



Module Title:	Meat and Seafood Fabrication & Garde Manger		
Module Code:	CAPM 112		
Programme of Study/ Year of Study:	Culinary Arts / Year 1		
Group:	CA I	Semester:	Fall
Number of Hours Taught:	5 labs per week	ECTS:	3

Instructor:	Maria Charitou		
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Pre-requisites: None

Co-requisite: CAPM 113 - Product Identification, Purchasing & Storage

Module Rationale

This module is designed to introduce students to meat and seafood fabrication and the basic operation of the Garde Manger, applying theory and techniques to this end. Students will develop a broad understanding of product handling and basic procedures of food production in the area of the Garde Manger.

Aims

This course provides a basic understanding, through theory and demonstration, of cold preparation and cold display techniques. It includes product identification, purchasing and storage of meat, poultry, fish and seafood products.

Intended Learning Outcomes

On successful completion of this module, students will be able to:

1. Work individually and as a member of diverse team.
2. Distinguish the different categories of cold soups, cold sauces, salads, dressings, condiments, crackers, pickles and types of sandwiches.
3. Produce fundamental cold food preparations skilfully
4. Identify the market forms, characteristics and quality indicators of poultry, game, pork, lamb, beef, veal, fish, mollusks and shellfish.
5. Use properly and safely the available equipment, utensils and knives
6. Demonstrate mastery in meat, poultry, fish and seafood fabrication, meat cutting skills and portioning.

7. Practice safe handling and storing procedures of purchased food products.
8. Demonstrate proper production and waste control management.
9. Demonstrate competency of related course terminology.

Methods of Teaching /Learning:

- Lectures
- Group Discussions
- Workshop Demonstrations
- Workshop Assignments

Assessment:

The students will be assessed in both theoretical and practical aspects of the module. It should be noted that in order for the students to succeed in this module, they should achieve **at least** a score of **50% in the theoretical part** and **50% in the practical part** of the subject.

Theoretical: 40%

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| • Assignment | 30 % | } | 100 % |
| • Quizzes / Tests | 30 % | | |
| • Final Written Examination | 40 % | | |

Practical: 60%

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| • Continued Workshop Assessment
(Individual and Group Work) | 60 % | } | 100 % |
| • Final Practical Assessment | 40 % | | |

Module Requirements

Refer to the Students' Manual Appendix I Culinary Arts Workshop Requirements

Module Plan and Content

Week	Dates	Topics to be Covered	Reference Chapter / Material
1.	1/10	National Holiday	
2.	8/10	Introduction to Meat and Seafood Fabrication & Garde Manger <ul style="list-style-type: none"> • Equipment and Knife Identification • Proper and Safe Knife Handling • Sharpening knives p.44 • Vegetable cuts p.343 (Julienne, Brunoise, Chifonade, Barrel Shape, Rodelle) 	Chapter 4: p.41-45 Chapter 12: p.343,378 Instructor's notes
3.	15/10	<u>Poultry Identification and Fabrication</u> <u>Game Identification and Fabrication</u> <u>THEORY</u> <ul style="list-style-type: none"> • Poultry Categories and Identification • Poultry Quality Points & Storing p. 296-297 • Feathered and Wild Game Identification p.303-306 	Chapter 11: p.295-306 Instructor's notes



Week	Dates	Topics to be Covered	Reference Chapter / Material
		<ul style="list-style-type: none"> • Game Storing p.305 <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • <u>Chicken Fabrication / Cutting</u> <ul style="list-style-type: none"> - Trussing Chicken (Roasting) p.297 - Cutting Chicken (Sautéing / Grilling) p.298-299 - Deboning Chicken (Breasts / Legs) p.300-301 - Drumsticks Preparation (Wings) • <u>Game Fabrication / Meat Cutting p.303-306</u> <ul style="list-style-type: none"> - Meat cutting and deboning duck - Meat cutting and deboning quail - Meat cutting and deboning rabbit 	
4.	22/10	<p><u>Pork Identification and Fabrication</u></p> <p><u>THEORY</u></p> <ul style="list-style-type: none"> - Pork Quality Points / Storing <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • <u>Pork Fabrication / Meat Cutting</u> <ul style="list-style-type: none"> - Meat cutting Pork Side - Deboning Pork Leg - Deboning Pork Shoulder - Cutting Pork Chops - Cutting Pork Spareribs p.230 	Chapter 10: p. 228-231 Instructor's notes
5.	29/10	<p><u>Lamb Identification and Fabrication</u></p> <p><u>THEORY</u></p> <ul style="list-style-type: none"> - Lamb and Goat Meat Identification (categories) - Lamb and Goat Quality Points / Storing <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • <u>Lamb and Goat Fabrication / Meat Cutting</u> <ul style="list-style-type: none"> - Meat cutting Lamb p. 217-218 - Deboning Lamb Leg - Deboning Lamb Forequarter - Cutting Lamb Chops p.219-220 	Chapter 10: p.217-221 Instructor's notes
6.	05/11	<p><u>Beef - Veal Identification and Fabrication</u></p> <p><u>THEORY</u></p> <ul style="list-style-type: none"> - Beef and Veal Identification / Categories - Beef and Veal Cuts - Beef and Veal Quality Points / Storing - Beef / Veal Cuts and Portioning - Beef / Veal Suitable Cooking Methods <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • <u>Beef Fabrication / Meat Cutting</u> <ul style="list-style-type: none"> - Meat Cutting Beef Hindquarter <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • Beef Cuts and Portioning p.221-224 • Trimming and Portioning Fillet <ul style="list-style-type: none"> - Filet Steak, Chateaubriand, Filet Mignons, Stroganoff • Trimming and Portioning Sirloin <ul style="list-style-type: none"> - Entrecote Steak, Escalope 	Chapter 10: p.221-228, 262,274, 275 Instructor's notes

Week	Dates	Topics to be Covered	Reference Chapter / Material
7.	12/11	<p><u>Fish and Seafood Identification and Fabrication</u></p> <p><u>THEORY</u></p> <ul style="list-style-type: none"> - Fish and Seafood Categories p.157-158 - Identify Main Types - Quality Points / Storing <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • <u>Fish and Seafood Fabrication</u> - Cutting Round Fish (e.g. Salmon, Trout, Seabass) Darne, Tronçon, Fillet, Colbert, En Lorgette, Colère p.161-164 - Cutting Fish Fillet (e.g. Sole, Plaice) - Suprême, Goujon, Paupiette, Delice p.164-165 - Cleaning and Preparing Mollusks (Octopus, Squid, Cuttlefish) p.172 - Preparing Shellfish - Mussels, Lobster, Prawns (Butterfly Cut) p. 169-171 	<p>Chapter 9: p.157-174</p> <p>Instructor's notes</p>
8.	19/11	<p><u>Cold Soups and Sauces</u></p> <p><u>THEORY</u></p> <ul style="list-style-type: none"> • Cold Soups Categories • Cold Sauces Categories <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • <u>Cold Soup Preparation</u> - Gazpacho Andalusia - Vichyssoise p.50 - Chilled Clear Borscht • <u>Cold Sauces Preparation</u> - Mayonnaise p.577 - Salsa Fresca p.52,101,102 - Pesto Sauce p.588 - Cocktail Sauce p.581 - Red Bell Pepper Coulis - Apple Sauce p.98 - Vinaigrette Sauce p.576 	<p>Chapter 5: p. 48-51,76,98</p> <p>Chapter 18: p.576,577,581,588</p> <p>Instructor's notes</p>
9.	26/11	<p><u>Salads & Salad Dressings</u></p> <p><u>THEORY</u></p> <ul style="list-style-type: none"> • Salad Categories p.573 • Salad Ingredients p.590 <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • <u>Salads and Salad Dressings Preparation</u> - Caesar Salad p.602 - Coleslaw Salad p.595 - Potato Salad p.596 - Waldorf Salad p.596 - Russian Salad p.597 - Village Salad p.590 	<p>Chapter 18: p.573, 576,577,590-603</p> <p>Instructor's notes</p>

Week	Dates	Topics to be Covered	Reference Chapter / Material
10.	03/12	<p><u>Condiments, Crackers and Pickles</u> <u>Open and Closed Sandwiches</u> <u>THEORY</u></p> <ul style="list-style-type: none"> • Aromatic Food Flavorings • Sandwich Categories • Main Components for Sandwiches <p><u>WORKSHOP (Demonstration / Practical)</u></p> <ul style="list-style-type: none"> • <u>Preparing Condiments and Pickles</u> <ul style="list-style-type: none"> - Tomato Chutney p.585 - Beetroot Relish p.586 - Pickled Vegetables p.587 • <u>Preparing Sandwiches</u> <ul style="list-style-type: none"> - Croque Monsieur - Club Sandwich - Smoked Salmon Tea Sandwich - Open / Closed Sandwiches p.617,619 	<p>Chapter 18: p.585-589,617-619</p> <p>Instructor's notes</p>
11.	10/12	<p><u>Final Practical Assessment</u> <u>WORKSHOP</u> Meat Cutting and Deboning Chicken</p>	
12.	17/12	<u>Revision and Project Presentations</u>	
13.	07/01	<u>Revision and Project Presentations</u>	

Essential Reading

Foskett, D., Rippington, N., Paskins, P., & Thorpe, S. (2015). *Practical Cookery for Level 2 NVQS and Apprenticeships*. (13 ed.). London: Hodder Education

Additional Reading

1. The Culinary Institute of America, 2008. *Garde Manger: The Art and Craft of the Cold Kitchen*. 3rd ed. Hoboken: John Wiley & Sons, Inc.
2. The Culinary Institute of America, 2011. *The Professional Chef*. 9th ed. Hoboken: John Wiley & Sons, Inc.
3. Garlough, R., & Campbell, A., 2011. *Modern Garde Manger: A Global Perspective*. 2nd ed. New York: Delmar-Cengage Learning.
4. Trotter's C., 2001. *Meat and Game*. Berkeley: Ten Speed Press.

