

Culinary Arts: Part 1

Cooking Principals

Course Code: 8791 (20S)

This course is an introduction to Culinary Arts with an emphasis on hands-on learning activities. Students learn about tools and equipment, knife handling and safety and general preparation procedures for different types of food and beverages.

Breakfast and Dairy

Course Code: 8796 (40S)

This course focuses on the theory behind and the preparation of a wide range of breakfast items, such as egg-based dishes, pancakes, waffles, French Toast, breakfast pastries and breakfast meats. Students will also learn the preparation and theory and laws pertaining to dairy products and beverages.

Stocks, Soups, and Sauces

Course Code: 8795 (40S)

In this course, students will learn the theory behind and practice the preparation of stocks, a variety of soups, the five mother sauces and secondary sauces. Students will individually prepare the above mentioned for practical examination.

Meats, Poultry, Fish and Seafood

Course Code: 8339 (30S)

This course's curriculum focuses on the preparation of a variety of meats, poultry, fish and seafood. Students will learn about the composition, structure, quality, grading and basic cuts of meats, poultry, fish and seafood.

Culinary Arts: Part 2

Patisserie and Baking

Course Code: 8739 (30S)

This course gives students the opportunity to get creative, as they will research and produce a variety of patisserie and baking products. Students will produce yeast and non-yeast doughs, quick breads, cookies, pastries, pies and cakes.

Menu Planning and Food Costing

Course Code: 8797 (30S)

In this course, students will plan modern and classical menus; manage food costing; controlling costs; price changes; receiving; storing, and ordering food; recording inventory; par levels; developing menu prices; determining yield factors and setting food cost percentages. Students learn the basic principles of nutrition, the Canadian food guide and their use in planning healthy menus.

Vegetables, Fungi, Starches, and Farinaceous Products

Course Code: 8794 (40S)

This course is intended for students wishing to pursue the Culinary Arts. The curriculum focuses on the theory behind preparation of vegetables, fruits, potatoes, pasta, rice and other grains and farinaceous products.

Garde-Manger**Course Code: 8792 (30S)**

This course focuses on the cold kitchen. Students will learn to prepare a variety of salads, dressings, sandwiches and hors d'oeuvres. Garnishing techniques will be emphasized with the presentation of completed products on platters and plates.