

# CA A200: GARDE MANGER 1

Item	Value
Curriculum Committee Approval Date	09/08/2021
Top Code	130630 - Culinary Arts
Units	2 Total Units
Hours	72 Total Hours (Lecture Hours 18; Lab Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

## Course Description

Study in the principle of the Garde Manger (cold food) chef. This course will focus on the proper execution of salads, cold sauces, appetizers, hors d'oeuvres, and how they are presented in a buffet service; proper procedures for working with cheeses, smoked and cured meats, and forcemeats including an introduction to the making of sausages, pâtés, and terrines. Study of buffet presentation and the use of non-edible centerpieces. Students will be required to follow hospitality department dress standards. PREREQUISITE: FBM A102 or FSM A160 and CA A120 and CA A149. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Demonstrate proficiency in the execution of salads, cold sauces, appetizers, and hors d'oeuvres.
2. Develop skills in safe and sanitary practice of forcemeat recipes, basic smoking and curing techniques, and cheese storage and service.

## Course Objectives

- 1. Demonstrate proper techniques of sanitation, safety, and work simplification.
- 2. Apply basic cooking methods in the preparation of hors d'oeuvres, appetizers, salads, and cold sauces for buffet service.
- 3. Generate emulsion sauces and compose a variety of salads.
- 4. Plan and build basic decorative centerpiece for buffet display.
- 5. Identify and use tools and equipment related to the garde manger.
- 6. Illustrate the proper storage and use of cheeses for buffet service.
- 7. List and explain the basic classification of cheeses.
- 8. Identify safe and proper techniques for curing and smoking meats.
- 9. Define and identify the styles and shaping methods of forcemeat.
- 10. Demonstrate an understanding of the safe and correct procedures for preparing forcemeat.
- 11. Define culinary terminology utilized by the garde manger.

## Lecture Content

Introduction to the professional garde manger. Basic overview of the history of the garde manger. Demonstration of the equipment used in the preparation of garde manger menu items. Definition of basic terminology.

Buffet presentation Simple plate garnishes food presentation with emphasis on color, texture, and height. Centerpiece displays: non-edible sculptures as well as fruit and vegetable carvings. Sequencing of food items for salad bar. Techniques of appetizer preparation Hors d'Oeuvre Hot Cold Canapés and tea sandwiches Cold Sauces Dressings Dips and spreads Salsas Coulis Condiments Chips, crackers, and crisps Buffet salad presentation Explaining the best practices for serving salads for buffet. Gelatin Starch Vegetable Legume Fruit Herbs Fresh vs. dry Identification and pairing Garde manger methods of food preservation. Marinade Brine Pickling Curing Smoking Confit Preparation of forcemeat. Sanitation and safe practices Shaping styles Pate en croute Galantine Terrine Terminology and equipment identification Sausage making principles Identification and proper use of equipment Process of making basic grind fresh sausages Ingredients Casings Types of sausages Fresh Smoked Dry cured Emulsion Regional specialties > Cheese Discuss the categories of cheese Storage and building of cheese boards.

## Lab Content

Centerpiece garnishes Fruit and vegetable carving Non-edible sculptures Using templates and patterns Armatures Cold soups and sauces condiments Salsas Dips and spreads Chilled soups Buffet salad presentation Prepare and present a variety of salads for buffet service utilizing different plating techniques. Production and use of mayo-based dressings and vinaigrettes. Appetizer preparation. Hot and cold hors d'oeuvres Canapes and tea sandwiches Tray pass Preservation techniques Pan smoking Cures and Brines Confit Rillettes Pickling Forcemeat preparation and shaping. Equipment identification and use Pâté Pâté en croute Terrine Fresh sausage Cheese Producing a cheese board and serving with appropriate accompaniments

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

## Instructional Techniques

Lecture, demonstration, videos

## Reading Assignments

Students are assigned reading in text. - 1.5 hours per week (24 hours total)

## Writing Assignments

Students will research a buffet theme and create a themed menu. Menu will include 3 salads with complimentary dressings. Students will create a recipe packet for the menu and a written explanation of how the menu reflects the buffet theme. - 6 hours total

## Out-of-class Assignments

Students will plan and prepare a non-edible centerpiece. - 6 hours total

## Demonstration of Critical Thinking

Critique of weekly lab work. Short answer questions in final exam. Practical lab Final.

## Required Writing, Problem Solving, Skills Demonstration

Written assignment on themed buffet, menu and recipe creation. Practical lab final

## **Eligible Disciplines**

Culinary arts/food technology (food service, meat cutting, baking, waiter/waitress): Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience.

## **Textbooks Resources**

1. Required Gisslen, Wayne. Professional Cooking, 9th ed. Hoboken:: John Wiley and Sons, 2018 Rationale: This (4th edition) is the most current edition

## **Other Resources**

1. Handouts: Lab packet containing recipes and weekly lab assignments.