

FSHN 181 LAB
THE CHEMICAL NATURE OF FOOD
SYLLABUS SPRING 2015

Instructor: Chef Mark Segobiano
Lab Location: AGSCI 224
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Days: Tues/Thurs 12:30-3:20 p.m.
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CELL PHONES

Please turn all cell phones to silent mode prior to entering the lab.

COURSE DESCRIPTION

This lab will provide students a basic knowledge and understanding of different cooking methods and food preparation techniques through chef demonstration and hands-on laboratory exercises. The course content will include food composition, ingredient function, cooking methods, evaluation of finished food products, effects of preparation on nutrients, and proper menu planning. The course will also include proper identification and use of kitchen equipment, ingredient identification and selection of cooking methods.

LAB TEXT

There is no lab text required. All instructions and materials will be provided in the lab/kitchen

LAB FEES

A one-time charge for items used in the lab is \$50.00, which is paid with your tuition. Your lab fee covers food items and other materials used in the lab.

DRESS REQUIREMENTS

- **White** lab coats or chef coats are required. Lab/chef coats may not be stained, torn, or tattered.
- For safety reasons, (boiling water, hot grease, etc.) long pants made of a thick material such as jeans, khakis, Dockers, etc. are required when in the lab and **must extend to the ankles**. Pajamas, long sport shorts, etc. and anything that does not extend to the ankles are not allowed. Any student showing up for lab with pants that are not long enough and socks that are not high enough (with exposed lower legs) will not be allowed in lab.
- Baseball-type hats are required when you are in the lab. Long hair must fit under hat.
- Any hairstyle that will not fit under a hat must have a full head-covered hair net in lieu of hat. Hair nets are available at stores such as Longs Drugs, Walgreen's and Wal-Mart.
- Shoes must have closed toes and non-skid rubber soles. Tennis/athletic shoes meet these criteria. For safety reasons, flip flops, Crocs, or shoes with holes, heels and fashion shoes with leather soles are not acceptable. **In addition, for safety reasons, socks must also be worn and extend above the ankle.**
- Nail polish must be removed or you must wear latex/vinyl gloves purchased at **YOUR** expense.
- Students should arrive for lab already dressed or change in the restroom.
- Students are NOT allowed to change in the kitchen/lab.
- Students not in compliance with the dress requirements will not be allowed in lab and counted as absent.

- **ALL STUDENT BACKPACKS must be stored in the lockers on the 3rd floor nearest the elevator. It is advised that you buddy up with a classmate and share the purchase price of a lock. Locks are for day use ONLY and are not to be left on overnight. No backpacks are allowed in the lab/kitchen at any time, for ANY reason.**
- **Skateboards: skateboards are NOT allowed in the kitchen or the storage area behind the kitchen wall (in the sensory area) at any time for any reason. Skateboards are also NOT allowed to be left in the hallway for safety reasons. IF you ride a skateboard and it will NOT fit in the lockers up on the 3rd floor, I strongly suggest you do NOT ride it on your lab day as there will be NOWHERE for you to keep it!!!!**

STUDENT RESPONSIBILITIES

ATTENDANCE:

A sign-in sheet will be provided at each lab. Please sign in immediately upon your arrival to the lab. Anyone that fails to sign in will be counted as absent. Makeup labs are not possible. Due to the fact that specific instructions and chef demos will usually take place at the start of the lab, it is very important that you are on time to lab.

****Lab starts PROMPTLY at the listed times. Any student arriving more than 5 minutes after the start of lab will be denied entry to the kitchen/lab (as the doors will be LOCKED) and be counted as absent!**

PARTICIPATION:

In the lab, you will work in teams of two. Active participation by each student is mandatory. Points will be deducted from a student who is not actively involved in the daily assignments. In the event you need to leave the kitchen for any reason please inform the instructor or the TA. Students who are constantly roaming in and out of the kitchen/lab without first informing the TA or instructor will be told to leave and counted as absent.

KITCHEN CLEAN-UP:

All students are responsible for cleanup of the lab before leaving. Everyone leaves the lab at the same time. When all assignments are completed, a “lab wrap-up” is given by the chef or TA and an inspection of the kitchen is made prior to dismissal. Should you finish your assignment and cleaning tasks early, look around to see what else needs to be done in order to leave the kitchen in a clean and immaculate fashion. Students who do not exhibit professionalism in regard to “team-work” will lose points. **Any student that leaves lab early (bails on the clean-up portion of the lab) without the chef’s and/or TA’s approval will be counted as “absent” as attendance is also taken at the end of lab.**

ENVIRONMENTAL SANITATION:

When grease accumulates in sauté pans, sheet pans, sauce pans, etc., allow the grease to cool and then scrape it (using a rubber spatula) into a disposable plastic container or the trash can. Then use a paper towel to wipe as much grease as possible from the pot/pan/spoon/ladle, etc. Then wash/rinse/sanitize the pot or pan in the three compartment sink. The goal is to remove as much grease as possible from the pot/pan BEFORE it makes its way to the dish sink. This is done to reduce the amount of grease that goes down the drain. Large amounts of food waste are to go into the garbage cans. Food is not to be discarded into the sinks. Sink strainers are to be emptied and cleaned at the end of each lab session.

All trash must be emptied at the end of the lab. The trash dumpsters are located just outside of the double doors at the end of the hall near the restrooms. Trash cans should be lined with a new liner before leaving. All dirty towels/hot pads, etc. should be placed by the washing machine. The TA or chef instructor will be responsible for operating the washer/dryer.

LAB SAFETY

It is essential to the success of the foodservice lab to work in a safe environment. The kitchen can be a dangerous place when safety measures are not followed. Certain safety measures are important.

- Knives should **NOT be left in the wash sink**. (soapy/sudsy water) Leave sharp knives, tools, etc. on the drain board to the left of the wash sink, or in the **RED SANITATION BUCKET** where they can be easily seen to reduce the risk of accidentally being cut.
- Never use metal instruments such as spoons, whips or tongs on a Teflon pan. It will scratch away the Teflon coating and ruin the pan. For these, use wooden spoons or heat resistant rubber spatulas, etc.

LAB GRADING

FSHN 181 Lab is one (1) credit.

Daily lab performance grades are worth 50 points.

Daily lab performance includes:

- Attendance-30 points
- Participation/Professionalism-10 points*
- Clean-up/Sanitation-10 points*
- * **The Chef Instructor reserves the right to reallocate/reassess point deductions for professionalism and sanitation should a student wish to not participate in lab activities/clean up duties, etc. Point deduction can/may be equal to full daily lab point values.**

There are 13 Labs that involve demos, cooking, final cleaning, etc. Each lab is worth 50 points for a total of 650 points. You can miss one lab and still get an 'A' after which your grade goes down 1 letter grade for each lab you miss.

Based on the grading scale: A=585 points, B=520 points, C=455 points and D=390 points

1 absence = 600 points
2 absences = 550 points
3 absences = 500 points
4 absences = 450 points
5 absences = 400 points

The final lab is not an instruction day, but a cleaning day. The final lab is **MANDATORY**. An absence on this day results in an automatic deduction of **one full letter grade!!!!**

LAB MAKE-UP

Lab work is primarily all hands on. Because of this, it is impossible to make up a lab from a previous week, therefore, there is no makeup allowed for missed labs.

FSHN 181 LAB SCHEDULE

Lab Week

SUBJECT:

1/13-1/15

Introduction To The Kitchen

Small ware identification/hand washing/using a balance scale
Setting up dish sinks, setting up cutting board station, etc.

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| 1/20-1/22 | Knife Skills & Vegetable Cuts Chef's Demo: Vegetable cuts/How to hold and sharpen a knife Sauté: How to properly sauté onions Steaming: How to properly steam fresh carrots |
| 1/27-1/29 | Fats & Oils: Identification and Uses Chef's Demo: Permanent Emulsion-Mayonnaise Production: Onion Rings, Baked Potato Steak Fries, Potato Croquettes, Hush Puppies |
| 2/3-2/5 | Sugar Cookery: Stages and Identification Chef's Demo: Chocolate Ganache Sugar Cookery: Peanut Brittle, Caramel Popcorn, Caramel Apples, Chocolate Truffles |
| 2/10-2/12 | Pasta Identification & Rice/Grain Identification Chef's Demo: Basic pasta dough recipe Pasta production: linguine, fettuccine, Spinach & Ricotta Ravioli Rice/Grains: Rice Pilaf, Risotto, |
| 2/17-2/19 | <u>Labs Cancelled: President's Day Holiday Week</u> |
| 2/24-2/26 | Batters & Dough/Quick Breads Flour Identification & Chemical Leaveners Chef's Demo: Pate Choux, Biscuit Method Production: Éclairs, Crepes, Biscuits, Muffins |
| 3/3-3/65 | Yeast Breads: Natural Leaveners/Rich –vs. - Lean Doughs Chef's Demo: Pizza Dough Production: Pizza Dough, Soft Milk Rolls, Whole Wheat Loaves, 5-Grain Loaves |
| 3/10-3/12 | Pastry, Pies, & Cookies Chef's Demo: 3-2-1 Pie Dough Production: Apple Pie, Lemon Bars, Mint Sticks, Assorted Cookies |
| 3/17-3/19 | Vegetables: Comparing Acid/Alkaline Effect on Vegetables Chef's Demo: Blanching/Steaming/Sautéing Vegetables Production: Green Bean Casserole, Cayenne Carrots, Horseradish Mashed Potatoes |
| 3/24-3/26 | <u>Spring Break: NO CLASSES!!!!</u> |
| 3/31-4/2 | Salads & Gelatin Chef's Demo: French Mustard Vinaigrette Production: Cobb Salad, Pasta Salad, Potato Salad, Salad Dressings |
| 4/7-4/9 | Milk & Cheese Chef's Demo: Cream Soups Production: N.E. Clam Chowder, Cream of Mushroom, Mac & Cheese, Bread Pudding |
| 4/14-4/16 | Eggs, Eggs, Eggs!! Chef's Demo: Fried Eggs Over-Easy, Over-Medium, French Omelet, American Omelet Production: Fried Eggs, Poached Eggs, Omelets |
| 4/21-4/23 | Lab Clean up. Attendance is <u>MANDATORY!!</u> |