

MODULE FOD3050: ADVANCED SOUPS & SAUCES

Level: Advanced

Theme: Preparation and Presentation

Prerequisite: FOD1010 Food Basics

Module Description: Students learn the techniques and ingredients of classic cuisine through the preparation of traditional soups and sauces, and by adapting them for the trend toward lighter eating and nouveau cuisine.

Module Parameters: Personal or commercial food preparation facility.

Curriculum and Assessment Standards

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> identify the ingredients and describe the techniques for the production of a complete repertoire of soups, the foundation sauces and their derivatives describe the nutritional implications of various adaptations to soups and sauces 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> concept testing: consisting of questions on: <ul style="list-style-type: none"> ingredients and techniques for soups and sauces the structure of sauces thickening agents finishing techniques the foundation sauces and respective derivatives standards for quality for sauces adaptations to sauces and soups to satisfy the health-conscious consumer. <p><i>Assessment Tool</i> Professional Cooking <i>Instructors Manual</i> CH8/9 <i>Test questions</i></p> <p><i>Standard</i> <i>Correctly answer a minimum of 50% of questions asked</i></p>	20
<ul style="list-style-type: none"> prepare and evaluate a repertoire of soups, the foundation sauces and their derivatives 	<ul style="list-style-type: none"> practical lab experiences in which the student will prepare and present the following products: <ul style="list-style-type: none"> at least three different soups chosen from: consommés, chowders, cold soups, specialty or ethnic soups at least one derivative of the following foundation sauces: béchamel, velouté, espagnole, tomato emulsified butter sauce (hollandaise) and a derivative 	70

MODULE FOD3050: ADVANCED SOUPS & SAUCES (continued)

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> • describe the personal or career relevance of the competencies developed within the module, and identify labour market dynamics that may be significant for career choices • demonstrate basic competencies. 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> – at least one soup or sauce that is adapted to the tastes of the health-conscious consumer. <p><i>Assessment Tool</i> <i>Lab Assessment: Advanced Level, FODLAB–3</i> <i>Product Standard Scorecard: Classic and Nouveau Soups, FOD3050–1</i> <i>Product Standard Scorecard: Classic and Nouveau Sauces, FOD3050–2</i></p> <p><i>Standard</i> <i>Achieve a minimum performance rating of 3 in applicable areas of assessment</i></p> <ul style="list-style-type: none"> • module reflection in which the student will complete one of the following: <ul style="list-style-type: none"> – <i>Career Research: Advanced Level, FODCAR–3</i> – <i>Job Shadow Assessment, FODJS</i> – <i>Career Profile Guide, FODCPG</i> – <i>Evaluation of Oral Presentation or Demonstration, FODPRES.</i> <p><i>Standard</i> <i>All sections have been completed accurately</i></p> <ul style="list-style-type: none"> • observations of individual effort and interpersonal interaction during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p>	<p>10</p> <p>Integrated throughout</p>

MODULE FOD3050: ADVANCED SOUPS & SAUCES (continued)

Concept	Specific Learner Expectations	Notes
Nature of Food	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • describe the role of sauces in classic and nouveau cuisine • explain the structure of sauces and demonstrate increased understanding of thickening agents including: <ul style="list-style-type: none"> – beurre manié – arrowroot and tapioca – liaison • demonstrate increased understanding of finishing techniques including: <ul style="list-style-type: none"> – reduction – deglazing • describe the relationship of foundation sauces with their derivatives • describe role of ingredients and preparation techniques for emulsified sauces • identify standards of quality for sauces • identify key ingredients and production techniques for a cross-section of soups including: <ul style="list-style-type: none"> – consommés – chowders – cold soups – specialty and ethnic soups • describe ingredients and techniques for adapting sauces and soups to satisfy the health-conscious consumer. 	<p>Béchamel—Mornay; Velouté—Curry; Espagnole— Mushroom; Tomato— Creole.</p> <p>Hollandaise and béarnaise.</p> <p>Lower fat sauces; emphasis on creative presentation and reduced quantity of sauces, etc.</p>
Multiculturalism	<ul style="list-style-type: none"> • demonstrate increased awareness of multicultural influences on the repertoire of sauces and soups. 	

MODULE FOD3050: ADVANCED SOUPS & SAUCES (continued)

Concept	Specific Learner Expectations	Notes
Preparation and Presentation	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • demonstrate understanding and skills in the use of thickening agents and methods, and finishing techniques for the preparation of a wide range of sauces and soups • prepare and evaluate derivatives of each of the foundation sauces: <ul style="list-style-type: none"> – béchamel – velouté – espagnole – tomato – butter • prepare and evaluate a variety of soups including: <ul style="list-style-type: none"> – consommés – chowders – cold soups – specialty and ethnic soups • display creativity and flair in the presentation of sauces and soups with appropriate foods, accompaniments and garnishes. 	<p>Suggestion for sequencing of labs: Day 1: preparation of stocks for soups and foundation sauces. Day 2: soup or foundation sauce #1. Day 3: derivative of foundation sauce #1. (Use a similar sequence for each foundation and derivative sauce.)</p>
Safety, Sanitation and Equipment	<ul style="list-style-type: none"> • demonstrate safe hygienic work habits and the correct use of tools and equipment • identify and resolve safety concerns, both food and equipment, significant to Advanced Soups & Sauces. 	<p>Commercial: Steam jacketed kettle, blender/processor.</p>
Career Exploration/Portfolio	<ul style="list-style-type: none"> • describe career options where skills developed in Advanced Soups & Sauces are particularly important • describe various occupational and entrepreneurial roles related to this module. 	