



SOUTH PLAINS COLLEGE

Culinary Arts Department

## **CHEF 2301-273**

## **Intermediate Food Preparation**

**Course Description:** This class will explore both academically and practically a wide variety of cooking techniques along with proper production of stocks, soups, and sauces.

### **Instructor:**

Chef Sarah Reid

Email: [sreid@southplainscollege.edu](mailto:sreid@southplainscollege.edu)

Phone: (806) 716-4613

Office Hours: M/W: 9:30AM-11:00AM, Friday 8:00am-1:00pm

**Class Hour and Room:** M/W 11:15am-2:15pm

**Exam Schedule:** The Final date and time is TBD.

**Required Text:** On Cooking Plus MyLab Culinary and Pearson Kitchen Manager with Pearson eText -- Access Card Package, 6/E ISBN # 9780134872780 \*this is the same book and access code used for CHEF 1301, YOU ONLY NEED TO PURCHASE THIS ONCE, they are used for both classes

**Required Materials:** One inch, 3 ring binder, Knife kit, Sharpies, Thermometer, Pens, Peeler. You may choose to use page protector so that your recipes stay clean.

**NOTE:** LOG INTO PEARSON THROUGH BLACKBOARD. DO NOT GO DIRECTLY TO THE Pearson WEBSITE.

### **NOTEBOOKS/ LAB BOOKS/ RECIPES**

Syllabus, all notes, every single recipe, sketches, diagrams and information pertaining to the production of assigned recipe items must be recorded and saved.

#### **LAB BOOKS- 3 RING BINDER**

1. Your notes for class- prior to class date
2. Questions for clarification by Chef
3. Chef's notes- in class
4. Any handouts for that lesson
5. Recipes- in format
6. Special chef notes on recipes- special instruction
7. Homework, quizzes or research

All notebooks will be organized by chapter and checked at the end of the semester by Chef for a grade. Notebooks are intended to measure knowledge and participation in the learning process. It will also be used as a study guide for the Practical and Written Finals.

## **PREPARED FOR CLASS:**

All students are expected to arrive ON TIME in full and proper uniform and ready to begin the class.

**ON TIME IS DEFINED AS:** in the classroom, prepared to begin at the EXACT start time of the class.

TARDY / LATE: any time after the exact start of class. 3 TARDY/ LATES will result in a deduction of points from your lab grade.

EXCESSIVE TARDINESS is defined as more than 4 in a semester and will be dealt with on a individual basis.

Prepared Means:

- Proper/clean uniform and hat with Non-slip closed toe shoes
- Non-slip closed toe shoes
- Knife kit
- Proper hygiene
  - Showered, shaved, hair clean, and pulled back if necessary
  - Clean fingernails, well-trimmed, no nail polish or fake nails
  - No fake eyelashes
  - No heavy colognes or perfumes
  - No jewelry, watches- tight fitting wedding band is acceptable
  - No outside food in the lab or classrooms
  - Drinks are permitted ONLY in a closed top container, stored beneath the work surface
  - No cell phones in classrooms. Must kept in lockers
    - If there is a sound reason to keep your cellphone, please get permission prior to class. It will be kept under my station in a zip lock bag on silent.
  - All students will have Lab books/notes/ recipes under table prior to class
  - Student will have at all times
    - 1 BLACK sharpie
    - 1 pen

SANITATION AND GARBAGE:

- Each table must have a clean sanitizer bucket with a clean sponge in it.
- Towels/ sanitizer used for raw proteins must be kept separate containers
- Do not dump liquids in garbage cans
- Do not throw anything/ food products in the garbage without Chefs permission
- Scrape food scraps for all items to be cleaned
- Liquids with food solids in them must be strained and discarded before pouring in the sink
- NEVER place a knife in a sink or sanitizer bucket
- Pick up / clean up any drops or spills immediately. Place wet floor sign over all spills
- Completely clean/ sanitize station BEFORE and AFTER USE.
- Keep station clean and free of debris or clutter at all times
- Remove apron before entering the bathroom
- No eating, snacking or tasting without Chefs permission
- KITCHEN TOWELS- 3 towels per student per day
  - 1 towel wet in sanitizing solution for under the cutting board
  - 2 towels folded in aprons as side towels

**ADA STATEMENT:** Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at the Lubbock Center, the Levelland Student Health & Wellness Center 806-716-2577, Reese Center Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

## Grading Policy:

1. There will be **no** Make-up on Homework Assignments or Exams.
2. Assignments and due dates may be found on Blackboard under the "Homework Tab".
3. Individual effort must be demonstrated on all exams. Also considered inappropriate is the use of, in any fashion, a solution manual of any kind. It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. **Academic Dishonesty:** "At minimum, the first instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive a zero for the assignment. The second instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive an F in the course and be expelled from the program".
4. Class participation and attention will be crucial to the student's successful completion of this course. While attendance will be not be taken, a weekly lab grade will. The Lab grade will directly correlate to in-class production. The grading scale is as follows:

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

5. The grading will be based on the following assignment:

Homework:	30%
Midterm Written Test:	20%
Weekly Lab grade:	30%
Final:	<u>20%</u>
	100%
7. If there is a problem or a dispute with a grade, it must be brought to your instructor's attention and resolved within 5 days of the grades return. After that, it will not be considered under any circumstances.
8. If you feel you need out of class help, please visit with your professor during office hours.

## Notes:

- Homework can be found on blackboard. It will be turned in every Wednesday. It must be typed. Student should also be aware of mis-spelled words and poorly worded sentences.
- There might be a possibility for extra credit or a bonus sometime during the semester. These extra points CANNOT raise your grade for a particular segment of your grade beyond 100%. For example, your maximum quiz average can only be 100% or test average can only be 100%.
- The Final is over items covered in Chapters 11, 12, 23, 25, and 26 and will include a written and practical portion. Date of this exam is to be determined.
- If you need special accommodations, you will still have to take the test on the scheduled date of the exam. If there is a conflict, you will have to prove it to your instructor in order to take an exam at a different time.
- Your daily lab grade will be based on the Lab Rubric.

**Classroom Etiquette:** Students should arrive on time for class and be in full, required uniform. All cellphones, laptops, and bags are not allowed in the lab space. Only required materials such as textbooks, binders, knife kits, and pens are allowed to be in class. Lockers will be assigned for student use, students must bring their own lock if desired. No outside food or drink is allowed in class except for a closable water bottle. All students are responsible for cleaning up after themselves. No one will leave class until the lab is clean and approved by the instructor.

**Required Uniform:** Students should ALWAYS be in full uniform for ALL classes. Clean/wrinkle free chef coats, pants, caps, and non-slip shoes are required. Students SHOULD NOT wear any jewelry except for a snug to the wrist watch, and a wedding band/ring that are permitted. Student's personal hygiene is EXTREMELY important. Clean hair, hands, and fingernails are a part of the uniform as well.

**Topics:** The list of selected topics may be modified during the course of the semester. The instructor will notify the class of any changes to the topic list.

### Course Outline Intermediate Food Prep

Week	Homework Exams	Topic	Lecture/In Class Assignments	Reading Assignment
Week 1 1/17- 1/20	None Due	<b>Orientation/Syllabus</b>	Day 1: No class-MLK Day Day 2: Syllabus/Lecture Knife skills, Safety and Sanitation, Expectations/Table Set up	Chapter 11
Week 2 1/24- 1/27	Due 1/26	<b>Stock: Ingredients and Procedures</b>	Day 1: Lecture on Stocks, Ingredients, and Procedures Day 2: Vegetable Stock and Roasted Tomato Product	Chapter 11
Week 3 1/31-2/3	Due 2/2	<b>Stock: Brown Bones and Veal Stock</b>	Day 1: Browning Bones, Chicken Stock, Court Bouillon, Dashi, Bouquet Garni, Onion Pique Day 2: Veal Stock and Demi Glaze	Chapter 11
Week 4 2/7-2/10	Due 2/9	<b>Soups-Thickening Agents and Clarification. Soup Types</b>	Day 1: Remouillage, Lecture on Roux and Thickening Agents, Demo-Gumbo Day 2: Jacques Pepin Consommé Video, Lecture-Clarification, Consommé, and Soup Types, Roux Production-Country Gravy with Sausage, Egg Drop Soup	Chapter 11 Chapter 12
Week 5 2/14- 2/17	Due 2/16	<b>Soups</b>	Day 1: French Onion Soup, Potage de Printemps(Vegetable Soup) Importance of Knife Cut Precision in Production Day 2: Chicken and Green Chile Soup, Cream of Broccoli	Chapter 12
Week 6 2/21- 2/24	Due 2/23	<b>Soups</b>	Day 1: Chili and Deconstructed Mushroom "Cappuccino" Soup Day 2: Crab Bisque and New England Clam Chowder	Chapter 12
Week 7 2/28- 3/3	Due 3/2	<b>Mother Sauce and Sauce Finishing Techniques Bechamel/Derivatives</b>	Day 1: Mother Sauce Lecture and Sauce Finishing Techniques Day 2: Bechamel- Demo Alfredo Mornay-Croque Madam/Monsieur	Chapter 11
Week 8 3/7-3/10	<b>Day 2: Due 3/9 Midterm Exam</b>	<b>Mother Sauces-Veloute-Derivatives Hollandaise-Derivatives</b>	Day 1: Veloute-Crab Supreme and Lemon Dill Beurre Blanc with Shrimp Day 2: Hollandaise-Béarnaise with Steak Frites, <b>EXAM</b>	Chapter 11

Week 9 3/14- 3/17	None due	Spring Break	Spring Break	
Week 10 3/21- 3/24	Due 3/23	<b>Mother Sauces- Espangole/Tomato</b>	Day 1: Espangole-Steak Poivrade Day 2: Tomato-Tomato Concasse and Putanesca	Chapter 11
Week 11 3/28- 3/31	Due 3/30	<b>Modern Sauces</b>	Day 1: Dr. Pepper BBQ, Peanut Sauce, Red Pepper Coulis Day 2: Condiment Sauces-Cocktail, Honey Mustard, Tzatziki	Chapter 11
Week 12 4/4-4/7	Due 4/6	<b>Composed Salads and Fruit Presentation</b>	Day 1: Shrimp Luis w/ Avocado Dressing, Thai Chicken Peanut Salad Day 2: Fruit Slicing and Presentation	Chapter 25 Chapter 26
Week 13 4/11- 4/14	Due 4/13	<b>Composed Salads and Dressings</b>	Day 1: Roasted Honey Balsamic Beets with Goat Cheese Salad, Korean Minted Cucumber Salad, German Potato Salad Day 2: Mayonnaise, Coleslaw, Ranch Dressing, Panzanella Salad	Chapter 25
Week 14 4/18- 4/21	Due 4/20	<b>Grains</b>	Day 1: Chile-Bleu Cheese Grit Souffle, Roasted Red Pepper Polenta (Hold for day 2) Day 2: Pan Seared Polenta, Vegetable Couscous, Hummus, Israeli Pita Bread	Chapter 23
Week 15 4/25- 4/28	None Due	<b>Review</b>	Day 1: Review Day Day 2: Review Day	
Week 16 5/2-5/5	<b>Finals</b>	<b>Finals</b>	Day 1: Written Final/ Mis En Place for Practical Day 2: Practical Final	Finals
Week 17 5/9-5/12	None Due	<b>Cleaning</b>	Cleaning	Cleaning

## South Plains College's Notices

### ATTENDANCE: (along with your Instructor's Policy)

When an unavoidable reason for class absence arises, such as illness, an official trip authorized by the college or an official activity, the instructor may permit the student to make up work missed. It is the student's responsibility to complete work missed within a reasonable period of time as determined by the instructor. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay in reporting to a class after official enrollment, absences will be attributed to the student from the first class meeting.

Students who enroll in a course but have "Never Attended" by the official census date (the 12<sup>th</sup> class day), as reported by the faculty member, will be administratively dropped by the Office of Admissions and Records. A student who does not meet the attendance requirements of a class as stated in the course syllabus and does not officially withdraw from that course by the official census date of the semester, may be administratively withdrawn from that course and receive a grade of "X" or "F" as determined by the instructor.

It is the student's responsibility to verify administrative drops for excessive absences through MySPC using his or her student online account. If it is determined that a student is awarded financial aid for a class or classes in which the student never attended or participated, the financial aid award will be adjusted in accordance with the classes in which the student did attend/participate and the student will owe any balance resulting from the adjustment.

**NOTICE TO STUDENTS:** In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

**Campus Concealed Carry Statement**-Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently asked Questions, please refer to the Campus Carry page at <https://www.southplainscollege.edu/campuscarry.php>

**South Plains College Culinary Arts Alcohol Use Policy:** South Plains College Culinary Arts program uses various liquors, liqueurs, wines and beers as recipe ingredients within the culinary curriculum. Alcohol is secured in the culinary facility and only accessible by culinary faculty. Alcohol may only be used if a recipe requires liquor/liqueur/wine/beer as an ingredient. Consumption of alcohol by students is strictly prohibited. Alcohol is only to be handled by instructors; no exceptions. Violations will be considered a "Student Code of Conduct" violation and will result in strict disciplinary action, including referrals to the Executive Director of Lubbock Center, Dean of Students, and Campus Police.

#### **SPC Covid-19 Protocol**

If a positive student has attended class 3 days prior, please send DeEtte Edens the class roster including student emails, so DeEtte can notify students of a possible exposure.

- ***Consistent with the latest CDC recommendations, we have revised our guidance for students, faculty, and staff who have a known exposure or have tested positive. Anyone with a known exposure should wear a mask for 10 days and should seek a COVID-19 test on day five after exposure. If you test positive or develop symptoms, you should immediately self-isolate and seek a COVID-19 test. Please immediately notify your instructor, supervisor, and DeEtte Edens, Associate Director of Health and Wellness, any time you test positive for COVID-19. Anyone who tests positive is required to self-isolate for five days. Following the five-day isolation period, if you are asymptomatic or your symptoms are resolving, you may return to work or class but should wear a mask for five additional days. If you are still symptomatic, please contact DeEtte Edens at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or 806-716-2376 prior to your return date.***