



COOK 223 - Fundamentals of Cold Foods

Course Description:

This course provides theory and practical experience to prepare hors d'oeuvres, salads, dressings and vinaigrettes, sandwiches and a variety of cold appetizers. Topics include mise en place, storage, safe handling, cooking methods, production and service.

3 Credits

Time Guidelines:

The standard instructional time for the day-time course offering is 60 hours.

Course Assessment:

Theory (Quiz) Assessment	30%
Technical Skills Assessment	30%
Job Readiness Assessment	30%
Culinary Management Assessment	10%
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Total	100%

SAIT Policies and Procedures:

For information on the SAIT Grading Scale, please visit policy AC 3.1.1 Grading Progression Procedure, found on the SAIT Academic Policies and Procedures page: <https://www.sait.ca/about-sait/administration/policies-and-procedures>

For information on SAIT Academic Policies, please visit: www.sait.ca/about-sait/administration/policies-and-procedures/academic-student

Required Course Publication(s):

Gisslen, Wayne. (2018). *Professional Cooking* (9th ed.). Wiley.

Course Material(s):

- Tool kit "Refer to the tools list in the student resources in D2L"
- Note pad and pencil
- Technology device to access D2L course content

Course Learning Outcome(s):

1. Recognize ingredients used in cold-food production.

Objectives:

- 1.1 Identify varieties of lettuce.
- 1.2 Identify a variety of herbs and edible flowers.
- 1.3 Identify fruits and vegetables used in cold-food production.
- 1.4 Identify a variety of cooked and cured meats, including poultry products.
- 1.5 Identify a variety of fresh, tinned and cured fish products.
- 1.6 Identify a variety of prepared sauces.
- 1.7 Identify a variety of pickled products.
- 1.8 Identify a variety of vinegars.
- 1.9 Identify a variety of oils.
- 1.10 Identify a variety of cheeses.

2. Prepare cold sauces, dressings and dips.

Objectives:

- 2.1 Describe styles of dressings and dips.
- 2.2 Explain emulsion as it relates to dressings.
- 2.3 Describe the procedure to fix a broken mayonnaise.
- 2.4 Describe the function of dressings in salad production.

3. Prepare cold sandwiches.

Objectives:

- 3.1 Explain the fundamentals of cold sandwich production.
- 3.2 Explain how to maintain quality and freshness of cold sandwiches.
- 3.3 List the components of a cold sandwich.
- 3.4 Describe types of cold sandwiches.
- 3.5 Describe how compound butters and spreads are used in cold sandwich production.
- 3.6 Prepare a variety of cold sandwiches for service.

4. Prepare salads.

Objectives:

- 4.1 Describe types of salads by ingredients and menu function.
- 4.2 Describe composed and bound salads.
- 4.3 Explain how to handle salad greens.
- 4.4 Describe quality characteristics of different salads with reference to balance, texture, colour and nutritional considerations.
- 4.5 Differentiate between marinating and pickling for salad production.
- 4.6 Explain how to properly store salad greens.

4.7 Identify the importance of hygiene and sanitary procedures in the production of salad and other cold foods.

4.8 Prepare salads for service.

5. Prepare cold appetizers.

Objectives:

5.1 Define terms related to appetizers.

5.2 Identify the function of appetizers in menu planning - amuse bouche, canapes, cold appetizers.

5.3 Examine different styles and types of cold appetizers.

5.4 Prepare a variety of cold appetizers for service.

6. Examine gelatin products.

Objectives:

6.1 Describe how gelatin is produced.

6.2 Differentiate between bloom strength and blooming gelatin.

6.3 Describe applications of gelatin in the cold kitchen.

7. Apply culinary management skills.

Objectives:

7.1 Apply basic math principles.

7.2 Demonstrate a collaborative and open-minded approach to all assigned tasks.

7.3 Apply and practice effective communications.

7.4 Practice receiving and providing positive and constructive feedback.

7.5 Practice the writing and the application of effective work plans.

7.6 Demonstrate critical reflection.

8. Demonstrate job readiness skills and practices.

Objectives:

8.1 Demonstrate technical competence in production-based environments.

8.2 Demonstrate professional behaviour and respectfully communicate with people of diverse backgrounds and points of view.

8.3 Demonstrate kitchen safety and food safety practices.

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