



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

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. 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

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 randomly by Chef. 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
- Non-slip closed toe shoes
- Proper hygiene
 - Showered, shaved, hair clean, and pulled back if necessary
 - Clean fingernails, well-trimmed, no nail polish or fake nails
 - 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.
Cellphones with permission will be kept in pocket on SILENT MODE.
 - All students will have Lab books/notes/ recipes on 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:	20%
Quizzes:	20%
Midterm Test:	10%
Weekly Lab grade:	20%
Final:	30%

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.
- 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, 22 and 23 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.

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 Due	Topic	Lecture/In Class Assignments	Reading Assignment
Week 1 1/18-1/21	None Due	Orientation/Syllabus Stocks	Day 1: No class Day 2: Syllabus/Lecture Knife skills, safety/Sanitation, Different stocks	Chapter 11
Week 2 1/25-1/28	1/27	Stock: Ingredients, procedures, and cooking White Stock	Day 1: Browning Bones, Vegetable and Chicken Stock Production Demo Veal Stock, Glaze, Demi-Glaze, Remouillage Day 2: Court Bouillon, Dashi, Bouquet Garni, Onion Pique, Sachet D'Epices,	Chapter 11
Week 3 2/1-2/4	2/3	Thickening Agents/ Soups- Broth Style	Day 1: Thickening agents, Rouxs, Beurre Manie, Types of soups, Emulsifications (Vinaigrette Demo), Day 2: Jacque Pepin Consommé Video, Prepare Consommé in teams, French Onion Soup	Chapter 11
Week 4 2/8-2/11	2/10	Soups-Cream Style	Day 1 Tomato Basil, Cream of Broccoli Day 2: Apple Butternut Squash and Chicken Green Chili Soup	Chapter 12
Week 5 2/15-2/18	2/17	Soups-Thick Style Cream Soups and Purees	Day 1: Crab Bisque, Deconstructed Mushroom "Cappuccino" Soup Day 2: Clam Chowder, Roasted Corn-Jalapeno Chowder	Chapter 12
Week 6 2/22-2/25 Quiz 1-2/22	2/24	Soups- Other Mother Sauce Lecture and Sauce Finishing Techniques	Day 1: White Gazpacho, Chili Day 2: Mother Sauce Lecture and sauce finishing Techniques	Chapter 12 Chapter 11
Week 7 3/1-3/4	3/3	Bechamel/Derivatives Velouté/Derivatives	Day 1: Bechamel-Mornay, Soubise, Alfredo Day 2: Velouté-Supreme, Allemande, Lemon Dill Beurre Blanc	Chapter 11
Week 8 3/8-3/11 Midterm 3/10	3/10	Hollandaise/Derivatives	Day 1: Hollandaise- Mayo, Lemon Aioli (Save for Day 24) Day 2: Hollandaise-Béarnaise	Chapter 11
Week 9 3/15-3/18	None due	Spring Break	Spring Break	
Week 10 3/22-3/25	3/24	Espangole/Tomato	Day 1: Espangole- Bordelaise, Poivrade, Sauce Diane Day 2: Tomato-Tomato Concasse, Creole, Putanesca	Chapter 11

Week 11 3/29-4/1 Quiz 2	3/31	Modern Sauces	Day 1: Dr. Pepper BBQ, Peanut Sauce, Red Pepper Coulis Day 2: Condiment Sauces-Cocktail, Horseradish Sauce, Honey Mustard, Mignonette, Tzatziki, Coleslaw	Chapter 11
Week 12 4/5-4/8	4/7	Vegetable Cookery	Day 1: Hari Covert Basquaise, Brussel Sprouts with Bacon and Pignoli, Asparagus w/ Hollandaise Day 2: Baked Stuffed Artichokes, Jerusalem Artichokes with Mornay Sauce.	Chapter 22
Week 13 4/12-4/15	4/14	Vegetable Cookery	Day 1: Roasted Beets with Balsamic and Honey Glaze, Cauliflower Au Gratin, Braised Cabbage Day 2: Sweet Potato Hash, Creole Vegetable Sautee(Succotash), Vegetable Fried Rice	Chapter 22
Week 14 4/19-4/22	4/21	Grains/Fried Vegetables	Day 1: Chile-Bleu Cheese Grit Cakes, Rissotto alla Parmigiana (turn half into Ris I Bisi and save for Day 2) Day2: Arancini, Frito Misto with Lemon Aioli(day 14) and Sanbai Su(turn into Pad Thai Sauce)	Chapter 23
Week 15 4/26-4/29	4/28	Grains	Day 1: Hummus and Roasted Vegetable Couscous Day 2: Review Day	Chapter 23
Week 16 5/3-5/6	No Homework	Finals	Day 1: Written Final/ Mis En Place for Practical Day 2: Practical Final	Finals
Week 17 5/10-5/13	No Homework	Cleaning	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 12th 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.

Face covering Policy: It is the policy of South Plains College for the Fall 2020 semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.