part, by:

1. Group discussion at the “peer” level, providing for the interchange of ideas
2. Reading materials supplementing the required text material
3. Availability of the teacher for personal interviews and referral to appropriate community resources as indicated.

Success Tips from Chef:

- **SHOW UP TO CLASS!**
- Bring your books to every class
- Read the chapters prior to attending class in advance and review thoroughly
- Bring recipes to every class
- Do not read other class’s books in the Culinary Arts class. I will take it away and sell it on eBay!
- No cell phones, Bluetooth, iPods, iPhones, laptops, iPads, tablets of any sort, PSP, DS, XBOX 360s, any handheld contraption, etc. are allowed in the classroom or lab. No calls or text messaging while in class or lab. YOU are here to learn how to cook.
- HAVE FUN!

PLEASE NOTE:

THIS COURSE OUTLINE IS A GUIDE FOR THE CLASS AND MAY BE MODIFIED OR REVISED TO ENHANCE THE LEARNING OUTCOMES OR CHANGED DUE TO EVENTS THAT ARE OUTSIDE THE CONTROL OF THE CULINARY ARTS DEPARTMENT AND THE CHEF INSTRUCTOR.

THE SYLLABUS IS SUBJECT TO CHANGE ACCORDING TO LA MISSION COLLEGE’S SCHEDULE, FACULTY FUNCTIONS, CATERING EVENTS AND PRODUCT/INGREDIENT AVAILABILITY.

**CHEF MARTIN GILLIGAN MCFE
FOOD PRODUCTION 102-225
DAILY OPERATIONS & CLEANING SCHEDULE
TUESDAY THURSDAY - PM SCHEDULE**

A. THE DISHROOM STATION: You will learn how to set up and operate the dishwasher as instructed by Chef Instructor or Instructional Assistant; learn where everything goes in the Main Kitchen; and how to successfully operate The Dish room Station which will prepare you for real work experience! During and after class is finished, make sure All TEAMS are washing their own dishes; clean all surfaces at dish station and side sinks; clean all prep sinks. Return equipment and dishes to correct places and leave the Dish room clean, spotless and ready for the next class or shift.

STUDENTS MAY NOT “DUMP” DISHES! YOUR TEAM IS RESPONSIBLE FOR YOUR OWN DISHES! CLEAN AS YOU GO!

B. STEWARDS (A): Reorganize and consolidate products on mise en place and spice cabinets, organize dry storage shelves, reach-in refrigerators, all walk-ins and freezer. Wipe all stainless steel areas of reach-in refrigerators and walk-in. Help put away dishes, smallware, utensils, etc. from the Dishroom.

C. STEWARDS (B): Reorganize and consolidate products on mise en place and spice cabinets, organize dry storage shelves, reach-in refrigerators, all walk-ins and freezer. Wipe all stainless steel areas of reach-in refrigerators and walk-in. Help put away dishes, smallware, utensils, etc. from the Dishroom.

D. STOVES, OVENS & OTHER EQUIPMENT: You will clean, wash & dry stovetops, fronts, back splashes, handles & knobs; clean, wash & dry all countertops, tabletops and shelves underneath the workstations after every class; organize all equipment under tables daily; check tilt skillet and steam jacketed kettles and clean when necessary; check Mongolian grill and clean if necessary.

E. SWEEP / TRASH: Sweep entire kitchen after counter tops are cleaned of debris. Throw trash out when you see that trash needs to be thrown out.

F. STOCKS: Put up and drop stocks as needed (if any). Check to see if all food are cooled, labeled and stored properly in reach-in refrigerators and walk-in. **If there are no stocks to drop, divide your Team in two and help in performing A, B and C tasks during clean up only! See A, B & C.**

WEEK 2/7/12	WEEK 3/8/13	WEEK 4/9/14	WEEK 5/10/15	WEEK 6/11/16
Team 1 A	Team 1 B	Team 1 C	Team 1 D	Team 1 E
Team 2 B	Team 2 C	Team 2 D	Team 2 E	Team 2 F
Team 3 C	Team 3 D	Team 3 E	Team 3 F	Team 3 A
Team 4 D	Team 4 E	Team 4 F	Team 4 A	Team 4 B
Team 5 E	Team 5 F	Team 5 A	Team 5 B	Team 5 C
Team 6 F	Team 6 A	Team 6 B	Team 6 C	Team 6 D

Team 1	Team 2	Team 3	Team 4	Team 5	Team 6

*Make sure that you understand this. If not, ask Chef Martin Gilligan.
Student's name in **BOLD** are the Team leaders who report to Student Sous Chef.

CLEAN AS YOU GO! TEAM WORK IS KEY!