



SOUTH PLAINS COLLEGE *Culinary Arts Department*

## **CHEF 2331**

## **Advanced Food Preparation**

---

**Course Description:** Advanced concepts of food preparation and presentation techniques. Reinforces and advances techniques, terminology and course material covered in Chef 2301 and Chef 1301.

This course focuses on advanced culinary techniques, professional kitchen skills, and the art of food preparation at a high level. Students will refine their skills in classical and modern cooking methods, learn to use specialized equipment, and explore global cuisines and contemporary food trends. The course will also emphasize creativity, food presentation, kitchen management, and flavor development.

### **Course Objectives:**

Upon successful completion of this course, students will be able to:

1. Master advanced cooking techniques in both traditional and contemporary styles.
2. Understand and apply the science behind flavor development and food pairing.
3. Prepare complex dishes and multi-course meals.
4. Demonstrate proficiency with specialized cooking equipment.
5. Apply international culinary traditions and contemporary food trends in practical cooking situations.
6. Develop an understanding of the role of food aesthetics in modern dining, including plating and presentation techniques.

- 
- Practice and demonstrate a variety of specialized cooking techniques that challenge current abilities
  - Demonstrate special presentation techniques needed for a variety of foods both in a banquet/buffet presentation and in individual plate presentations
  - Define, demonstrate and evaluate for quality various cooking techniques and processes including, sautéing, pan frying, deep frying, shallow poaching, simmering, grilling, broiling, roasting, baking and combination cooking methods.
  - Prepare and present a variety of breakfast, lunch, dinner entrees and appetizer items in both a buffet/banquet and in individual plate presentations
  - Identify, prepare and present a variety of fruits, vegetables, legumes, grains and starches
  - Demonstrate proper knife skills and techniques
  - Demonstrate competency in food presentation, preparation and organization

- Demonstrate proficiency in professional standards in food preparation, handling and storage
- Demonstrate proficiency in proper recipe preparation including sanitation, organization and time management skills

#### FOUNDATION SKILLS

1. Thinking-creative
2. Thinking- seeing things in the Mind's eye
3. Thinking-decision making
4. Thinking-knowing how to learn
5. Personal qualities- responsibility

#### WORKPLACE COMPETENCIES

1. Information- Acquires & evaluates
2. Technology-Selects technology
3. Systems- understands systems
4. Technology-applies technology to task

#### **Instructor:**

Chef Patrick Ramsey, C.E.C.

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

Phone: (806) 716-2584

Office Hours: Scheduled by appointment or check office door for schedule of hours.

#### **SPC Policies and Syllabus Statement:**

**For Intellectual Exchange, Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations, CARE (Campus Assessment, Response, and Evaluation) Team, and Campus Concealed Carry, click here:**

[Syllabus Statements \(southplainscollege.edu\)](http://southplainscollege.edu)

#### **Grading Policy:**

1. There will be **no** Make-up on Homework Assignments or Exams.
2. 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".

3. Class attendance and attention will be crucial to the student's successful completion of this course. Attendance will be taken.
4. IF STUDENTS ARE ABSENT ON LAB DAYS, a **0** score will be submitted for the Daily Lab Grade, AND THERE WILL BE NO MAKE UP LAB.
5. The grading scale is as follows:

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

Assessment Methods for course learning goals:

QUIZZES:	20%
LAB GRADE:	40 %
PRACTICAL EXAM	20%

#### QUIZZES and HOMEWORK:

There will be homework, quizzes both written and oral given throughout the semester. These will be announced and unannounced. Assignments and due dates will be discussed as needed.

#### CLASS PARTICIPATION:

Class participation is based on attendance, discussion and production of the Recipe items outlined for that day. There will be no make up for scheduled Labs. Class attendance is crucial to the successful completion of this course.

The following standards will be factored into your daily/weekly grade.

\*see **DAILY LAB RUBRIC**

- Clean uniform, proper uniform
- On-time, class ready
- Attentive/ active participation in class
- Proper hygiene
- Proper class set-up and clean up

### PRACTICAL EXAM:

There will be 1 practical exam given at the end of the semester. Outlined in **Course Content**

Each student will be judged on the following criteria:

- Mise en place
- Recipe organization
- Method/ procedure planning
- Execution of tasks
- Timeliness of the execution
- Attractive plating and presentation
- Organization of workspace
- Proper sanitation in all aspects of the process
  - Failure to maintain proper sanitation during any part of the examination will be an automatic failure. No make-up tests are allowed.

Food will be presented and judged by the Chef Instructor. Each student will be required to present an evaluation sheet on each dish prepared. Final grades will be derived on a percentage basis from those evaluations. Each student is required to turn in an evaluation/ critique of his or her own presentation.

### LAB CLEAN-UP

All students are expected and required to participate in class/ lab clean up. You are responsible for your tools, dishes and area during the class. Once you have been graded you are required to help clean up the lab and facilities and any utensils or equipment used.

- FAILURE TO PARTICIPATE ACTIVELY IN CLEAN-UP WILL RESULT IN A 0 FOR THE DAILY GRADE
- All dishes/pots/pans/ bowls/ utensils will be properly washed, sanitized dried and stored properly
- All equipment will be cleaned, sanitized before departure
- Floors will be THOROUGHLY swept, trash bagged and disposed of outside, and tables cleaned and sanitized BEFORE a MOPPING. Mopping is the final class activity before dismissal. Role will be taken again before dismissal.

### COMMUNICATION:

With the Chef:

- Address the Chef by “chef” and the last name only.
- If the Chef gives an instruction, direction or constructive criticism the culinarian will respond, in a normal voice level.
  - “yes Chef”
  - “thank you, Chef,”

#### EXPECTATIONS:

- A culinarian must be able to communicate both orally and in writing with other culinarians
- A culinarian is required to have knowledge of communication through body language and non-verbal cues.
- A culinarian is polite and greets the Chef and peers properly at the beginning of each class
- Any badgering, bullying or criticism by any student to another student is unacceptable. This is a learning environment.

#### STORAGE AND REFRIGERATION:

- Cover and label all foods to be refrigerated or stored
- Do not store food or products in an “open” container, i.e. jar, can etc.
  - Empty all contents into an appropriately sized container and seal with proper lid.
- Do not simply wrap “open” bags
  - All products must be stored in proper containers or labeled Ziploc bags
- ONE PLACE FOR EVERYTHING-EVERYTHING IN ITS PLACE.
- Walk-in coolers are for large mise en place
- Reach in coolers are for daily class use only
  - Do not remove or place anything in the reach-in coolers without Chefs permission

#### 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
- All tasting must be done with SINGLE-USE plastic spoon
  - No fingers or spoon /utensil licking
- All utensils used in cooking process must be placed in proper holding containers
  - Do not leave spoons, whisks or spatulas in food products

#### KNIVES:

- Knives are to be constantly monitored and maintained
  - SHARP AND CLEAN WITH PROPER BLADE COVERS
- Use only the knife you need. All other knives are properly stored in knife kit
- NEVER catch a falling knife

- NEVER place/ leave a knife directly on a table top or cutting board
  - Knives will be placed on proper clean cloth on table when not at station
- NEVER turn, point or gesture with your knife or cooking utensils

#### 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
- Towels are not be used for drying utensils or cookware- all items must air dry
- If side towels are clean they may be taken to following lab

#### IN CLASS SUPERVISORY POSITIONS:

1. SOUS CHEF
    - a. In charge of the class for the day
    - b. Speaks for the Chef, holds the authority of the Chef
      - i. Must arrive to class 5 minutes prior to class
      - ii. Responsible for mise en place sets for the day
      - iii. Ensures stations are properly equipped
      - iv. Supervises/ approves cleaning, sweeping, sanitizing operations
      - v. Ensures garbage is removed
      - vi. Dismissal of class
      - vii. Checks and supervises operations of other students
  2. Assistant Sous Chef
    - a. Assist the Sous Chef as directed by Sous Chef
    - b. Must arrive 5 minutes prior to class
  3. Sanitor
    - a. Responsible for all sanitation
    - b. Distribution of towels and aprons
    - c. Storage of all products, labeling dating
    - d. Proper sanitation of equipment, utensils and lab areas
    - e. Set up of 3 compartments sink prior to class
    - f. Set up of sanitation buckets under each table
  4. Chief Steward
    - a. In charge of all dishwashing and utensil cleaning, storage and return to proper storage
    - b. In charge of all equipment distribution, cleaning and proper storage
    - c. Designates 3 compartment sink washers, floor moppers, dish machine operators, garbage disposal
  5. Assistant Steward
    - a. Assists the Chief steward as directed
- Every student will have the opportunity to work in all supervisory position
  - Positions are assigned randomly
  - Supervisory positions are assigned weekly
  - These positions are necessary in your development as a Lead Commis.
    - Respect the position, respect the person in charge

- Show integrity and professionalism in your conduct
- The Brigade system exists for organization, sanitation and efficient completion of tasks assigned

**YOUR ABILITY TO TAKE DIRECTION IS MORE IMPORTANT THAN YOUR ABILITY TO GIVE DIRECTIONS.**

ALL Commis are required to follow directions of supervisors. Failure to comply will result in a 0 Lab Grade for that day. Disputes will be handled by the SOUS CHEF or if serious, it will be addressed to the Chef by the SOUS CHEF for resolution and possible punitive action.

**LAB / CLASSROOM RULES:**

- No jewelry. A wedding band and small stud earrings are the only acceptable exceptions
  - You will be asked 1 time to remove improper attire. Failure to comply may result in the a deduction from your daily lab grade.
  - Habitual violations, more than 2, will result in a conference that will be recorded in for daily grade
- All facial hair must be neatly trimmed, no long beards. If you choose to keep your beard, a facial hair net will be required.
- All students must have hair restrained. No hair hanging from the front or back of hat. If your hair will not fit completely in the hat, then a hair net will be required at all times.
- Student will be in complete uniform at all times. This includes top button closed on the chef coats while in the kitchen. Uniforms will be inspected daily for cleanliness. If your jacket is spotted ruined or otherwise discolored you will be required to purchase a new jacket at your expense.
- No “hoodies” or “baggy” sleeves protruding from the Chef’s coat are allowed.
- NO FAKE, LONG OR PAINTED FINGERNAILS.
- Non-slip, oil resistant shoes only, with socks- no exception.
- Personal hygiene is a must. If your professional appearance, dress or body odor is offensive, you will be asked to correct the issue. Failure to comply will result in a zero for everyday the offense occurs; more than 3 requests will require a conference.
- CELL PHONES ARE NOT ALLOWED IN CLASSROOMS OR LABS. Cell phones are privilege not a right. Cell phones must be stored in lockers. If you are expecting an emergency, you may place your cellphone in a plastic Ziploc bag, place the phone to vibrate and leave it under your work station for the class period. If it is an emergency, you will be excused to take the call. Any cellphones in the classroom will result in a deduction of daily lab grade.
  - This means no sitting in the classroom and texting/ talking or listening to music anytime during school hours. Cellphones may be used in the common areas of the school only.
- No outside food is allowed in the classrooms at any time. This means no eating in classroom before, in between or after class periods. Food will be consumed in common area only. Food that is prepared during the class maybe eaten at the instructor’s approval with proper utensils and sanitation. Snacking, nibbling or “tasting” during the production process of a recipe will result in a deduction in daily lab grade for the day.
- Outside Drinks maybe consumed during class. Drinks must be in a proper container. No glass bottles, all beverages must be in a container with a lid and consumed with a straw or proper “sipping” lid (ie coffee drinks) and must be kept under the workstation.

- No gum, lipstick, lip balm, hand lotions, colognes or perfumes are permitted
- NO “vaping” inside the SPC complex is allowed. All cigarette smoking and Vaping must occur 50 feet from any entrance to SPC. No chewing tobacco is allowed in the classroom ever.

These rules of proper sanitation are the rules most broken, and the ones most watched for now, both professionally and academically. Proper training creates proper habits. Safety and hygiene are not negotiable. These rules are enforced at the federal level, state level and private level every single day. They are unavoidable and necessary.

Before every class each student will perform the following;

- Ensure proper uniform before entering the lab
- Properly wash hands
- Set your station and gather required product for day’s class

**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.



## ADVANCE FOOD PREP 2025

### TUESDAY & THURSDAY-26 ACTUAL DAYS OF CLASS

#### DATE DAY WEEK 1

14-Jan	Tuesday	multiple lectures/ introduction to course
16-Jan	Thursday	

#### WEEK 2

21-Jan	Tuesday	hors'oevres
23-Jan	Thursday	

#### WEEK 3

28-Jan	Tuesday	l'amuse
30-Jan	Thursday	

#### WEEK 4

4-Feb	Tuesday	soups, bisques, potage
6-Feb	Thursday	

#### WEEK 5

11-Feb	Tuesday	plated appetizer course
13-Feb	Thursday	

#### WEEK 6

18-Feb	Tuesday	elegant salad course
20-Feb	Thursday	

#### WEEK 7

25-Feb	Tuesday	fish course
27-Feb	Thursday	

#### WEEK 8

4-Mar	Tuesday	first Main course / poultry
6-Mar	Thursday	

#### WEEK 9

11-Mar	Tuesday	intermezzo course /palette cleanser
13-Mar	Thursday	

#### WEEK 10

18-Mar	Tuesday	<i>SPRING BREAK WEEK</i>
20-Mar	Thursday	

#### WEEK 11

25-Mar	Tuesday	2nd Main Course
--------	---------	-----------------

27-Mar Thursday

**WEEK 12**

1-Apr Tuesday cheese and fruit course  
3-Apr Thursday

**WEEK 13**

8-Apr Tuesday American Bistro Foods/ plated Main courses  
10-Apr Thursday

**WEEK 14**

15-Apr Tuesday American Bistro Foods/ Lunch and Brunch  
17-Apr Thursday

**WEEK 15**

22-Apr Tuesday **FINALS**  
24-Apr Thursday

**WEEK 16**

29-Apr Tuesday **FINALS**  
1-May Thursday

**WEEK 17**

6-May Tuesday ***LAST DAY OF CLASS-CLEANING***  
8-May Thursday