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| **Food Production Lab**  **TS2 (120 Hours)**  **Course Description:**  The kitchen technology and laboratory for the second year of education is a very intense hands-on course designed to improve the overall skills of a hospitality student.  It is a place to learn or review basic cooking skills.  The course focuses on knife skills, composition and structure of meat, poultry, games ,fish and shellfish, advanced baking techniques, buffet platter production and presentation, production of course meals, advanced dessert preparation. This course includes the preparation and presentation of classical and Lebanese sophisticated dishes with proper sauces and accompaniments, specialties like Sandwiches Canapés and Crepes. |

**FIRST : TECHNOLOGY**

**General Outcomes:**

At the end of this course the student should have the following knowledge::

**1.** Describe the composition and structure of meat, and explain how they relate to meat selection and cooking methods

**2.** Identify the characteristics of game meats and select the appropriate cooking methods for them.

**3.** Explain the differences between light meat and dark meat, and describe how these differences affect cooking.

**4.** Explain how the cooking qualities of fish are affected by its lack of connective tissue.

**5.** Determine doneness in cooked fish.

**6.** Demonstrate the appropriate cooking methods for fat and lean fish.

**7.** Describe the factors that influence texture, flavor, color, and nutritional changes when cooking vegetables.

**8.** Cook vegetables to their proper doneness.

**9.** Understand the popular varieties of shellfish, and discuss their characteristics.

**10.** Identify the major salad dressing ingredients.

**11.** Identify and describe five salad types, and select appropriate recipes for use as appetizer, accompaniment, main course, separate course, or dessert salad.

**Topics covered**

1. Understanding Meats and Game
2. Understanding Poultry and Game Birds
3. Understanding Fish
4. Understanding Vegetables
5. Salad Dressings and Salads

**Chapter 1 Understanding Meats and Game**

**Learning objectives**

**1.** Describe the composition and structure of meat, and explain how they relate to meat selection and cooking methods.

**2.** Explain the use of the meat inspection and grading system in selecting and purchasing meats.

**3.** Explain the effect of aging on meat, and identify the two primary aging methods.

**4.** Identify the primal cuts of beef, lamb, veal, and pork, and list the major fabricated cuts obtained from each of them.

**5.** Select appropriate cooking methods for the most important meat cuts, based on the meat’s tenderness and other characteristics.

**6.** Prepare variety meats.

**7.** Identify the characteristics of game meats, and select the appropriate cooking methods for them.

**8.** Determine doneness in cooked meat.

**9.** Store fresh meat and frozen meat to gain the maximum shelf life.

**Content**

1.1 Composition, Structure,

and Basic Quality Factors

1.1.1. Composition

1.1.2 Structure

1.1.3 Inspection and Grading

1.1.4 Aging

1.2 Understanding the Basic Cuts

1.2.1 Available Forms: Carcasses, Partial Carcasses,

1.2.2 Primals, and Fabricated Cuts

1.2.3 Bone Structure

1.2.4 Beef, Lamb, Veal, and Pork Cuts

1.2.5 Selecting Meats for Your Operation

1.2.6 Fabricating Meats

1.3 Cooking and Handling Meats

1.3.1 Tenderness and Appropriate Cooking Methods

1.3.2 Doneness

1.3.3 Cooking Variety Meats

1.3.4 Game and Specialty Meats

1.3.5 Storage of Meats

**Chapter 2 Understanding Poultry and Game Birds**

**Learning objective**

**1.** Explain the differences between light meat and dark meat, and describe how these differences affect cooking.

**2.** Describe four techniques that help keep chicken or turkey breast moist while roasting.

**3.** Define the following terms used to classify poultry: *kind*, *class*, and *style*.

**4.** Identify popular types of farm-raised game birds and the cooking methods appropriate to their preparation.

**5.** Store poultry items.

**6.** Determine doneness in cooked poultry, both large roasted birds and smaller birds.

**7.** Truss poultry for cooking.

**8.** Cut up chicken into parts.

**Content**

2.1 Composition and Structure

2.2 Inspection and Grading

2.3 Classification and Market Forms

2.4 Handling and Storage

2.5 Doneness

2.6 Trussing Methods

2.7 Cutting Up Chicken

**Chapter 3 Understanding Fish**

**Learning objectives**

**1.** Explain how the cooking qualities of fish are affected by its lack of connective tissue.

**2.** Determine doneness in cooked fish.

**3.** Demonstrate the appropriate cooking methods for fat and lean fish.

**4.** List seven basic market forms of fish.

**5.** Dress and fillet round fish and flatfish.

**6.** List and describe common varieties of saltwater and freshwater fin fish used in North American food service.

**7.** Identify the characteristics of fresh fish, and contrast them with characteristics of not-so-fresh fish.

**8.** Store fish and fish products.

**9.** Understand the popular varieties of shellfish, and discuss their characteristics.

**10.** Outline the special safe handling and cooking procedures for shellfish.

**11.** Open clams and oysters, split lobsters, and peel and devein shrimp

**Content**

3.1 Fin Fish

3.1.1 Composition and Structure

3.1.2 Special Problems in Cooking Fish

3.1.3 Cutting Fish

3.1.4 Varieties and Characteristics

3.1.5 Handling and Storage

3.2 Shellfish

3.2.1 Mollusks

3.2.2 Crustaceans

3.2.3 Miscellaneous Seafood

**Chapter 4 Understanding Vegetables**

**Learning objective**

**1.** Describe the factors that influence texture, flavor, color, and nutritional changes when cooking vegetables.

**2.** Cook vegetables to their proper doneness.

**3.** Judge quality in cooked vegetables based on color, appearance, texture, flavor, seasonings, and appropriateness of combination with sauces or other vegetables.

**4.** Perform pre-preparation tasks for fresh vegetables.

**5.** Determine the quality of frozen, canned, and dried vegetables.

**6.** Prepare vegetables using the batch cooking method and the blanch-and-chill method.

**7.** Store fresh and processed vegetables.

**Content**

4.1 Controlling Quality Changes

During Cooking

4.1.1 Controlling Texture Changes

4.1.2 Controlling Flavor Changes

4.1.3 Controlling Color Changes

4.1.4 Controlling Nutrient Losses

4.1.5 General Rules of Vegetable Cookery

4.1.6 Standards of Quality in Cooked Vegetables

4.2 Handling Vegetables

4.2.1 Fresh Vegetables

4.2.2 Processed Vegetables

4.2.3 Production and Holding Problems in Quantity Cooking Storage

**Chapter 5 Salad Dressings and Salads**

**Learning objectives**

**1.** Identify the major salad dressing ingredients.

**2.** Prepare the following: oil and vinegar dressings, mayonnaise and mayonnaise based dressings, cooked dressings, and specialty dressings.

**3.** Identify and describe five salad types, and select appropriate recipes for use as appetizer, accompaniment, main course, separate course, or dessert salad.

**4.** Identify a dozen popular salad greens, list six categories of other salad ingredients, and recognize several examples from each category.

**5.** Judge the quality of fruits, and complete the pre-preparation procedures for fruit.

**6.** Identify the four basic parts of a salad.

**7.** Prepare and arrange salads that achieve maximum eye appeal.

**8.** Set up an efficient system for producing salads in quantity.

**9.** Prepare the following types of salads: green, vegetable, bound, fruit, combination, and gelatin.

**10**. Set up a successful salad bar and buffetservice.

**Content**

5.1 Salad Dressings

5.1.1 Ingredients

5.1.2 Emulsions in Salad Dressings

5.1.3 Oil-and-Vinegar Dressings

5.1.4 Emulsified Dressings

5.1.5 Other Dressings

5.2 Salads

5.2.1 Types of Salads

5.2.2 Ingredients

5.2.3 .Arrangement and Presentation

**SECOND : kitchen laboratory**

**General objectives:**

The hotel management graduate has to use the time and energy of himself and his staff in the most effective manner.

To ensure the process steps of:

– Planning

– Acquisition

– Production and cooking

– Holding and storage

– Service

– Customer needs

he/she should have a lot of experience in food preparation.

The students execute different production tasks during menu preparation.

They should know all about the roots of classical cuisine.

Students prepare dishes with the specific cooking processes.

To ensure best performance of produced dishes, they have to know all about correct creating from recipes, proportion from main piece (meat, fish, poultry,…) and side dishes

Desserts are linked with production of pastry and bakery products.

The knowledge of other courses mentioned in this curriculum such as hygiene and nutrition ensures networked thinking in menu creation and preparation.

Modern presentation of produced dishes ensures modern kitchen art and customer satisfaction.

Practical execution is the most important part of this module. They have to prepare the dishes , together with the support and advice from the teacher.

The students analyze the results of the produced dishes together with the teacher and decide about required improvements.

1. **Consommés and Soups**

**Learning objectives**

* Make the consommés and soups
* Describe the clarification process of consommé and the functions of its ingredients
* Apply the appropriate techniques
* Garnish and present in soup plates and cups with adequate taste and art.

# Practical works

Asparagus soup (crème d’asperges)

Cream of green pea soup (crème St Germain)

Chicken soup (crème de volaille or crème reine)

Velouté dubarry

Minestrone

Gratinée à l’oignon

Bisque de crevettes

# Lebanese Soups :

شوربة السبانخ مع الكبة - شوربة العيد - شوربة موزات الغنم مع الكوسى

1. **Cold & Hot hors d’oeuvres**

**Learning objectives**

* Prepare the hot and cold hors d’oeuvres of this chapter
* Apply the appropriate techniques
* Garnish and present with taste and art, in the plate, the dish, etc.
* Insist on colour harmony and freshness
* Determine the field of use

# Practical works

Smoked salmon

Shrimp with cocktail sauce - Avocado shrimps

Shellfish cocktails: crab, lobster, shrimp, prawn (cocktail de crabe, homard, crevettes) with shellfish cocktail sauce

Caviar - Botarga - Foie gras

Chicken croquette - Chausson au fromage - Meat rissoles - Beignets de cervelle

Puff pastry Bouchées

Brisée pastry Ramequin

Pizza pastry Pizza

White bread Croque-Monsieur

Burrek pastry Burreks

Pancakes Pannequets

Puff pastry Fritters

Puff pastry Sausage in puff pastry

1. **Egg dishes**

Poached eggs florantine - Scrambled eggs Portuguese - Spanish omelette - Baked omelette with vegetables - Fried eggs and chicken liver

1. **Fish**

Darne de poisson pochée , sauce Mousseline

Troncons poché , sauce Hollandaise

Filet de sole meunière

Filet de sole belle meunière

Grilled fish , butter & parsley sauce

Fried fish with lemon

Fried fish with tartar sauce

Fish en Papillote

Lobster à l’ américaine

Lobster thermidor

Lebanese dishes

صيادية سمك ، طاجن - سمكة حرّة - كبة سمك

1. **Meat**

Roasted leg of lamb , Fondant potatoes (pommes fondantes)

Contre filet Jardiniere

Escalope de veau pane - pommes Lyonnaise

Filet de boeuf stroganoff - riz pilaf

Côte de pore charcutiere

Tournedos grillé , sauce béarnaise

Navarin d’ agneau printanier

Blanquette de veau a l’ancienne

Beef stroganoff (sauté de boeuf stroganoff)

1. **Red and White offal**

Rognons de veau sautés aux champignons

Foie de veau sautés a l’anglaise

Langue de boeuf braisée - pommes purée

Cervelle au beurre noisette

فتة مقادم باللبن

1. **Various Lebanese specialities**

فلافل - أجنحة دجاج بالكزبرة والثوم - مناقيش - لحم بعجين - سمبوسك باللحم - بورك بالجبنة - سجق - مقانق - سوده دجاج - لحم بالخل

1. **Various dishes**

Gratin de legumes - Meat curry - Navarin printanier - Risotto Milanese

Frogs legs Provencal - Snails bourguignonne

1. **Poultry**

Chicken sauté chasseur (poulet sauté chasseur)

Boiled or poached chicken with rice and suprême sauce

Chicken cocotte

Coq au vin

دجاج قبلما

1. **Various oriental dishes**

دجاج محشي على الطريقة الشرقية - ورق عنب وكوسى محشو مع أيادي غنم - رقبة محشية

شيش برك - شيش برك بالدجاج - لبن إمو - فستقية - كبة لبنية

مغربية بالدجاج - ملوخية - كبة أرنبية

1. **Escalope**

Escalope de veau panée

Escalope de poulet panée

Escalope Portuguese

Escalope viennoise

Escalope de veau cordon bleu

Escalope de veau à la crème et champignon

1. **Sandwiches**

**Learning objectives**

* Identify the types of cold sandwiches
* List ingredients used in cold sandwiches
* Set up a sandwich station using the “mise en place” technique
* Prepare the types of cold sandwiches
* Evaluate the types of prepared cold sandwiches to determine achievement of appropriate quality levels

# Practical works

Different breads and fillings for production of sandwiches

Croque-monsieur

Petit pain rond au crabe (ou aux crevettes)

Sandwich complet

Sandwich au poulet

Tacos au boeuf (ou à la volaille)

Open sandwich

Club sandwich

Halloumi

1. **Canapés**

**Learning objectives**

* Define and Identify types of canapés
* Outline the preparation procedures for the types of canapés

# Practical works

Different food items and ingredients for preparation of canapés

1. **Crepes**

**Learning objectives**

* Define and Identify types of salted and sweet crepes
* Outline the preparation procedures for the types of crepes

# Practical works

Crepe au saumon

Crepe au poulet

Crepe au jambon et fromage

Crepe au champignon

Crepe Alaska

Crepe suzette

Crepe au poire caramélisée

Crepe au chocolat

1. **Breads & Dough products**

**Learning objectives**

* Define baking terms
* Identify basic baking ingredients and their functions in baked products
* Select appropriate baking tools, utensils, and equipment for the preparation of specific baked products
* Outline basic preparation principles in baking
* Prepare a variety of fillings and toppings for pastries and baked goods
* Prepare advanced pastries and desserts
* Prepare Choux pastries
* Evaluate convenient pastries products and desserts to determine achievement of appropriate quality levels

# Practical works

Pain de mie - Pain boule - Pain au lait - Croissant - Brioche

Frying dough

1. **Sweets**

**Learning objectives**

* Prepare a variety of types of cakes and describe techniques used in mixing , panning baking and basic decorating
* Identify the basic types of icings and their appropriate uses
* Outline preparation procedures for fondant, butter creams, foam, fudge, flat, royal, and glaze icings, decoration, and fillings
* Prepare cakes, icings, decorations, and fillings
* Evaluate prepared cakes, icings, decorations, and fillings to determine achievement of appropriate quality levels

# Practical works

Creme patissiere - Creme anglaise - Creme au beurre - Creme aux amandes

Choux a la crème - Profiterole - Éclair - Tarte

Charlotte pompadour - Bavarois diplomate

Gateau vanille - Gateau chocolat - Gateau moka - Swiss roll - Buche de noel - Rouleau aux amandes

Souflé glace - Souflé chaud

Meringue - Vacherin Chantilly - Mont blanc