



## Syllabus

### CUL 200 Garde Manger and International Cuisine

#### General Information

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**Date** February 23rd, 2021

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**Department** Business

**Course Prefix** CUL

**Course Number** 200

**Course Title** Garde Manger and International Cuisine

#### Course Information

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**Catalog Description** This is the third and final course in the culinary technical program. This course will explore the garde manger and charcuterie disciplines as well as other traditional preservation methods. The course will also address the pastry discipline and discuss the role of the modern pastry chef in today's foodservice industry. This course will examine the revival of local foods and artisanal products and students will develop tastings menus to feature these ingredients.

**Credit Hours** 3

**Lecture Contact Hours** 3

**Lab Contact Hours** 0

**Other Contact Hours** 0

**Grading Scheme** Letter

#### Prerequisites

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CUL 100

#### Co-requisites

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CUL 205

#### First Year Experience/Capstone Designation

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**This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.**

## **SUNY General Education**

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**This course is designated as satisfying a requirement in the following SUNY Gen Ed categories**

None

## **FLCC Values**

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**Institutional Learning Outcomes Addressed by the Course**

None

## **Course Learning Outcomes**

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### **Course Learning Outcomes**

1. Identify ways to develop ancillary products using both modern and classical garde manger techniques to add profitable value to menus.
2. Identify, source, and menu locally available seasonal ingredients.
3. Identify the essential components of a composed pastry dish.
4. Develop advanced pastry menu concepts featuring multiple compatible components.

## **Outline of Topics Covered**

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### **I. Introduction to Garde Manger and Classical Cuisine**

- The history of garde manger and food preservation before the age of refrigeration, garde manger's role in the classical and modern kitchen, and the rebirth of garde manger techniques to create artisanal products.

### **II. Cheeses of the World, history, families, appropriate uses**

- Milk production processes, different methods to create cheeses, and discussion of families of cheeses including fresh unripened, fresh ripened, semi soft, blue veined, hard, and very hard cheeses, processed cheese products, rind finishes, garnish ingredients, the use of molds as finishes, and the cheese making industry in today's world.

### **III. Salt, Herbs, and Spices, developing flavor profiles**

- Types of salts available for use and their flavors, the growth, processing, and use of herbs including flavor profiles, the growth, processing, and use of spices including flavor profiles, the use of spices to cut down the use of salt as a flavoring, achieving balance of flavors in foods by using complementary flavors.

IV. Traditional methods of food preservation: Canning, pickling, drying, jams and jellies

- History of canning vegetables, fruits, fish, and meats, pickling using vinegar and salt based brines, the evolution of containers from terra cotta to commercial glass, differences between jams, jellies, and preserves, advantages to making jams and jellies instead of canning fruits, the complementary flavor profiles of cured meats and vinegar pickled vegetables, the processes of drying fruits, vegetables, and proteins.

#### V. Smoking Foods and Sausages

- Historical perspective on smoking meats and sausage making, pellicle formation, hot smoking, cold smoking, discussion of equipment used, woods used for smoking, the use of cures in smoking processes, production processes for fresh sausages, smoked sausages, cured sausages, emulsified sausages, fermentation of meats, casings both natural and synthetic, the use of pork, the use of other meats, the extensive use of pork fats, preserving emulsifications of forcemeats through production, discussion of how to design your own sausage and/or smoked products.

#### VI. Charcuterie Products and Forcemeats

- History of charcuterie, country forcemeats, straight forcemeats, gratin forcemeats, and mousseline forcemeats, the production of traditional products including confits, pates, pate en croute, rillettes, terrines, galantines, ballotines, dodines, and roulades, inlaid versus random garnishes, the historical use of terra cotta cook and service ware, today's use of stainless steel molds, shaping pieces, finishing strategies including chaud froid, creating and presenting buffet platters using aspic glazing methods.

#### VII. Hors D'oeuvres and Raw Bars

- Discussion of hors d'oeuvres vs. appetizers, service of hors d'oeuvres, components of hors d'oeuvres, presentation of cold seafoods both cooked and raw, production and service of raw bivalves including scallops, oysters, and clams, the health risks associated with said service, reasonable care in service, garnishes and accompaniments, sushi and sashimi production and service techniques.

#### VIII. The Modern Pastry Shop, Sculpting Media and Sculptures

- Differences between a pastry chef and a baker, selecting the right style of dessert course for a foodservice venue, responsibilities and requirements for pastry chefs in today's industry.

#### IX. Composed Dessert Courses, Specialty Cakes and Finishes

- Required parts of a composed dessert course, how to make the flavors of these pieces work together, European style gateaux and torten including Sacher Torte, Dobos Torte, Black Forest Cake, Opera Cake, Mocha Torte and others, occasion cakes in American, European, and other cultures including use of color and sweetness, wedding cakes from the classical to the contemporary.

#### X. Sauces and Chocolate

- Coulis, gastriques, icing, caramel, vanilla, ganache, and other sauces as well as the use of chocolate for décor work including modeling chocolate, cocoa painting, and tempered chocolate filigrees and sculpted pieces.

#### XI. Cookies and Crisps

- Tuiles, madeleines, petits fours, and other fine crisps.

#### XII. Custards, Cremes, and Mousses

- Egg based custards that are cooked, cornstarch puddings or blancmanges, chiffons, mousses, Bavarians, and strategies for shaping and displaying, use of silicone fleximolds for shaping and consistency, ice cream, ice milk, sorbets, sherbets, granitas, and gelato.

#### XIII. Candies and Confections, Sugar work

- Brittles, bombes, fudges, caramels, truffles, taffies, candied rinds, fruits, and zests, sugar floss, cotton candy, hard candies, the states of cooking sugar for confections i.e. softball, hard ball, crack, and caramel stages and their requisite temperatures.

## Program Affiliation

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**This course is required as a core program course in the following program(s)**  
AAS Culinary Arts