

Virginia Western Community College
HRI 145
Garde Manger

Prerequisites

HRI 106 & HRI 158

Course Description

Studies garde manger, the art of decorative cold food preparation and presentation. Provides a detailed practical study of cold food preparation and artistic combination and display of cold foods.

Semester Credits: 3 Lecture Hours: 2 Lab/Clinical/Internship Hours: 3**Required Materials****Textbook:**

Garde Manger: Cold Kitchen Fundamentals by: American Culinary Federation 1st Edition 978-0-13-118219-6

Other Required Materials:

1. Pen, notebook
2. 2 full uniforms, consisting of: Chef Jacket with school logo and name, black & white checkered pants, neckerchief, slide, white apron, white chef hat, black closed heel and toe, non-skid shoes.
3. Knife kit with garnishing kit
4. Sharpie marker

Course Outcomes**At the completion of this course, the student should be able to:**

1. Understand the basics to cold dressings and sauces, including emulsions.
2. Understand the concepts of salad building and presentation.
3. Learn the basic skills and techniques in charcuterie, including forcemeats, terrines and galantines.
4. Learn the basic skills and techniques of garnishment.
5. Learn about various sculptures, such as salt dough and ice.
6. Learn the basic skills and techniques of sandwiches and preparation thereof.
7. Understand Mise en Place
8. Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.

Topical Description

Unit 1: Introduction to the Cold Kitchen

- History of Garde Manger
- Guilds
- Charcuterie
- Restaurants and role of the Garde manger
- Today's Garde manger
 - Establishments
 - Type of work
 - Entry level
 - Advanced level
- Practice of a profession
- The Garde manger as a business person

Unit 4: Flavorings

- Herbs and Spices
- Salt
- Oils
- Vinegars
- Additional flavorings

Unit 7: Canapés

- Canapé starters

Unit 8: Appetizers

- Amuse-bouche
- Appetizers or hors d'oeuvre
- Around the world
- Presentation
- Cold Appetizers
- Hot Appetizers

Unit 9: Sandwiches

- History of the sandwich
- Classification of sandwiches
- Components of a sandwich
- Sandwich presentation
- Breads
- Spreads
- Fillings
- Hot and grilled sandwiches

Unit 10: Cold Soups

- Clear soups
- Fruit soups

Unit 11: Salad Basics

- History of the salad
- Types of salad
- Basic knife skills in salad station
- Salad greens
- Fresh herbs
- Organics
- Salad prep
- Plating salads
- Bound salads
- Banquet salads

Unit 12: Side Salads

- Starch based salads
- Vegetable and fruit salads
- The salad bar

Unit 13: Main-Course Salads

- Main course salad tips
- Classic main salads
- Contemporary main salads

Unit 14: Dressings

- Dressing classifications
- Vinaigrettes
- Emulsified dressings
- Cream dressings
- Cooked dressings
- Low-fat dressings

Unit 15: Cold Sauces, dips, aiolis, salsas, relishes, and chutneys

- Cold sauces
- Gastriques
- Dips
- Aioli
- Salsa
- Chutney and relish

Unit 16: Curing, smoking, marinating, drying, and pickling

- Curing

- Smoking
 - Rubs
 - Marinating
 - Drying
 - Pickling
- Unit 17: Basic Charcuterie
- Forcemeats
 - Sausage making
 - Gallentine, ballontine, and Dondine de Canard
 - Quenelles
 - Foie gras
 - Pate
 - Terrines
 - Mousse
 - Rillettes
- Unit 18: Buffets
- Elements of a successful buffet
 - Buffet equipment
 - Buffet layout
 - Table decorations
 - Calculating food quantities
 - Action stations
 - Wedding receptions
 - Holiday themed buffets
- Unit 19: Catering
- Banquet event order
 - Terminology of service
 - Off-site catering
 - Service equipment
 - Canapé service
 - Boxed lunches
 - Room service and amenities
- Unit 20: Decorating Work
- The past, present, and future of food decorations
 - Work environment
 - Aspic Jelly
 - Working with dry gelatin products
 - Chaud froid sauce
 - Decorating technique and skill
 - Principles of platter design
 - Vegetable carving
 - Fruit baskets
 - Dough carving

- Ice carving
- Modern trend in decoration

Unit 21: Preparing for Culinary Competition

- Why compete?
- History of culinary competition
- Chef Heroes
- The future of the culinary exhibitions
- Team selection
- Preparing for the competition
- Competition and formulas
- Categories of competitions

Notes to Instructors

- None