

HOSP-2750: CULINARY COMPETITION

Cuyahoga Community College

Viewing: HOSP-2750 : Culinary Competition

Board of Trustees:

2011-03-24

Academic Term:

Fall 2018

Subject Code

HOSP - Hospitality Management

Course Number:

2750

Title:

Culinary Competition

Catalog Description:

Students work to refine and demonstrate culinary and organizational skills, and explore creative cooking talents while competing in an American Culinary Federation (ACF) sanctioned event. Mandatory ACF membership required for Culinary Competitions. Participation in College Community Service representing Hospitality Department and the College as Ambassadors.

Credit Hour(s):

2

Lecture Hour(s):

1

Lab Hour(s):

3

Requisites

Prerequisite and Corequisite

HOSP-1031 Fundamentals of Culinary Arts, and HOSP-1451 Contemporary Cuisine, or concurrent enrollment.

Outcomes

Course Outcome(s):

A. Follow American Culinary Federation and other industry standards when competing in an American Culinary Federation sanctioned event.

Objective(s):

1. 1. Define and explain American Culinary Federation (ACF) student competition.
2. 2. List and define ACF student competition guidelines.
3. 3. Discuss Mise En Place and its importance in competition.
4. 4. List and review skills necessary for competition.
5. 5. List and define the challenges of competing.
6. 6. Evaluate the benefits and responsibilities of being a member of the American Culinary Federation National Chef's Organization.
7. 7. Discuss NRA Safe Food Handlers standards.
8. 8. List acceptable ACF nutritional guidelines in creating menu items.

Course Outcome(s):

B. Develop a competition template and plan for competition; including plate design, station, and equipment.

Objective(s):

1. 1. Discuss and list examples for evaluating your own skill, and how to improve those skills.
2. 2. List and evaluate the tools and resources necessary to compete.
3. 3. Develop a menu using a variety of knife and butchering skills.
4. 4. List and define a variety of dessert/pastry cooking and presentation methods.

5. 5. Examine and define the variety of cooking methods and Garde Manger skills necessary to compete.
6. 6. Create student portfolio according to specified requirements.

Course Outcome(s):

C. Evaluate the benefits of participating as a member of a student culinary competition team.

Objective(s):

1. 1. Review, discuss, explore, identify and develop team concept.
2. 2. List and describe the benefits of competing; self discipline, motivation to excel, developing organizational and team work skills.

Course Outcome(s):

D. Participate as a member of a student team in an American Culinary Federation competition, demonstrating culinary skills and preparing foods as required by competition guidelines.

Objective(s):

1. 1. Demonstrate knife skills required for competition.
2. 2. Demonstrate a variety of vegetable cuts required for competition.
3. 3. Demonstrate a variety of butchering methods required for competition.
4. 4. Demonstrate methods for making a variety of stocks: poultry, fish/shell fish, veal and vegetable.
5. 5. Demonstrate skills in preparing hot food using different cooking and Garde Manger techniques or procedures: poaching and steaming, roasting and slow cooking, sautéing and frying, grilling and broiling, braising and stewing, soups and stocks, and forcemeat and mousseline.
6. 6. Demonstrate skills in preparing cold food using different Garde Manger techniques or procedures: salad and dressings, pates, terrines and galantines.
7. 7. Work in teams of 4-5 demonstrating /newly learned cooking skills.
8. 8. Work in teams of 4-5 students presenting cooked and cold preparation food.
9. 9. Compete in mock and student competitions.
10. 10. Prepare a four-course meal applying appropriate nutritional guidelines through proper balance of carbohydrates, proteins and fats (depends on competition focus).
11. 11. Prepare a single entrée with multiple components using the ACF Guidelines for the K 1-9 category. (depends on competition focus).
12. 12. Prepare a single pastry dish with multiple components using the ACF Guidelines for the P 1-3 categories. (depends on competition focus).
13. 13. Prepare proper plate presentation using balance, unity, focal point, flow and proper use of garnishes.
14. 14. Prepare and develop a variety of dessert/pastry presentations for competition.
15. 15. Prepare a four course meal utilizing ACF guidelines in symmetry, color, balance, portion size, texture and flavor. appetizer, soup or salad, entree to include starch and vegetable or fruit, and dessert.

Methods of Evaluation:

1. Participation in Culinary Competition
2. Competition portfolio
3. Menu and recipe development
4. Weekly evaluation of culinary skills and menu development
5. Quizzes
6. Test on classical menu and recipe development
7. Test on use of ACF Nutritional guidelines for menu and recipe development

Course Content Outline:

1. Concepts
 - a. ACF Competition Guidelines
 - b. Benefits of ACF membership
 - c. Hazard Analysis and Critical Control Point (HACCP)
 - d. Competition nutritional guidelines
 - e. Required equipment
 - f. Required knife skills
 - g. Recipe and menu creation
 - h. Plate presentation template
 - i. Competition station template

- j. Garde Manger techniques
 - k. Stock making techniques
2. Skills
- a. Butchering of poultry and fish
 - b. Performing basic knife skills
 - c. Performing Matignon knife skills
 - d. Performing Oblique knife skills
 - e. Performing Tourne knife skill.
 - f. Performing Batonnett knife skills
 - g. Performing Rondelle knife skills
 - h. Performing Julienne knife skills
 - i. Performing Jardinière knife skills
 - j. Preparing and presenting bakery and pastry
 - k. Preparing cold food using Garde Manger techniques
 - l. Preparing hot food using Garde Manger techniques
 - m. Creating menu items using basic knife skills including butchering and vegetable cut.
 - n. Producing recipes appropriate for competition according to ACF guidelines
 - o. Creating proper plate presentations
 - p. Working as a member of a competition team
 - q. Making a variety of stocks: poultry, fish/shell fish, veall and vegetable
3. Issues
- a. Personal commitment to competing
 - b. Teamwork
 - c. Developing competition skills
 - d. Overcoming unexpected food preparation problems

Resources

Culinary Institute of America. *Techniques of Healthy Cooking*. 3rd ed. Hoboken, New Jersey: John Wiley Sons, 2008.

Gisslen, Wayne. *Professional Cooking*. 7th ed. Hoboken, NJ: John Wiley Sons, 2011.

Culinary Institute of America. *Garde Manger, The Art and Craft of the Cold Kitchen*. New York: Wiley, 2007.

Escoffier, A. *The Escoffier Cook Book*. New York: Crown, 1995.

Friberg, Bo. *The Professional Pastry Chef*. 4th ed. New York: John Wiley Sons, Inc., 2002.

Pauli, Eugene. *Classical Cooking the Modern Way*. 3rd Ed. Boston: CBI, 1996.

Garlough, Robert and Angus Campbell. *Modern Garde Manger*. Clifton Park, NY : Thomson Delmar Learning, 2006.

Leonard, Edward G. *The American Culinary Federation's Guide to Culinary Competition: Cooking to Win*. Hoboken, N.J. : Wiley, 2006.

Leonard, Edward G. *Cooking with America's Championship Team ACF*. New Jersey: John Wiley Sons, 2009.

Top of page

Key: 2310