

PROGRAM OVERVIEW

Sault Colleges Cook program teaches you everything you need to know to develop a career as a chef.

Cook is a 6,000 hour apprenticeship that has a 12 week basic and 12 week advanced in-school training requirement. Students have the opportunity to learn about classical, contemporary & short-order food preparation through lectures, food demonstrations and lab work. Students will also learn about food theory, nutrition, sanitation, menu planning and kitchen management.

Upon successful completion of your studies you will have the necessary tools to work within fine dining establishments throughout the world.

CAREER PATHS

Graduates of the cook program may find employment as a chef assistant, short-order cook, sous chef, or first cook. Graduates may find employment within restaurants, catering services, resorts, hotels, health care facilities, cruise lines, private clubs and industrial kitchens.

PROGRAM OF STUDY

Basic (6320)

- KAP200 - 1 Sanitation Safety and Equipment
- KAP201 - 1 Nutrition and Wellness
- KAP202 - 4 Culinary Math and Computer Apps for the Trade
- KAP203 - 6 Culinary Techniques - Basic
- KAP204 - 8 Culinary Food Production
- KAP205 - 1 Bake Theory
- KAP206 - 4 Techniques of Baking - Basic
- KAP207 - 5 The Theory of Food

Advanced (6321)

- KAP400 - 2 Menu Planning
- KAP401 - 5 Gastronomy & Food Sustainability
- KAP402 - 5 Culinary Cost Control
- KAP403 - 6 Culinary Techniques - Advanced
- KAP404 - 8 Contemporary Food Production
- KAP405 - 3 Food Composition and Plating Techniques
- KAP406 - 4 Baking Techniques Advanced

Course Descriptions

Basic (6320)

Sanitation Safety and Equipment (KAP200) (1 credits)

In this course students will learn about personal hygiene, sanitation code requirements, and sanitary practices in storing, handling and cooking foods. Government Health regulations, safety in handling kitchen equipment, tools and First Aid are also covered. Each student will complete the Algoma Public Health's Safe Food Handler's Certificate Program.

Nutrition and Wellness (KAP201) (1 credits)

Nutrition plays a vital role in menu selection for today's restaurant clientele. In this course, students will gain a foundational understanding of nutrition as applied to dietary concerns, menu selection and client's needs. Students will also acquire knowledge of basic nutrients, food labeling, nutritional principles and analysis and the application of these to recipes and menu development.

Culinary Math and Computer Apps for the Trade (KAP202) (4 credits)

This course will provide students with the essential numeric and computer skills required to perform effectively and efficiently within the trade. Students will apply basic math skills including fractions, decimals and percent and perform calculations pertaining to standard units of measure, unit conversion, portion and recipe costing. Microsoft office will be used in the creation of spreadsheets, recipe portfolios, power point presentations and to perform basic word processing tasks as they relate to the food industry.

Culinary Techniques - Basic (KAP203) (6 credits)

Building a sound foundation in culinary skills is essential when preparing to enter the culinary industry. This course is an introduction to the application and development of fundamental cooking theories and techniques. Students will develop solid rudimentary culinary techniques and practices through viewing a variety of food demonstrations and recreating these within a lab setting. Topics of study include tasting, kitchen equipment, knife skills, classic vegetable cuts, stock production, thickening agents, soup preparation, mother and derivative sauces, and breakfast cookery. This course also introduces students to fundamental concepts and techniques of basic protein, starch and vegetable cookery.

Culinary Food Production (KAP204) (8 credits)

Culinary Food Production will introduce students to multi-course menus with emphasis placed on batch cooking as executed in an la carte-style service. This hands-on culinary lab will teach students to work and communicate effectively in a team setting. Students will have three hours to complete mise en place, create and package current culinary meals, to be featured in our program store Gourmet 2 Go. This course provides an excellent opportunity to practice and further develop the culinary skill set. Students will hone critical thinking and problem solving skills by executing individual work plans that exercise proper time management, demonstrate the ability to multi-task and collaborate with classmates for a successful restaurant service.

Bake Theory (KAP205) (1 credits)

This course is designed to provide students with essential knowledge of baking principles. Students will explore ingredients, techniques and procedures used within the baking industry. Topics of study will include measurements and formulas, functions of baking ingredients, yeast doughs, quick breads, pastry dough and cake varieties.

Techniques of Baking - Basic (KAP206) (4 credits)

This course is designed to provide students with the essential knowledge, skills and techniques of baking

and pastry arts. Learning is comprised of hands-on practical baking labs that introduce students to the fundamental ingredients, techniques and procedures used in the bake industry. A series of in-lab baking demonstrations will emphasize the importance of understanding the function of ingredients in a range of basic baked products. With knowledge acquired from these demonstrations, students will produce assorted yeast products, quick breads, cookies, choux paste, puff pastry, sponge based pastries, custards, creams, and a variety of pies, tarts and flans.

The Theory of Food (KAP207) (5 credits)

Having a theoretical knowledge base of professional culinary terminology, food principles and common kitchen practices is essential for every cook. Students will learn to identify different quality food ingredients, explore principles of cooking, recognize a variety of cooking methodologies and examine food flavour pairings. Topic areas to be explored are: kitchen safety and sanitation, stocks, soup, sauces, breakfast, salads, sandwiches, hors d'oeuvres, non-alcoholic beverages, vegetables, potatoes, grains, pasta, legumes, poultry, meat products, fish and shellfish.

Advanced (6321)

Menu Planning (KAP400) (2 credits)

The ability to create well-balanced menus for a variety of occasions that meet the diverse needs of customers, and that are operationally functional and profitable is paramount to the success of any business. This course will highlight the basic principles of developing menus that reflect proper descriptive terminology and comply with truth in menu guidelines. Students will examine factors to consider when planning menus, prepare menus, create standardized recipes and calculate recipe costs and menu pricing.

Gastronomy & Food Sustainability (KAP401) (5 credits)

Food is critical to the culture of society. In this course, students will study the social, historical and cultural connections to how society interacts with food by investigating the impact of lifestyle, commerce and politics in key global regions. Students will learn how agriculture, religion, history and environmental sustainability influence the characteristics of a culture and its food. Today's customers value health and wellness. The food service industry must respond with menu options that highlight nutritious, ethically sourced, sustainable products. Students will develop the knowledge to successfully identify and create menu options that meet the diverse needs of today's society.

Culinary Cost Control (KAP402) (5 credits)

Whether you manage or own a restaurant, operate a catering business or embrace the food truck craze, there are fundamental management skills that apply to all foodservice operations. This essential course introduces students to management principles and the theoretical applications of food, beverage and labour cost controls. Students will examine various aspects used within the industry to evaluate, monitor and maintain appropriate control policies and procedures through the various functioning centres of purchasing, receiving, storing and issuing. Additionally, students will develop standard recipes and requisitions, practice menu engineering, examine break-even analysis and perform yield tests, cost/sale and inventory calculations.

Culinary Techniques - Advanced (KAP403) (6 credits)

Building on Culinary Techniques I and in preparation for successful employment in today's food service industry, students will broaden their culinary skills at an advanced level focusing upon concepts and techniques of protein, starch and vegetable cookery. Students will observe a series of cooking demonstrations and prepare and execute work plans within the culinary lab that reflect an advanced skill competency.

Contemporary Food Production (KAP404) (8 credits)

Contemporary food production will further develop the skills, techniques and kitchen practices learned within Culinary Food Production. This hands-on culinary lab will expose students to the advanced styles of cooking and cooking techniques found in a variety of cuisines. Students will further develop their ability to organize an assigned station based on preparation methods while focusing on the production of advanced menu items, plate presentations and cooking techniques. Second year students will assist in the supervision of production and food presentation for the supply of food in our program store Gourmet 2 Go.

Food Composition and Plating Techniques (KAP405) (3 credits)

The ability to quickly and accurately assess resources, plan and create contemporary cuisine is a crucial skill. Employees working within the culinary industry typically have the opportunity to develop daily feature menu items. This advanced level course will work off the premise of a black box challenge. Students will work with minimal supervision to showcase their developed culinary skill sets by preparing, plating and presenting modern dishes that demonstrate sound culinary knowledge, judgement and technique.

Baking Techniques Advanced (KAP406) (4 credits)

This course will continue to develop and expand students baking and pastry knowledge and practical techniques through a series of theoretical lessons, demonstrations and laboratory classes. Students will build upon their skills to produce sophisticated finished products and contemporary plating techniques and designs. Students will produce and plate frozen confections, cheesecake, souffle, sabayon, cakes, icings, petit fours, fruit coulis and purees, chocolates and chocolate desserts.