SEAFOOD

CATALOG DESCRIPTION
Students are introduced to the basics of seafood preparation and cooking. Students focus on fish and shellfish that are commonly offered in restaurants on the Eastern Shore. Students review basic cooking techniques including steaming, baking, poaching, frying, etc. Proper chef attire is required to be admitted into the lab. Hours: 6 lecture, 10.50 lab. Usually offered in the fall. Materials fee: $50.00

COURSE NUMBER: HMR 215-B01
CREDITS: 1.04
COURSE HOURS: 5:30 – 8:30 pm, Mondays, Starts 9/14/15 ends 10/19/15
INSTRUCTOR: Tony Hilligoss CCE, AAC
OFFICE HOURS: Mondays, 4:30 - 5:00 by appointment
E-MAIL: rhilligoss@worwic.edu
TEXT: On Cooking by Labinsky, Hause, & Martel. 5th edition
Publisher: Pearson, 2011

BLACKBOARD: All students logging into Blackboard affirm that they understand and agree to follow Wor-Wic Community College policies regarding academic integrity and the use of College resources as described in the college catalog. Wor-Wic Community College considers the following as violations of the computer usage policy:

- Using the campus computing network and facilities to violate the privacy of other individuals.
- Sharing of account passwords with friends, family members or any unauthorized individuals.

Violators are subject to college disciplinary procedures.
## COURSE OBJECTIVES:

<table>
<thead>
<tr>
<th>Course Objectives</th>
<th>Assessment Goals</th>
<th>Assignment Strategies</th>
</tr>
</thead>
</table>
| 1 Maintain a safe & sanitary working environment in a working kitchen lab. Successfully function as a team as appropriate with reports or lab work.                                                                 | **Students will:**  
  a. Employ rules pertaining to appearance, work habits, sanitation  
  b. Demonstrate appropriate mise en place (prep/planning, waste & time management)  
  c. Properly use lab equipment and appropriate skills  
  d. Identify importance of chef and teamwork                                                                                                                      | Weekly lab rubric                                                                                                                                          |
| 2 Understand structure and composition of fish and shellfish. Identify popular fish species, mollusks & crustaceans.                                                                                                | a. Define and describe differences in shape, skeletal & shell structure of a variety of fish and seafood with emphasis on local varieties  
  b. Describe muscular composition relative to applicable cooking methods  
  c. Identify indigenous Chesapeake Bay and Mid-Atlantic fish and seafood                                                                                         | Lab Homework Test questions                                                                                                                                |
| 3 Demonstrate knowledge of economic, safe handling, nutritional, and sustainability aspects of fish and seafood. Understand inspection and grading systems and describe methods of determining freshness and providing proper storage. | a. List primary nutritional components of fish and seafood; include healthy methods of preparation and cooking.  
  b. Compose a menu description for 3 local seafood entrees including descriptions of preparation and cooking methods and recommendation for 2 sides each.  
  c. Describe 3 types of inspection services and the ABC grading system.  
  d. List the 7 criteria for determining the freshness of seafood  
  e. Identify appropriate fish and seafood safe storage recommendations, including temperatures  
  f. Understand economic impact of seafood industry and biomimicry                                                                                                  | Lab Homework Test questions                                                                                                                              |
| 4 Demonstrate fabrication methods for various species of fish and seafood. Apply appropriate cooking methods and techniques.                                                                                   | a. Identify common market forms  
  b. Scale, fillet, skin and steak round and flat fish as appropriate  
  c. Select fish or shellfish and match with recommended method of preparation and cooking for each of the following methods with emphasis on local species; Methods: Steaming, Poaching, Frying, Baking, Combination | Lab Homework Test questions                                                                                                                              |
| 5 Prepare and serve a meal based upon a mystery recipe/box on the final week                                                                                                                                 | **Lab Final**  
  a. Student will plan, organize, prepare/cook and serve a meal as a team or individually without aid of the chef instructor                                                                                     | Lab Final Exam (rubric)                                                                                                                                      |
### Scoring Rubric-Kitchen Lab Performance Evaluation

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

### COURSE CONTENT

**Week 1 – September 14**  
Introduction to seafood – market forms

**Week 2 – September 21**  
Fresh assorted fish – cooking with steam, poaching, etc.

**Week 3 – September 28**  
Shellfish – cooking using frying, baking, etc.

**Week 4 – October 5**  
American regional & international classics, reports

**Week 5 – October 12**  
Local Eastern Shore favorites

**Week 6 – October 19**  
Final exam - Mystery box
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.

Wor-Wic Community College
Culinary Arts Laboratory Uniform Policy

Uniforms, knives and other tools are available at the Wor-Wic Bookstore (shoes are NOT available at the bookstore). Make sure that you understand how your financial aid works; in many cases the uniforms and tools may be paid for with financial aid funds. You are welcome to buy your uniform from outside sources, but they must adhere to our uniform policies.

**HAT and PANTS**
Black baker’s cap available at bookstore. *No skull caps or bandanas*
Grey Hounds tooth cook’s pants. Available at bookstore. If you have other, personal hounds tooth pants you must ask the chef for permission to wear them first

**SHOES**
Black, non-slip or oil/water resistant. There is no exception to this. This complies with OSHA and MOSHA workplace regulations

**APRON**
The school provides white bib aprons, but the student may purchase their own. They may be [white](#) or [British chalk stripe](#), and should be bib-style

**JACKET**
White, double-breasted chef jackets only. No embroidery (names, titles, etc.)

**THERMOMETER**
All students are required to have a thermometer (preferably digital) at all times when handling food

*All uniforms are to be clean and neat. They are to be in good repair*

Jewelry and other accessories should be limited to the following:

- No watches
- No bracelets
- Plain Wedding band only
- No visible piercings whatsoever. This includes flesh-colored jewelry
- Necklace may be worn beneath the chef’s jacket.
- Fingernails must not protrude beyond the tip of the finger. No nail polish or fake nails.
- Hair must be tucked under the hat or tightly pulled back and secured at the nape.

*Students must be in complete uniform before beginning of all culinary labs*

**SERVICES FOR STUDENTS WITH DISABILITIES**

*Wor-Wic provides reasonable accommodations for students with disabilities, in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. If you are in need of accommodations, please contact the counseling office at (410) 334-2899. For more information, see Wor-Wic's Services for Students with Disabilities web page.*
METHOD OF EVALUATION:

Final Exam* 15
Lab Final Exam* 20
Quizzes 10
Labs 35
Homework 10
Attendance 10 – 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 as follows:
Perfect attendance: 10 points. Absent 1 class-7.5, 2 classes 5.0, 3 classes 0
Missing labs can cost a lot (no make-up!) In the event of absence, student will be responsible for getting handouts and class notes from teammates.

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 on 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.

ATTENTION: In the event of a flu epidemic or other emergency that results in the suspension of classes, faculty will be communicating with students about their courses and course requirements, such as assignments, quiz and exam dates, and class and grading policies, via faculty websites, Blackboard, or other e-mail. Students will be responsible for completing all these assignments in accordance with class policies. Information about the resumption of classes will be communicated via the College's website and email system.

I LOOK FORWARD TO WORKING TOGETHER AS YOU PURSUE YOUR EDUCATION IN THE EXCITING HOSPITALITY AND CULINARY ARTS INDUSTRY.

This syllabus is subject to change, and the class will be made aware of any changes to this syllabus
This assignment is due Week 4, October 5, 2015.

OBJECTIVE:

The Eastern Shore is a popular destination for millions of visitors from around the world. Indigenous seafood is a primary attraction for eager diners as well as sport-fishing enthusiasts. In addition, there is a sizeable commercial fishing industry along the Atlantic Coast and in the Chesapeake Bay. All are influenced by multifarious economic, health and global concerns about fish and seafood.

You will prepare a report on one of the following topics. You must utilize a minimum of two resources from the Wor-Wic database while completing this assignment. Be prepared to give a 12 minute verbal report.

Topics:

Fish Fraud: The deceptive practice of substituting species

Sharklets: Biomimicry

Aquaculture: Local application

Sustainable Fishing: Customers want to know

Unsafe Seafood: Cause and effect

Invasive Species: Who, what, where, when and how

Other topics may be discussed with the Instructor

GUIDELINES:

Your individual report should be two pages, double spaced, 12 pt., Times New Roman font. Reports must include the following headings:

<table>
<thead>
<tr>
<th>Grading</th>
<th>Format/Presentation</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td>10</td>
<td>Quality</td>
</tr>
<tr>
<td>Presentation</td>
<td>10</td>
<td>Accuracy</td>
</tr>
<tr>
<td>References</td>
<td>5</td>
<td>Organization</td>
</tr>
<tr>
<td>Layout</td>
<td>5</td>
<td>Conclusion</td>
</tr>
</tbody>
</table>