

**HIBBING COMMUNITY COLLEGE
COURSE OUTLINE**

COURSE NUMBER & TITLE: CAMT 1603: Institutional Food Production 1

CREDITS: 4 (0 Lec / 4 Lab)

PREREQUISITES: Concurrent enrollment in CAMT 1600: Introduction to Food Service

CATALOG DESCRIPTION:

Institutional Food Production 1 is a supervised course covering the actual production learned in basic food production principles. Students are responsible for preparation and service of soups, sauces, and meat, fish, and poultry items using various moist and dry heat methods. This course also covers identification and preparation of vegetables, rice, and pasta products.

OUTLINE OF MAJOR CONTENT AREAS:

- I. Meats
 - A. Beef
 - B. Chicken
 - C. Fish
 - D. Poultry
- II. Methods
 - A. Braising
 - B. Stewing
 - C. Roasting
 - D. Sautéing
 - E. Deep frying
- III. Vegetable cookery
 - A. Steaming
 - B. Braising
 - C. Simmering
- IV. Pastas and Rice
 - A. Boiling
 - B. Braising
 - C. Steaming

COURSE GOALS/OBJECTIVES/OUTCOMES:

Students will

1. prepare and serve various beef cuts.
2. prepare and serve various pork cuts.
3. prepare and serve various poultry products.
4. prepare and serve various fish.
5. prepare and serve various variety meats.
6. select equipment.

7. clarify stocks.
8. prepare stocks.
9. identify thickening agents.
10. prepare thickening agents.
11. identify leading sauces.
12. prepare brown sauce.
13. prepare white sauce.
14. prepare veloute sauce.
15. identify stocks.
16. identify stock ingredients.
17. use herbs and spices.
18. use terminology.
19. prepare tomato sauce.
20. prepare butter sauce.
21. prepare dessert sauce.
22. identify secondary sauces.
23. identify soups.
24. prepare thin soups.
25. prepare thick soups.
26. prepare specialty soups.
27. identify soup garnishes.
28. prepare soup garnishes.
29. use portion control.
30. identify convenience stocks.
31. prepare convenience stocks.
32. identify convenience sauces.
33. prepare convenience sauces.
34. identify convenience soups.
35. prepare convenience soups.
36. forecast usage.
37. calculate food cost.
38. prepare main course salads.
39. prepare accompaniment salads.
40. prepare dessert salads.
41. critique salads.
42. prepare battered products.
43. prepare breakfast meats.
44. prepare emulsified salad dressings.
45. prepare oil and salad dressings.
46. prepare oil and vinegar salad dressings.
47. prepare hot sandwiches.
48. prepare cold sandwiches.
49. prepare moist sandwiches.
50. cut potatoes.
51. prepare potatoes.
52. identify vegetables.

53. store raw vegetables.
54. store prepared vegetables.
55. cut vegetables.
56. prepare green vegetables.
57. prepare red vegetables.
58. identify vegetable entrees.
59. prepare vegetable entrees.
60. identify rice products.
61. prepare rice products.
62. identify farinaceous products.
63. prepare farinaceous products.
64. determine fault causes.
65. prepare convenience foods.
66. identify contaminated food.
67. sanitize equipment.
68. sanitize facility.
69. implement cleaning schedule.
70. exhibit teamwork.
71. implement waste disposal.
72. display professionalism.
73. practice time management.

MNTC GOALS AND COMPETENCIES MET:

N/A

HCC COMPETENCIES MET:

Working Productively and Cooperatively

Communicating Clearly and Effectively

Thinking Creatively and Critically

STUDENT CONTRIBUTIONS:

Students are expected to

- demonstrate and exercise safety skills.
- attend all lectures.
- participate in class activities.
- participate and implement input into class discussions.
- hand in outside assignments when due.

**STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS
SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.**

**SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVES ON HAZARDOUS
MATERIALS, ETC.)**

Periodic handouts

Knife kit

Chef's uniform
Pocket thermometer

AASC APPROVAL DATE: March 19, 2014

REVIEW DATE: March 2019

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031914