FRENCH CUISINE

CATALOG DESCRIPTION:

Students are introduced to the preparation of appetizers, entrees, sauces, and desserts commonly offered in restaurants specializing in French cuisine. Popular French dishes are prepared with special interest on proper seasoning and sauce preparation. Proper chef attire is required (See Uniform Policy in this syllabus). Hours: 5 lecture and 10 laboratory. Materials fee: $50.

COURSE NUMBER: HMR 230-B01
CREDITS: 1
COURSE HOURS: 5:30pm – 8:45 pm Wednesdays, Starts Jan. 20 – Ends Feb. 24, 2016
INSTRUCTOR: Paul G. Suplee CEC, PC III
OFFICE HOURS: Tues. 12:45-2:45 PM    Wed. 4:15 PM - 5:15 PM
                    Thurs. 12:45 PM- 2:45 PM
E-MAIL: psuplee@worwic.edu


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

<table>
<thead>
<tr>
<th>Course Objectives</th>
<th>Assessment Goals</th>
<th>Assessment Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Maintaining a safe/sanitary working environment in a working kitchen lab GEO 2, 7, 8</td>
<td>Students will employ:</td>
<td>Lab</td>
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<tr>
<td></td>
<td>a. Rules pertaining to Appearance, work habits and clean up</td>
<td>Weekly Rubric</td>
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<td></td>
<td>b. Proper Mise en Place (prep/planning, waste and time management)</td>
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<td></td>
<td>c. Usage of Lab Equipment and Skills</td>
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<tr>
<td>Week</td>
<td>Topic</td>
<td>Details</td>
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</tbody>
</table>
| 2    | Identify the countries regions/ styles / ingredients and characteristics of French cooking GEO 1, 3, 4, 5, 6, 7 | France Regions /States  
   a. Identify the region / history/ culture influences  
   b. Incorporate special ingredients and methods in cooking and baking preparations  
   c. Prepare a menu reflecting on each of the sections: (soups/salads, main entrée/ sides, and desserts) | Lab  
   Test questions  
   Homework |
| 3    | Identify and define common French food terminology GEO 1, 2, 3, 6      | a. Memorize French terms in the culinary field  
   b. Apply the terms/language associate with the cuisine | Lab  
   Test questions |
| 4    | Apply the layout in plate presentations and identify the Classical Mother Sauces GEO 2,3, 7     | a. Identify the main elements  
   b. Define the characteristics found in plate presentation  
   c. Name and prepare French sauces | Lab  
   Test question |
| 5    | Prepare and serve a meal based upon the mystery recipe on the final week of class GEO 2, 3, 4, 8 | Lab Final  
   Student will plan, organize, prepare/cook and serve appetizer as team/or individual without aid of an instructor | Lab Final  
   Exam (rubric) |

**COURSE CONTENT**

- **Week 1 - January 20**: Introduction/Main Food Regions/ the Paris Basin
- **Week 2 - January 27**: Northeastern France and the Rhone Valley
- **Week 3 – February 3**: The Alps and The Central Plateau
- **Week 4 - February 10**: Northwestern France
- **Week 5 - February 17**: the French Riviera and The Aquitaine Basin
- **Week 6- February 24**: 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 (reference uniform policy below). 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 bookstore. You will not be allowed to participate in class without a clean uniform and a set of knives. Proper sanitation standards: (personal hygiene, food safety, professional conduct, etc.) at all times.**
UNIFORM POLICY

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 Black baker’s cap available at bookstore. *No skull caps or bandanas*

PANTS 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 culinary labs*
WORKPLACE SIMULATION: - Statement for HMR/CULINARY ARTS: The mission of Wor-Wic Community College includes a commitment to serve the education, training and workforce needs of the community. Your education here includes quality job preparation to support your future success. A goal of this course is to prepare you for the opportunities and challenges of the profession. This course will simulate a real work environment. As a student, you will experience what it's really like in the workplace. You will often encounter the pressure of performing in a fast-paced environment, gain immediate feedback on your performance, receive direct feedback regarding safety concerns, and experience many time-restricted assignments. Direct feedback from your instructor (constructive criticism and coaching), in a fast-paced environment are designed to support your educational achievement at Wor-Wic and ultimately your success in the workforce.

METHODS OF EVALUATION: % of final grade

<table>
<thead>
<tr>
<th>Component</th>
<th>% of Grade</th>
<th>Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final Exam</td>
<td>10</td>
<td>A 100-90</td>
</tr>
<tr>
<td>Lab Final Exam</td>
<td>10</td>
<td>B 89-80</td>
</tr>
<tr>
<td>Quizzes</td>
<td>5</td>
<td>C 79-70</td>
</tr>
<tr>
<td>Labs</td>
<td>65</td>
<td>D 69-60</td>
</tr>
<tr>
<td>Homework</td>
<td>5</td>
<td>F 59-00</td>
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<tr>
<td>Lecture/Attendance</td>
<td>5</td>
<td>100%</td>
</tr>
</tbody>
</table>

GRADING:

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

BLACKBOARD: Blackboard is used as a supplementary site in this course. Therefore, you need to have access to a computer with an Internet connection (MTC 200, AAB 217, HH 100, GH 204, WDC 305). Go to the Wor-Wic home page, find Quick Links (top-right) and click on Blackboard login. Enter your Wor-Wic user ID and password. All lectures /PowerPoint slides are posted weekly. (it is your responsibility to save or print the slides) only posted weekly.

QUIZ POLICY: NO make up quizzes are allowed!

ASSIGNMENT POLICY: A late assignment must be turned in with one week of the assigned due date. A late assignment will be reduced by 10% for the first day it is late and 50% thereafter. No late assignments will be accepted after one week of due date.

FINAL EXAMINATION: The final evening of the class

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

ACADEMIC HONESTY POLICY (GEO 8)
Students are expected to maintain a high level of academic performance. Cheating and plagiarism are defined in Wor-Wic’s Student Conduct Policy (appendix of College Catalog). Infractions of this policy will result in the student’s failure for the assignment or test, and possible referral to the disciplinary committee.

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 or Blackboard. 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.

This syllabus is a working document and is subject to change
<table>
<thead>
<tr>
<th>Score &gt;</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>SANITATION Appearance/Uniform</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>Workstation</td>
<td>Poorly maintained workspace during lab activity; cross-contamination and/or unsanitary conditions present</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>Work Habits</td>
<td>Frequent touching of face, hair, unclean surfaces; little concern for cleanliness; no visible hand washing</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>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>Clean-Up</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>MISE EN PLACE Prep/Planning</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>Waste</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>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>
<td>Exceptionally organized; completed activity ahead of time</td>
</tr>
<tr>
<td>EQUIPMENT Use/Operation</td>
<td>Improper use of tools and/or equipment, resulting in breakage or injury to 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>
<td>Extreme care taken with all tools and equipment</td>
</tr>
<tr>
<td>TECHNIQUE Skill Level</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>TEAMWORK Cooperation</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>FINISH PRODUCT Restaurant Quality</td>
<td>Unsafe to consume, sanitation standards-food safety</td>
<td>Incomplete lacking flavor and balance</td>
<td>Acceptable product with changes apply - (Family, Diner Restaurants)</td>
<td>Above average with strong characteristics - (Bistro, Specialty Restaurants)</td>
<td>Meets high standards with all elements and characteristics present; creativity/clean - (Fine, Upscale Restaurants)</td>
</tr>
</tbody>
</table>
Homework Assignment:

This Assignment due on week five– February 17, 2016

Objective: To gain a better understanding of French cooking history and cooking methods. Students must utilize the college database in completing this assignment. (GEO 1, 3, 4)

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

- The influence of French cooking by Catherine de Medici (5 page body)
- Who is Brillat Savarin, noting differences or similarities you find between your research and the information provided in the textbook (3 page body) and 5 recipes named after him with descriptions.
- The Life Work of Auguste Escoffier; include his history, influences and contributions to the food industry as we know it (5 page body)
- What makes Lyons the ‘gastronomic capital of the world’ (5 page body)
- A topic not listed above that has been discussed and approved by the instructor

Guidelines:

1. The paper is to be electronically submitted on Blackboard and students will have a 7-day window to submit, with the last day being February 18, 2015. The format of this assignment should include the following:

   - Professional presentation (proper spelling, punctuation, and grammar)
   - Title Page / numbered pages
   - Menu/ Table of Contents
   - Introduction
   - Body
   - Conclusion
   - Work cited

2. All reports must be typed, double space, using APA Format Only. All recipes must be typed also (if applied).

3. Format & Grades

<table>
<thead>
<tr>
<th>GRADING</th>
<th>FORMAT:</th>
<th>RESEARCH:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td>Title Page, Cover:</td>
<td>5 points</td>
</tr>
<tr>
<td>Effort:</td>
<td>Table / Menu:</td>
<td>5 points</td>
</tr>
<tr>
<td></td>
<td>Footnotes, references</td>
<td>5 points</td>
</tr>
<tr>
<td></td>
<td>Layout:</td>
<td>5 points</td>
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<tr>
<td></td>
<td>Work Cited</td>
<td>5 points</td>
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<tr>
<td></td>
<td>Elect. DB Resource</td>
<td>15 points</td>
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</table>