



Western Technical College

## 10317158 Meat & Seafood Cookery

### Course Outcome Summary

#### Course Information

<b>Description</b>	This course is designed to focus on the various types of cooking methods for proteins found in the restaurant industry, including beef, pork, lamb, poultry, and fish. The emphasis of study includes various common plating standards used in the industry with the inclusion of starch and vegetables that complement the protein. The use of various techniques is demonstrated for the student. Students will adhere to basic kitchen principles of food safety.
<b>Career Cluster</b>	Hospitality and Tourism
<b>Instructional Level</b>	Associate Degree Courses
<b>Total Credits</b>	2
<b>Total Hours</b>	72

#### Textbooks

*Professional Cooking + Wileyplus*. 9th Edition. Copyright 2019. Gisslen, Wayne. Publisher: John Wiley & Sons, Inc. **ISBN-13:** 978-1-119-40901-4-8. Required.

*317-157 Lab Manual*. Western. Publisher: Western. Required.

#### Learner Supplies

Culinary Kit - \$186. **Vendor:** Campus Shop. Required.

Name Pin - \$5.00. **Vendor:** To be discussed in class. Required.

Black Pants - \$25-30. **Vendor:** To be discussed in class. Required.

Black baseball cap with Western's Logo - \$25. **Vendor:** Campus Shop. Required.

Black shoes with non-slip soles (no tennis) - \$35-40. **Vendor:** To be discussed in class. Required.

Chef Coat - \$25. **Vendor:** Campus Shop. Required.

Two potholders - \$5. **Vendor:** Campus Shop. Required.

White apron - \$7. **Vendor:** Campus Shop. Required.

White shirt (short sleeve with button down collar) - \$15-20. **Vendor:** To be discussed in class. Required.

## Program Outcomes

1. Apply principles of safety and sanitation in food service operations.
2. Apply principles of nutrition.
3. Demonstrate culinary skills.
4. Plan menus.
5. Relate food service operations to sustainability.

## Course Competencies

### 1. Compare the characteristics and nutritional qualities of protein sources used for meals in a commercial kitchen.

#### Assessment Strategies

- 1.1. Written Objective Test or Quiz

#### Criteria

*You will know you are successful when*

- 1.1. you identify protein sources in meats, poultry, fish, and seafood.
- 1.2. you contrast protein characteristics of meat, poultry, fish, and seafood.
- 1.3. you identify how protein sources and characteristics are affected by food preparation, storage, and cooking.
- 1.4. you identify saturated and unsaturated fats.
- 1.5. you identify the reasons for selecting plant-based fats versus animal-sourced fats for different tasks.
- 1.6. you identify how fat and calorie contents of meat, poultry, fish, and seafood drive menu planning.
- 1.7. you identify how nutritional qualities can be affected by food preparation, cooking, and storage.
- 1.8. you select recipe options and cooking methods that promote a balanced plate.

#### Learning Objectives

- 1.a. Examine protein sources in meats, poultry, and fish and seafood.
- 1.b. Investigate protein characteristics of meats, poultry, and fish and seafood.
- 1.c. Examine how protein sources and characteristics are affected by food preparation, storage, and cooking.
- 1.d. Examine saturated and unsaturated fats.
- 1.e. Contrast plant-based fats and animal-sourced fats.
- 1.f. Contrast fat and calorie contents of meats, poultry, and fish and seafood.
- 1.g. Examine how nutritional qualities can be affected by food preparation, cooking, and storage.
- 1.h. Identify recipe options and cooking methods that promote a balanced plate.

### 2. Demonstrate proficiency working with recipes and knife skills.

#### Assessment Strategies

- 2.1. Skill Demonstration
- 2.2. Self Assessment

#### Criteria

*You will know you are successful when*

- 2.1. you assemble ingredients.
- 2.2. you assemble equipment and smallwares.
- 2.3. you maintain a neat, orderly work station.
- 2.4. you apply efficient work practices, including dovetailing, to complete tasks quickly to industry standards.
- 2.5. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.
- 2.6. you follow safe handling procedures when cutting meat, poultry, fish and seafood.
- 2.7. you follow sanitation guidelines when handling meat, poultry, fish and seafood.

### **Learning Objectives**

- 2.a. Apply principles of mise en place.
- 2.b. Coordinate recipe terminology, quantity units, abbreviations, and related information.
- 2.c. Coordinate instructions for steps and procedures described in the recipes.
- 2.d. Use the correct knife for the fabrication task.
- 2.e. Demonstrate the correct knife cut for the task.
- 2.f. Demonstrate proper handling, cleaning, and safety of knives.
- 2.g. Demonstrate basic fabrication methods with meat, poultry, and seafood.

## **3. Demonstrate technical proficiency in deep frying.**

### **Assessment Strategies**

- 3.1. Skill Demonstration
- 3.2. Self Assessment

### **Criteria**

*You will know you are successful when*

- 3.1. you produce a breading or batter to industry standards of taste, texture, and appearance.
- 3.2. you produce a dredging to industry standards of taste, texture, and appearance.
- 3.3. you assemble ingredients.
- 3.4. you follow the cooking method procedures and preparations.
- 3.5. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.
- 3.6. you follow industry standards for "doneness".
- 3.7. you produce a deep-fried product that meets industry standards for taste, texture, and appearance.
- 3.8. you produce a professionally plated dish that highlights the protein while providing visual and nutritional balance.
- 3.9. you produce food according to food safety and sanitation requirements.
- 3.10. you demonstrate kitchen etiquette to program standards.

### **Learning Objectives**

- 3.a. Follow the steps in the breading process.
- 3.b. Adjust ingredients as determined by task.
- 3.c. Assemble the food products, supplies, and equipment required for deep frying.
- 3.d. Produce a breaded, deep-fried product(s).
- 3.e. Build flavor profiles.

## **4. Demonstrate technical proficiency in pan frying.**

### **Assessment Strategies**

- 4.1. Skill Demonstration
- 4.2. Self Assessment

### **Criteria**

*You will know you are successful when*

- 4.1. you produce a breading or batter to industry standards of taste, texture, and appearance.
- 4.2. you produce a dredging to industry standards of taste, texture, and appearance.
- 4.3. you assemble ingredients.
- 4.4. you follow the cooking method procedures and preparations.
- 4.5. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.
- 4.6. you follow industry standards for "doneness".
- 4.7. you produce a pan-fried product that meets industry standards for taste, texture, and appearance.
- 4.8. you produce a professionally plated dish that highlights the protein while providing visual and nutritional balance.
- 4.9. you produce food according to food safety and sanitation requirements.
- 4.10. you demonstrate kitchen etiquette to program standards.

### **Learning Objectives**

- 4.a. Follow the steps in the breading procedure.
- 4.b. Adjust ingredients as determined by task.

- 4.c. Assemble the food products, supplies, and equipment required for pan frying.
- 4.d. Produce a breaded, pan-fried product(s).
- 4.e. Build flavor profiles.

**5. Demonstrate technical proficiency in sauteing.**

**Assessment Strategies**

- 5.1. Skill Demonstration
- 5.2. Self Assessment

**Criteria**

*You will know you are successful when*

- 5.1. you produce a dredging to industry standards of taste, texture, and appearance.
- 5.2. you assemble ingredients.
- 5.3. you follow the cooking method procedures and preparations.
- 5.4. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.
- 5.5. you follow industry standards for "doneness".
- 5.6. you produce a sauteed product that meets industry standards for taste, texture, and appearance.
- 5.7. you produce a professionally plated dish that highlights the protein while providing visual and nutritional balance.
- 5.8. you produce food according to food safety and sanitation requirements.
- 5.9. you demonstrate kitchen etiquette to program standards.

**Learning Objectives**

- 5.a. Follow the steps required to mise en place a sauteed item.
- 5.b. Adjust ingredients as determined by task.
- 5.c. Assemble the food products, supplies, and equipment required for sauteing.
- 5.d. Produce a sauteed item(s).
- 5.e. Build flavor profiles.

**6. Demonstrate technical proficiency in grilling and/or broiling.**

**Assessment Strategies**

- 6.1. Skill Demonstration
- 6.2. Self Assessment

**Criteria**

*You will know you are successful when*

- 6.1. you assemble ingredients.
- 6.2. you follow the cooking method procedures and preparations.
- 6.3. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.
- 6.4. you follow industry standards for "doneness".
- 6.5. you produce a grilled and/or broiled product that meets industry standards for taste, texture, and appearance.
- 6.6. you produce a professionally plated dish that highlights the protein while providing visual and nutritional balance.
- 6.7. you produce food according to food safety and sanitation requirements.
- 6.8. you demonstrate kitchen etiquette to program standards.

**Learning Objectives**

- 6.a. Follow the steps required to mise en place a grilled and/or broiled item.
- 6.b. Adjust ingredients as determined by task.
- 6.c. Assemble the food products, supplies, and equipment required for grilling and/or broiling.
- 6.d. Produce a grilled and/or broiled item(s).
- 6.e. Build flavor profiles.

**7. Demonstrate technical proficiency in roasting.**

**Assessment Strategies**

- 7.1. Skill Demonstration
- 7.2. Self Assessment

## Criteria

*You will know you are successful when*

- 7.1. you assemble ingredients.
- 7.2. you follow the cooking method procedures and preparations.
- 7.3. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.
- 7.4. you follow industry standards for "doneness".
- 7.5. you produce a roasted product that meets industry standards for taste, texture, and appearance.
- 7.6. you produce a professionally plated dish that highlights the protein while providing visual and nutritional balance.
- 7.7. you produce food according to food safety and sanitation requirements.
- 7.8. you demonstrate kitchen etiquette to program standards.

## Learning Objectives

- 7.a. Follow the steps required to mise en place a roasted product.
- 7.b. Adjust ingredients as determined by task.
- 7.c. Assemble the food products, supplies, and equipment required for roasting.
- 7.d. Produce a roasted product(s).
- 7.e. Build flavor profiles.

## 8. Demonstrate technical proficiency in stewing and/or braising.

### Assessment Strategies

- 8.1. Skill Demonstration
- 8.2. Self Assessment

## Criteria

*You will know you are successful when*

- 8.1. you produce a dredging to industry standards of taste, texture, and appearance.
- 8.2. you assemble ingredients.
- 8.3. you follow the cooking method procedures and preparations.
- 8.4. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.
- 8.5. you follow industry standards for "doneness".
- 8.6. you produce a stewed and/or braised product that meets industry standards for taste, texture, and appearance.
- 8.7. you produce a professionally plated dish that highlights the protein while providing visual and nutritional balance.
- 8.8. you produce food according to food safety and sanitation requirements.
- 8.9. you demonstrate kitchen etiquette to program standards.

## Learning Objectives

- 8.a. Follow the steps required to mise en place for a braised or stewed item.
- 8.b. Adjust ingredients as determined by task.
- 8.c. Assemble the food products, supplies, and equipment required for stewing and/or braising.
- 8.d. Produce a stewed and/or braised product(s).
- 8.e. Build flavor profiles.

## 9. Demonstrate technical proficiency in poaching.

### Assessment Strategies

- 9.1. Skill Demonstration
- 9.2. Self Assessment

## Criteria

*You will know you are successful when*

- 9.1. you assemble ingredients.
- 9.2. you follow the cooking method procedures and preparations.
- 9.3. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.

- 9.4. you follow industry standards for "doneness".
- 9.5. you produce a poached product that meets industry standards for taste, texture, and appearance.
- 9.6. you produce a professionally plated dish that highlights the protein while providing visual and nutritional balance.
- 9.7. you produce food according to food safety and sanitation requirements.
- 9.8. you demonstrate kitchen etiquette to program standards.

#### **Learning Objectives**

- 9.a. Follow the steps required to mise en place for a poached item.
- 9.b. Adjust ingredients as determined by task.
- 9.c. Assemble the food products, supplies, and equipment required for poaching.
- 9.d. Produce a poached item(s).
- 9.e. Build flavor profiles.

### **10. Demonstrate technical proficiency in steaming.**

#### **Assessment Strategies**

- 10.1. Skill Demonstration
- 10.2. Self Assessment

#### **Criteria**

*You will know you are successful when*

- 10.1. you assemble ingredients.
- 10.2. you follow the cooking method procedures and preparations.
- 10.3. you cut the given protein source into industry-standard portions and appearance for the cooking method and desired product outcome.
- 10.4. you follow industry standards for "doneness".
- 10.5. you produce a steamed product that meets industry standards for taste, texture, and appearance.
- 10.6. you produce a professionally plated dish that highlights the protein while providing visual and nutritional balance.
- 10.7. you produce food according to food safety and sanitation requirements.
- 10.8. you demonstrate kitchen etiquette to program standards.

#### **Learning Objectives**

- 10.a. Follow the steps required to mise en place for a steamed item.
- 10.b. Adjust ingredients as determined by task.
- 10.c. Assemble the food products, supplies, and equipment required for steaming.
- 10.d. Produce a steamed item(s).
- 10.e. Build flavor profiles.

### **11. Examine sustainability in the meat and seafood industry.**

#### **Assessment Strategies**

- 11.1. Written Report

#### **Criteria**

*You will know you are successful when*

- 11.1. you identify a topic directly relevant to the project assigned that is approved by the instructor.
- 11.2. you identify a clear purpose to the project.
- 11.3. you outline evidence of logical critical thinking.
- 11.4. you compare industry standards with best practices.
- 11.5. you outline an effective organizational plan.
- 11.6. you document direct quotes.
- 11.7. you document evidence to support each main point.
- 11.8. you select correct grammar, punctuation, spelling, syntax, and word usage.

#### **Learning Objectives**

- 11.a. Explain the benefit and impact of farm-raised versus wild-caught seafood products on price, availability, and customer satisfaction.
- 11.b. Explain the benefit and impact of grass-fed, grass-finished, or grain-fed beef on price, availability, and customer satisfaction.
- 11.c. Explain the benefit and impact of pastured versus penned pork and poultry products on price,

availability, and customer satisfaction.

- 11.d. Explain how seasonality and the availability production chain affect supply, demand, and the consumer.
- 11.e. Explain the need for sustainability and its importance in the beef, pork, poultry, and seafood industries.