



FRENCH CUISINE

CATALOG DESCRIPTION:

In this course students are introduced to the preparation of appetizers, entrees, sauces, and desserts commonly offered in restaurants specializing in French cuisine. Popular French dishes will be prepared with special interest focused on proper seasoning and sauce preparation. Three lecture/laboratory hours per week for 5 weeks. Proper chef attire is required.

- COURSE NUMBER:** HMR 109
- CREDITS:** 1
- COURSE HOURS:** 5:30 – 8:45 pm Wednesdays, beginning January 14, 2009
- INSTRUCTOR:** Ricardo H. Aragon
- OFFICE HOURS:** 4:00 – 5:30pm - Monday & Wednesday
12:30 – 1:30pm - Tuesday & Thursday
- E-MAIL:** raragon@worwic.edu
- TEXT:** International Cuisine, by The International Culinary Schools at The Art Institutes. John Wiley & Sons, Inc. Hoboken, NJ
- Culinary Fundamentals, by American Culinary Federation. Upper Saddle River, NJ: Prentice Hall.
- REFERENCES:** There are numerous cookbooks available both at the Salisbury campus and at various county libraries. Students are encouraged to use these resources.

COURSE OBJECTIVES: Upon completion of this course the student should be able to:

	Course Objectives	Assessment Goals	Assessment Strategies
1	Identify and define common French food terminology.	a. Memorize common French terms in the culinary field	Lab Homework Test questions
		b. Associate the language and cooking practice in French cuisine	

2	Apply the layout in plate presentations.	a. Identify the main elements	Lab Test questions
		b. Define the characteristics found in plate presentations	
3	Distinguish sauces and soups in French style of cooking.	a. Name and prepare French sauces and soups	Lab Homework Test questions
		b. Practice using a variety of ingredients common to French cuisine	
4	Construct and identify a variety of desserts commonly found in French style restaurants.	a. Demonstrate French techniques and practice in preparing desserts	Lab Test questions
5	Properly prepare and identify French cooking styles using: Appetizers, soups, salad, and entrees	Students will meet restaurant standards of preparations and follow rubric grading scale	Lab Lab Final Test questions

COURSE CONTENT

Week 1 - January 14	Soup and Salads
Week 2 - January 21	Main Entrée Selection
Week 3 - January 28	Variety Desserts
Week 4 - February 4	Main Entrée Selection
Week 5 - February 11	Appetizer Final Exam

This is a laboratory course. Students are expected to participate in the production of foods that may be found on restaurant and catering menus. The actual foods produced will be at the discretion of the instructor.

****To participate in culinary labs, professional chef attire is required. This includes a Chef's hat, white coat, and checkered pants. Tennis shoes will be allowed. In addition, students will be required to bring a knife set to class. The set must include a chef's knife, a paring knife and either a boning or utility knife and a case for the knives. The purchase of the knife set and chef's uniform will be made available to you at the college. You will not be allowed to participate in class without a clean uniform and a set of knives.**

METHODS OF EVALUATION:

	<u>% of final grade</u>
Final Exam*	15
Lab Final Exam*	20
Quizzes	10
Labs	35
Homework	10
Attendance	<u>10</u>
	100%

* Exams may include written examinations but will primarily involve an in class production assignment the final day of class.

GRADING:

A	100-90
B	89-80
C	79-70
D	69-60
F	59-00

FINAL EXAMINATION: The final evening of the class

QUIZ POLICY: NO make up quizzes are allowed

ATTENDANCE POLICY: The student will be awarded points for each session attended. *Missing labs can cost a lot (no make-up!)*

ACADEMIC HONESTY POLICY:

Academic honesty is expected of all students. This includes both cheating and plagiarism (look up definition if unclear). Students caught violating this policy risk receiving an "F" representing the lowest class percentage score of the exam or assignment in question. Student appeals are possible by referring the alleged violation to the student-faculty disciplinary committee as explained in the catalog appendix.

I LOOK FORWARD TO WORKING WITH YOU!

Scoring Rubric-Kitchen Lab Performance Evaluation

Score>	1 (Needs Improvement)	2 (Poor)	3 (Average)	4 (Good)	5 (Exceptional)
SANITATION Appearance/ Uniform	Could not participate due to improper attire and/or shoes for kitchen; poor hygiene-dirty fingernails, etc.	Dressed improperly; needed to make major modifications to attire, hair, and/or hands in order to participate	Dressed properly for activity, minor modifications to hair and/or hands in order to work in kitchen.	Dressed properly, hair restrained, and hands washed-no modifications necessary before beginning activity	Exceptionally neat, clean; arrived ready to begin work
Workstation	Poorly maintained work space during lab activity; cross-contamination and/or unsanitary conditions present	Work space not well-maintained during activity; need coaching to remedy conditions	Maintained moderately-clean work space; some threat of cross-contamination during lab activity	Maintained clean work space; avoided cross-contamination throughout activity	Maintained exceptionally clean and sanitary work space throughout activity; no cross-contamination or unsanitary conditions
Work Habits	Frequent touching of face, hair, unclean surfaces; little concern for cleanliness; no visible hand washing	Poor hand washing technique and/or frequency; no visible concern for cleanliness	Adequate hand washing technique and/or frequency; adequate concern for general cleanliness	Frequent, proper hand washing; minimal touching of face, hair, or unclean surfaces; noticeable concern for cleanliness	Extreme care with cleanliness and hand washing and keeping hands clean; no touching of face, hair, or unclean surfaces
Clean-Up	Inspection show no cleaning of equipment, utensils, and/or surfaces; items were left unwashed	Inspection shows poor cleaning of equipment, utensils, and/or surface; items must be rewashed before further use	Inspection shows adequate cleaning of equipment, utensils, and/or surfaces; some disorganization in storage	Inspection shows clean equipment, utensils, and/or surfaces; items are properly stored	Inspection shows clean equipment, utensils, and/or surfaces; items are organized and stored with care
MISE EN PLACE Prep/Planning	No planning or advance preparation demonstrated	Minimal planning; lack of efficiency	Adequate planning and efficiency	Thorough planning evident before and during activity	Extremely prepared; highly efficient
Waste	Unacceptable amount of food and/or supplies wasted due to lack of planning and/or concern	Large amount of food and/or supplies wasted; waste could have been prevented	Acceptable amount of food and/or supplies wasted	No food and/or supplies wasted	Food and/or supplies were conserved, not used
Time Management	Large amount of wasted time and/or inactivity; activity not completed	Did not complete in time allotted due to inefficient use of time	Average organization; completed activity relatively on time	Completed activity and all clean-up tasks on time	Exceptionally organized; completed activity ahead of time
EQUIPMENT Use/Operation	Improper use of tools and/or equipment resulting in breakage or injury or self and/or others	Careless use of tools and/or equipment resulting in excessive wear and tear to items	Adequate care of tools and/or equipment; no misuse noted	Shows respect for tools and supplies; normal wears and tear	Extreme care taken with all tools and equipment
TECHNIQUE Skill Level	Unacceptable skill level; does not meet minimum requirements for technique at this time	Needs practice and coaching to meet average skill level	Properly demonstrates skill with some prompting	Proficient at skill without supervision	Exemplary demonstration of skill, level is beyond expectations at this time, can assist others
TEAMWORK Cooperation	Disrupts and/or antagonizes others	Shows disrespect for others and/or their work or property	Works with others without supervision	Demonstrates patience and respect for others	Eagerly assists others

Homework Assignment:

This Assignment due on (week four) – **February 4, 2009**

Objective: To gain a better understanding of French cooking history and cooking methods.

Choose a topic below as the homework assignment and write a report

- A. The influence of French cooking by Catherine de Medici (5 page body)**
- B. Who is?... Brillat Savarin and 10 recipes named after him.**
- C. Artichoke history and uses, plus 15 classical French recipes.**
- D. The food and gastronomic history of Normandy, plus 10 recipes from the area.**
- E. Research Coq au Vin and Marengo. (5 page body)**

Guidelines:

1. The format of this assignment should include the following:
 - Professional presentation (proper spelling, punctuation, and grammar)
 - Plastic Cover
 - Title Page
 - Introduction
 - Body
 - Conclusion
 - Works cited
2. All reports must be typed, double space. All recipes must be typed also.
3. Format & Grades

GRADING		FORMAT:		RESEARCH:	
Appearance	5 points	Title Page, Cover:	5 points	Quality:	20 points
Effort:	5 points	Table of Contents:	5 points	Accuracy	20 points
		Footnotes, references	5 points	Integrity (wholeness)	20 points
		Layout:	5 points	Spelling	5 points
		Bibliography	5 points		