



SOUTH PLAINS COLLEGE *Culinary Arts Department*

CHEF 2331

Advanced Food Preparation

Course Description: Advanced concepts of food preparation and presentation techniques. Reinforces and advances techniques, terminology and course material covered in Chef 2301 and Chef 1301.

- Practice and demonstrate a variety of specialized cooking techniques that challenge current abilities
- Demonstrate special presentation techniques needed for a variety of foods both in a banquet/buffet presentation and in individual plate presentations
- Define, demonstrate and evaluate for quality various cooking techniques and processes including, sautéing, pan frying, deep frying, shallow poaching, simmering, grilling, broiling, roasting, baking and combination cooking methods.
- Prepare and present a variety of breakfast, lunch, dinner and appetizer items in both a buffet/banquet and in individual plate presentations
- Identify, prepare and present a variety of fruits, vegetables, legumes, grains and starches
- Demonstrate proper knife skills and techniques
- Demonstrate competency in preparing 5 mother sauces, stocks and consommé
- Demonstrate proficiency in professional standards in food preparation, handling and storage
- Demonstrate proficiency in proper recipe preparation including sanitation, organization and time management skills

FOUNDATION SKILLS

1. Thinking-creative
2. Thinking- seeing things in the Mind's eye
3. Thinking-decision making
4. Thinking-knowing how to learn
5. Personal qualities- responsibility

WORKPLACE COMPETENCIES

1. Information- Acquires & evaluates
2. Technology-Selects technology
3. Systems- understands systems
4. Technology-applies technology to task

Instructor:

Chef Patrick Ramsey, C.E.C.

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Office Hours: Scheduled by appointment or check office door for schedule of hours.

ADA STATEMENT: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at the Lubbock Center, the Levelland Student Health & Wellness Center 806-716-2577, Reese Center Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

- **South Plains College Culinary Arts Alcohol Use Policy: South Plains College Culinary Arts program uses various liquors, liqueurs, wines and beers as recipe ingredients within the culinary curriculum. Alcohol is secured in the culinary facility and only accessible by culinary faculty. Alcohol may only be used if a recipe requires liquor/liqueur/wine/beer as an ingredient. Consumption of alcohol by students is strictly prohibited. Alcohol is only to be handled by instructors; no exceptions. Violations will be considered a “Student Code of Conduct” violation and will result in strict disciplinary action, including referrals to the Executive Director of Lubbock Center, Dean of Students, and Campus Police.**

Grading Policy:

1. There will be **no** Make-up on Homework Assignments or Exams.
2. Homework Assignments will be assigned online through **Blackboard MyCulinary Lab** throughout the semester. Please go to Blackboard and register your username first. If you’ve already bought an access code, you may register with the access without payment. If you do not have an access code, you will be asked to pay before you can access to the online assignments.
3. Individual effort must be demonstrated on all exams. Also considered inappropriate is the use of, in any fashion, a solution manual of any kind. It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. **Academic Dishonesty:** “At minimum, the first instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive a zero for the assignment. The second instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive an F in the course and be expelled from the program”.
4. Class attendance and attention will be crucial to the student’s successful completion of this course. Attendance will be taken, you are allowed ONE excused absences throughout the

semester, but are expected to complete all assignments by the due date. IF STUDENTS ARE ABSENT ON LAB DAYS, THEIR DAILY GRADE WILL BE GREATLY AFFECTED AND THERE WILL BE NO MAKE UP LAB.

5. The grading scale is as follows:

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F

Assessment Methods for course learning goals:

QUIZZES:	20%
CLASS PARTICIPATION:	40 %
PRACTICAL EXAM	20%
PROJECTS/PORTFOLIOS	20%

QUIZZES and HOMEWORK:

There will be homework, quizzes both written and oral given throughout the semester. These will be announced and unannounced. Assignments and due dates will be discussed as needed.

CLASS PARTICIPATION:

Class participation is based on attendance, discussion and PARTICIPATION in the class. There will be no make up for class participation. Class attendance is required. If you miss more than 3 classes you must consult with me about your grade. The following standards will be factored into your daily/weekly grade.

- Clean uniform, proper uniform
- On-time, class ready
- Attentive/ active participation in class
- Proper hygiene
- Proper class set-up and clean up

PRACTICAL EXAM:

There will be 1 practical exam given at the end of the semester.

Each student will be judged on the following criteria:

- Mise en place
- Recipe organization
- Method/ procedure planning
- Execution of tasks
- Timeliness of the execution
- Attractive plating and presentation
- Organization of workspace
- Proper sanitation in all aspects of the process
 - Failure to maintain proper sanitation during any part of the examination will be an automatic failure. No make-up test are allowed.

Food will be presented and judged by entire class. Each student will be required to present an evaluation sheet on each dish prepared. Final grades will be derived on a percentage basis from those evaluations. Each student is required to turn in an evaluation/ critique of his or her own presentation.

PORTFOLIO INSTRUCTIONS:

Comprehensive notebooks are kept throughout the semester. Pictures of finished recipes, notes and recipes must be included. After each dish is photographed, each student will critique his/her own dish, as well as, the rest of the class's dishes. Critique sheets will be given and must be included in portfolio.

- All class notes must be included. All notes must be original and handwritten by the student. Copying notes is considered plagiarism, and this could lead to your expulsion from SPC.
- Portfolios will be turned during Final Week- date to be determined. NO late notebooks will be accepted. Failure to turn in a notebook will result in a zero grade, which accounts for 20% of your total grade.

PORTFOLIO is to include

- Title Page- your name-class name, class section
- All class notes
- All recipes and pictures (clean) –no food stained pages or pictures will be accepted.
 - Picture should be behind recipes
- All class handouts, including notes given on blackboard
- All quizzes and tests
- All homework in appropriate chapter of study
- All sections/ chapter of study must be separated and labeled in a 3 ring binder.

Portfolios will be graded on the following criteria:

- Cleanliness of presentation
- Attention to detail of presentation

- Organizations of portfolios
- Completeness of portfolio
 - All required items must be contained in the portfolio
 - Any missing parts will deduct from your total grade heavily.
 - Any part missing is a 5% deduction in total grade.
 - * missed class doesn't excuse you from the notebook assignments
 - You may borrow someone's notes to create your OWN NOTES for that day
 - If there was a quiz given on the day of your absence, you will be required to take the quiz, but the score will be a 0. Failure to take or include the quiz or notes in portfolio results in a deduction from grade.

LAB CLEAN-UP

All students are expected and required to participate in class/ lab clean up. You are responsible for your tools, dishes and area during the class. Once you have been graded you are required to help clean up the lab and facilities and any utensils or equipment used.

- FAILURE TO PARTICIPATE ACTIVELY IN CLEAN-UP WILL RESULT IN A 0 FOR THE DAILY GRADE
- All dishes/pots/pans/ bowls/ utensils will be properly washed, sanitized dried and stored properly
- All equipment will be cleaned, sanitized before departure
- Floors will be THOROUGHLY swept, trash bagged and disposed of outside, and tables cleaned and sanitized BEFORE a MOPPING. Mopping is the final class activity before dismissal. Role will be taken again before dismissal. Absence will be recorded as 0 daily grade

LAB / CLASSROOM RULES:

- No jewelry. A wedding band and small stud earrings are the only acceptable exceptions
 - You will be asked 1 time to remove improper attire. Failure to comply may result in the instructor asking you to politely leave the class. You will receive a 0 for the daily grade.
 - Habitual violations, more than 2, will result in a conference that will be recorded in for daily grade
- All facial hair must be neatly trimmed, no long beards. If you choose to keep your beard, a facial hair net will be required.
- All students must have hair restrained. No hair hanging from the front or back of hat. If your hair will not fit completely in the hat, then a hair net will be required at all times.
- Student will be in complete uniform at all times. This includes top button closed on the chef coats while in the kitchen. Uniforms will be inspected daily for cleanliness. If your jacket is spotted ruined or otherwise discolored you will be required to purchase a new jacket at your expense.
- NO FAKE, LONG OR PAINTED FINGERNAILS.
- Non-slip, oil resistant shoes only, with socks- no exception.
- Personal hygiene is a must. If your professional appearance, dress or body odor is offensive, you will be asked to correct the issue. Failure to comply will result in a zero for everyday the offense occurs, more than 3 requests will require a conference.
- CELL PHONES ARE NOT ALLOWED IN CLASSROOMS OR LABS. Cell phones are privilege not a right. Cell phones must be stored in lockers. If you are expecting an emergency, you may place

your cellphone in a plastic Ziploc bag, place the phone to vibrate and leave it on my desk for the class period. I will answer the phone, if it is an emergency, you will be excused to take the call. Any cellphones in the classroom will be a 0 score for the day.

- This means no sitting in the classroom and texting/ talking or listening to music anytime during school hours. Cellphones may be used in the common areas of the school only.
- No outside food or drink is allowed in the classrooms at any time. This means no eating in classroom before, in between or after class periods. Food will be consumed in common area only. Food that is prepared during the class maybe eaten at the instructor's approval with proper utensils and sanitation. Snacking, nibbling or "tasting" during the production process of a recipe will result in a 0 grade for the day.
- No gum, lipstick, lip balm, hand lotions, colognes or perfumes are permitted
- NO "vaping" inside the SPC complex is allowed. All cigarette smoking and Vaping must occur 50 feet from any entrance to SPC. No chewing tobacco is allowed in the classroom ever.

These rules of proper sanitation are the rules most broken, and the ones most watched for now, both professionally and academically. Proper training creates proper habits. Safety and hygiene are not negotiable. These rules are enforced at the federal level, state level and private level every single day. They are unavoidable and necessary.

Before every class you will do the following;

- Ensure proper uniform before entering the lab
- Properly wash hands
- Set your station and gather required product for day's class
- Before roll call you will line-up at the front of the class for inspection of uniforms and hygiene

Any student not in compliance or not ready for class will receive 1 warning and be allowed to immediately correct the problem. If the problem cannot be immediately fixed, then the student will be politely dismissed from the class and receive a 0 for the day. More than 1 warning will require a conference. All written and verbal warnings, corrections will be documented in your file and will play an overall role in your final participation grade.

Topics: The list of selected topics may be modified during the course of the semester. The instructor will notify the class of any changes to the topic list.

WEEK	DATE	Topics, Readings, Assignments, Deadlines
1		<p>STOCKS AND SAUCES - chapter 11</p> <p><u>DISCUSS</u>- flavors and flavoring- chapter 7 review include wine lecture- wine -food pairings</p> <p><u>LECTURE</u>: principles of stock making</p> <p><u>LECTURE</u>: mother sauce, thickening agents, sauce finishing techniques</p> <p><u>LAB</u>: STOCKS- veal, chicken, vegetable, court bouillon</p> <p><u>LAB</u>: MOTHER SAUCES- béchamel, veloute, buerre blanc, espagnole contemporary sauces, cream sauces- Dianne and au poivre</p> <p><u>assignments</u>: Read Chapters 7 and 11 Food wine pairing worksheet and quiz Pearson homework/quizzes Chapter 7 and 11</p>
2		<p>PLATE PRESENTATIONS- chapter 36</p> <p><u>LECTURE</u>: choosing proper plate ware, arranging food on plates, plate decoration, garnishing, small plates</p> <p><u>LAB</u>: 1. molded ratatouille with roasted red pepper puree - bullseye presentation 2. grilled sirloin, marchand de vin, baby veg and fingerling potato 3 . Cornmeal crusted scallop, curve of vegetables, pea puree</p>

		<p>- asymmetric presentation</p> <p>4. petite Caesar salad, parmesan custard, grilled petite crostini</p> <p><u>assignment</u>: read Chapter 36 and Pearson homework/quizzes</p>
3		<p>SMALL PLATE PRESENTATION AND DECORATION</p> <p><u>LECTURE</u>: small plate presentation and plate design</p> <p><u>LAB</u>: 1. beet, goat cheese and arugula salad</p> <p>2. grilled salmon, bed of braised cabbage, parsley oil, fennel dust</p> <p>3. stack tomato caprese, basil oil, crostini base</p> <p>4. petite beef wellington, red wine veal reduction</p> <p>5. petite eggs benedict, on herbed toast round</p> <p>6. haricot vert salad, herbed tomato concasse, green goddess</p> <p><u>assignment</u>: read Chapter 36- pearson homework and tests</p>
4		<p>EGGS, BREAKFAST AND BRUNCH- chapter 21</p> <p><u>LECTURE</u>: review egg and egg products, preparation methodology</p> <p>batters, crepes and waffles</p> <p><u>LAB</u>: 1. quiche Lorraine production and presentation</p> <p>2. scotch eggs, production and presentation</p> <p>3. crepes cordon blue, mornay sauce and grilled asparagus</p> <p>4. Chicken and waffles, pecan infused syrup, honey butter</p> <p>5. granola parfait, production and presentation</p> <p>6. avocado toast, tomato jam and fried egg, bacon, adobo sauce</p> <p><u>assignments</u>: read Chapter 21- Pearson homework/ quizzes</p>
5 AND 6		<p>PRINCIPLES OF COOKING -REVIEW- chapter 10</p> <p><u>DISCUSSION</u>: review of dry heat cooking methodology</p> <p>determining doneness/ temperature charts</p> <p>grilling – broiling</p> <p><u>LAB</u>: 1. jerked mahi-Mahi, pineapple-jicama salsa-coconut rice</p> <p>2. grilled vegetable cous cous salad, mint vinaigrette</p> <p>3. broiled swordfish and shrimp kabobs, tangerine butter</p> <p>4. grilled beef tenderloin, Oscar style, veal demi, béarnaise</p> <p><u>assignments</u>: read chapter 10 - Pearson homework/ quizzes</p>
7 AND 8	-	<p>PRINCIPLES OF COOKING - REVIEW - chapter 10</p> <p><u>DISCUSSION</u>: review of sauté cooking methodology</p> <p><u>LAB</u>: 1. emince of Swiss style veal or chicken</p> <p>2. trout amandine,campfire potatoes, lime butter</p> <p>3. Chicken cordon blue, sauce mornay, mushroom ragout</p> <p>4. sautéed sole a la meuniere, Parisian potatoes, haricot verts</p> <p>5. chicken piccata, Milanese style roasted garlic mashers</p>

		<p><u>assignments</u>: review chapter 10- Pearson homework/quizzes</p>
9 AND 10		<p>PRINCIPLES OF COOKING- REVIEW CHAPTER 10 <u>DISCUSSION</u>: review of pan frying methodology LAB: 1. crispy chicken tangine 2. pan fried eggplant parmesan 3. stuffed chicken breast duxelles 4. fried green tomatoes, grilled shrimp, remoulade sauce 5. Chile rellenos con picadillo oaxaqueno <u>assignments</u>: review chapter 10- Pearson homework/ quizzes</p>
10 AND 11		<p>PRINCIPLES OF COOKING- REVIEW CHAPTER 10 <u>DISCUSSION</u>: shallow poaching, steaming , boiling methodology <u>LAB</u>: 1. court bouillon- tarragon chicken salad-California style 2. pauppiettes of sole with shrimp mousseline 3. fish en papilotte, celeriac potato puree, garlic butter 4. beef pho soup 5. pastrami- corned beef- Rubeen presentation <u>assignments</u>: review Chapter 10-pearson homework/quizzes</p>
12		<p>PRINCIPLES OF COOKING- REVIEW CHAPTER 10 <u>DISCUSSION</u>: BRAISING, STEWING, roasting LAB : 1. Bracoile di maiale al ragu rigatonie 2. veal blanquette 3. polish stuffed cabbage 4. rack of lamb persaille</p>
13		<p>SALADS/SALAD DRESSING SANDWICHES- chapter 25 and 27 <u>Lecture</u>: salads, dressings, sandwiches <u>LAB</u>: 1. prepared salads and dressings 2. Caesar salad and composed salads 3. hot sandwiches, preparation and presentations 4. cold sandwiches, preparation and presentations <u>assignments</u>: read chapters 25 and 27 Pearson homework and quizzes</p>
14 and 15		<p>BUFFET PRESENTATION- CHAPTER 37 <u>LECTURE</u>: planning, execution, communicating, arranging, pricing designing and arranging buffets <u>LECTURE 2</u>: controlling costs, BEO, ordering, organization of production</p>

	<p><u>LAB</u> : 1. attractive presentation of food in pans- chicken Monterey 2. platter presentation, hors'doeuvres 3. cold buffet presentations 4. hot food, action stations, interactive buffets <u>assignments</u>: read Chapter 37 - Pearson homework / quizzes</p>
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