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### CULA 160.01: Soups, Stocks, and Sauces

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CULA 160-S16-Elliott

**THE UNIVERSITY OF MONTANA—MISSOULA  
MISSOULA COLLEGE  
BUSINESS TECHNOLOGY DEPARTMENT**

**COURSE SYLLABUS**

**COURSE NUMBER AND TITLE:** CULA 160—Soups, Stocks, and Sauces

**DATE REVISED:** Spring 2016

**SEMESTER CREDITS:** 3

**PREREQUISITES:** CULA 101 and CULA 105, or consent of the instructor

**FACULTY:** Aimee Elliott, CCC

**E-Mail:** aimee.elliott@umontana.edu

**Phone:** 243-7880 (office), 243-7815 (kitchen)

**Office:** GH5

**Office Hours:** Mondays, 2pm – 3pm; or by appointment

**COURSE DESCRIPTION:** To introduce a hands-on approach to stocks, soups and sauces and preservation techniques by selecting quality ingredients to produce a specific flavor. Apply good technique, observing all standards for ingredient preparation, appropriate equipment, cooking temperatures, and flavor development. Evaluate the product and judge it according to standards of quality; flavor, appearance, aroma, body.

**STUDENT PERFORMANCE OUTCOMES:**

Occupational Performance Objectives

Upon completion of this course, the student will be able to:

1. Prepare basic mirepoix
2. Flavor liquids using a sachet d' epice or bouquet garni
3. Prepare white veal or beef stocks, chicken stock, fish stock and brown stock
4. Cool and store stocks properly
5. Prepare meat, chicken and fish glazes
6. Evaluate the quality of soups, stocks and sauces
7. Prepare white, blonde, and brown roux, and use them to thicken liquids
8. Thicken liquids with starches
9. Prepare and use egg yolk and cream liaison
10. Finish sauces
11. Prepare the five Mother sauces: Béchamel, Velouté, Espagnole, Tomato, and Hollandaise.
12. Prepare small sauces from Mother sauces
13. Identify and prepare five simple butter sauces

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14. Prepare compound butters and apply to production
15. Prepare pan gravies
16. Prepare hot and cold sauces
17. Describe and prepare three basic categories of soups
18. Apply service procedures for holding soups at the proper temperature
19. Prepare clarified consommé
20. Prepare cream and purée soups
21. Prepare bisques, chowders, specialty soups and national soups
22. Become familiar with preservation techniques of meats, fruits, vegetables, and sauces.

**STUDENT PERFORMANCE ASSESSMENT METHODS AND GRADING PROCEDURES:**  
**Production and Testing**

1. Students will be required to demonstrate daily production assignments requiring pre-planning of methodology and recipes. Recipes must be read and understood by the student before attending class. Students will be evaluated on teamwork, professionalism, mise en place, production guide/timelines, plating diagrams, quality of finished product, sanitation and organizational skills. All assignments, projects and tests will be assigned point values. It is the responsibility of the student to obtain quiz and production competency scores. Weekly tests will be given and graded within the week of administration.
2. The quiz schedule and dates are included in the weekly schedule posted in introductory content area of Moodle shell. Quizzes will be written and given during class time.  
Makeup for a missed test is not offered.
3. It will be the student's responsibility to complete the assigned competencies. Upon completion, it will be the student's responsibility to have Chef Elliott critique to assignment and give feedback to the student on what can be improved, quality standards, etc. At that point, it will be the student's responsibility to type the feedback and submit the feedback to Chef Elliott by the end of the rotation to receive a grade for the competencies.

**Grading Scale:**

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

**Evaluation Criteria:**

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Tests	30 percent
Notebook	10 percent
Final Project	10 percent
Competencies	20 percent
Daily Production	30 percent

**Total: 100 pts**

### **ATTENDANCE POLICY:**

Because of the nature of the Culinary Arts Program, participation and teamwork is vital. It is primarily lab oriented and your daily participation is essential. This policy reflects industry standards. Our program and your peers value your attendance, participation, and professionalism.

- For every missed day of class, 5 points will be taken off of your final grade in addition to any points lost for class work, tests, sanitation, participation, etc.
- Due to the loss of curriculum and instruction time; if you miss 5 days or more, of any course, you will receive an incomplete (I) in the course and must take it again. Be aware that this does effect financial aid and grade point average.
- There are no acceptable excuses that will prevent the loss of points. This includes doctor's notes, police reports, deaths, extenuating circumstances, or acts of God.
- This policy is final and no exceptions will be made.
- This policy applies to the entire Culinary Arts Curriculum that begins with the CULA rubric.

### **PARTICIPATION:**

Students must demonstrate teamwork as consistent with industry. This is necessary as students contribute to the learning environment and become active learners by attending class and participating. Students who read text assignments prior to class will be equipped to participate and will obtain the most from this course. Participation points will be granted or denied depending on how the student exhibits enthusiasm, interest, teamwork, organization, and preparedness.

Daily production/participation will be assigned as follows:

- Production Schedule—1 pt
- Proper Uniform—1 pt
- Professionalism/Participation—1 pt
- MEP/Recipes/Plating and Station Diagrams—1 pt
- Sanitation—1 pt

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If students fail to produce any of the above requirements, students may be asked to go home resulting in a 5-point loss or leave the kitchen until the missing item(s) can be produced resulting in a 3-point deduction.

### **ACADEMIC INTEGRITY:**

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at [http://life.umt.edu/vpsa/student\\_conduct.php](http://life.umt.edu/vpsa/student_conduct.php).

### **DISABILITY ACCOMMODATION:**

Eligible students with disabilities will receive appropriate accommodations in this course when requested in a timely way. Please contact me after class or in my office. Please be prepared to provide a letter from your DSS Coordinator. For more information, visit the Disability Services website at <http://www.umt.edu/dss/> or call 406.243.2243 (Voice/Text) or <http://www.umt.edu/dss>.

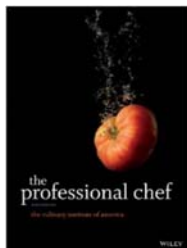
### **CULINARIAN CODE:**

All students are expected to uphold all teachings of the American Culinary Federation's Culinarian Code:

As a proud member of the American Culinary Federation, I pledge to share my professional knowledge and skill with all culinarians. I will place honor, fairness, cooperation and consideration first when dealing with my colleagues. I will keep all comments professional and respectful when dealing with my colleagues. I will protect all members from the use of unfair means, unnecessary risks and unethical behavior when used against them for another's personal gain. I will support the success, growth, and future of my colleagues and this great federation.

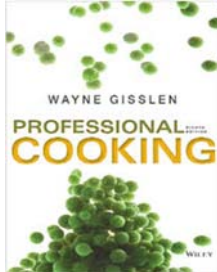
### **REQUIRED TEXTBOOK:**

The Professional Chef (9th Edition), (2011). The Culinary Institute of America, Wiley. (ISBN: 978-0470421352)



**RECOMMENDED TEXTBOOK:**

Gisslen, W., Professional Cooking, Eighth Edition, (2015). Wiley and Sons. (ISBN: 978-1-118-63672-5)



**SUPPLIES:** Knife kit, camera, calculator.

**CELL PHONE POLICY:** Cell phones are allowed in class only as a means to record photos for the final notebook.

**UNIFORM POLICY:** Students will be required to be in full Culinary Uniform to be accepted into class. Daily line-ups will take place and any student that is not in full uniform will be sent home and will lose participation points for the day.

**COURSE OUTLINE:**

All weekly plans, reading assignments, project due dates, and testing dates are to be delivered and explained the first day of class. Final comprehensive written exam date will be announced at this time.

- I. Stocks
  - a. White
  - b. Brown
  - c. Fish/Fish Fumet
  - d. Vegetable
  - e. Storage
- II. Soups
  - a. Puréed
  - b. Cream
  - c. Clear
  - d. Thick
- e. Consommé
- f. Bisques
- g. Regional
- III. Sauces
  - a. Mother Sauces:
    - 1. Velouté
    - 2. Bechamel
    - 3. Espagnole
    - 4. Tomato
    - 5. Hollandaise
  - b. Demi-Glace/Glaces

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- c. Sauce Derivatives
- d. Emulsion Sauces
- e. Cold Sauces
- f. Small Sauces

- a. Smoked Meats
- b. Cured Meats
- c. Canning
- d. Basic Cheese Production

- IV. Soup Garnishes
  - a. Fundamentals
  - b. Plating Techniques

- VI. Buffet
  - a. Set-up
  - b. Menu Design
  - c. Organization
  - d. Execution

- V. Preservation Techniques