



BAKE 227 - Introduction to Cooking

Course Description:

This course provides the tools, theory and practical experience to prepare basic hot and cold savoury dishes. Topics include mise en place, safe handling, storage, cooking methods and production.

3 Credits

Time Guidelines:

The standard instructional time for this course is 60 hours.

Course Assessment:

Theory (Quiz) Assessment	30%
Technical Skills Assessment	30%
Job Readiness Assessment	30%
Culinary Management Assessment	10%
<hr/>	
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):

For daytime students, the following course publication will be required in multiple courses over all four semesters.

Gisslen, Wayne. (2022). *Professional Baking* (8th ed.). Wiley. ISBN: 13 digits. ISBN: Print Textbook + Perpetual Enhanced E-Text 9781119899990 / 978111984070.

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. Demonstrate the use of kitchen equipment, hand tools and measures in a safe working environment.

Objectives:

- 1.1 Identify hazardous areas during a tour of the kitchen, bakery and butcher shop.
- 1.2 Demonstrate appropriate use and operation of kitchen equipment.

- 1.3 Demonstrate the proper use of knives and hand tools.
- 1.4 Use a variety of knives and tools to prepare food safely.
- 1.5 Apply basic sanitation principles.

2. Identify positions within a kitchen brigade.

Objectives:

- 2.1 Describe positions within a modern classical kitchen brigade.
- 2.2 Demonstrate basic competencies of positions within a kitchen brigade.

3. Demonstrate cooking methods to industry standards.

Objectives:

- 3.1 Prepare hot and cold savoury dishes suitable for sale in a bakery-cafe setting.
- 3.2 Apply flavouring and thickening techniques to stocks and sauces.
- 3.3 Prepare artisan sandwiches, market salads and dressings.
- 3.4 Prepare, stocks, soups and sauces.
- 3.5 Identify market forms and quality indicators of meats, poultry and seafood.
- 3.6 Apply moist-heat cooking and dry-heat cooking methods.
- 3.7 Demonstrate appropriate handling and baking of frozen goods.

4. Summarize factors affecting sustainability within the foodservice industry.

Objectives:

- 4.1 Describe the impact of modern food production on animal welfare.
- 4.2 Describe the impact of modern food production on personal and public health.
- 4.3 Describe the impact of modern food production on workers and communities.
- 4.4 Describe the impact of modern food production on the environment.
- 4.5 Describe the role of food service industry professionals in addressing sustainability issues.

5. Apply culinary management skills.

Objectives:

- 5.1 Apply basic math principles.
- 5.2 Demonstrate a collaborative and open-minded approach to all assigned tasks.
- 5.3 Apply and practice effective communications.
- 5.4 Practice receiving and providing positive and constructive feedback.
- 5.5 Practice the writing and the application of effective work plans.
- 5.6 Demonstrate critical reflection.

6. Demonstrate job readiness skills and practices.

Objectives:

- 6.1 Demonstrate technical competence in production-based environments.
- 6.2 Demonstrate professional behaviour and respectfully communicate with people of diverse backgrounds and points of view.

6.3 Demonstrate kitchen safety and food safety practices.

© 2015 - 2023, Southern Alberta Institute of Technology (SAIT). All Rights Reserved.

This document and materials herein are protected by applicable intellectual property laws. Unauthorized reproduction and distribution of this publication in whole or part is prohibited.
