Unit 7: Gallant and gustatory gourmet

Content Area: **Language Arts Literacy**
Course(s): **Culinary Arts**
Time Period: **March**
Length: **10 blocks**
Status: **Published**

Enduring Understandings

Gourmet food preparation dresses up food to make the ordinary, special.

Any food can be made gourmet through ingredient selection, presentation and garnishing techniques.

Ingredients contribute to the unique characteristics of the finished food product.

Developing skills in equipment use leads to success in food preparation and production.

Cooking methodologies require the application of scientific principles while encouraging

culinary creativity.

Lifelong learning increases knowledge and can improve the quality of life.

Essential Questions

How can understanding the elements of the dining experience create a satisfying dining experience.

How do appetizers help create a balanced meal?

How does planning a schedule before beginning food preparation experiences improve work efficiency and final product outcomes?

How does food define social interactions?

Why bother making gourmet foods?

How does a chef know which ingredients to use?

How do equipment skills contribute to successful food preparation and production?

How do I make myself a better cook?

Content

Gourmet

Gourmand

Foodie

Cusine

Connosieur

Epicure

Elegant

Presentation

Fresh herbs

Garnish

Unusual combinations

Hors doeuvre

Appetizer

Canape

Finger food

Dips

Spreads

Canapé

Crudités

Entrée

Sauce

Omelet

Frittata

Garnish

Presentation

Skills

Define gourmet, epicure, and connoisseur.

Identify what makes a food gourmet.

Describe ways to make ordinary foods gourmet.

Demonstrate a variety of visually appealing garnishes for foods.

Demonstrate visually appealing presentation of foods.

Prepare a variety of gourmet foods including appetizers, entrees and side dishes.

Identify key gourmet food preparation terminology.

Identify gourmet food preparation ingredients.

Create an original gourmet recipe.

Demonstrate teamwork and leadership skills.

Develop work plans for labs

Resources

Food for Today

Guide to Good Food

Culinary Essentials

Cooks Illustrated

America's Test Kitchen

Bon Appetit

Standards

1.2	Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
1.2.4	Demonstrate teamwork skills in school, community and workplace settings and with diverse populations.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
8.5.5	Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
8.5.9	Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques.
8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
9.5	Demonstrate use of science and technology advancements in food product development and marketing.

9.5.4 Maintain test kitchen/laboratory and related equipment and supplies.