**Virginia Western Community College**

**HRI 219**

**Stock, Soup and Sauce Preparation**

**Prerequisites**

HRI 106, HRI 158

**Course Description**

Instructs the student in the preparation of stocks, soups, and sauces. Promotes the knowledge/skills to prepare stocks, soups, and sauces, and to select appropriate uses as meal components.

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

**Required Materials**

**Textbook:**

OnCooking A textbook of Culinary Fundamentals Fifth Edition Update, Labensky, Sarah R. and Alan M. Hause Upper Saddle River, NJ ISBN#: 978-0-13-345855-8

**Other Required Materials:**

1. 2 full uniforms, consisting of: chef jacket with school logo and name embroidered, black & white chef check pants, neckerchief, slide, white apron, white Baker’s Cap, closed-heel, closed toe, non-skid shoes.
2. Knife kit – only the kit sold at the VWCC bookstore is acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand.
3. Pen, pencil, calculator.
4. Bi-metallic stemmed thermometer, dial or digital, Black Sharpie Marker

**Course Outcomes**

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

* Identify and prepare various types of stocks, including chicken or white stock.
* Identify and use various thickening agents.
* Identify, prepare and utilize the mother sauces.
* Make, create, and utilize various compound sauces using the mother sauces.
* Identify and create various types of soups.
* Understand when to use various sauces and how they enhance food
* Understand how to adjust a sauce to make it healthier
* Understand Mise en Place
* Have an understanding of sanitation in foodservice
* Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.

**Topical Description**

Chapter 6: Flavors and Flavorings

* Flavors
* Tastes
  + Sweet
  + Sour
  + Salty
  + Bitter
  + Umami
* Factors affecting perception of flavor
* Flavoring food
* Flavorings: herbs and spices
* Herb and spice blends
* Storing herbs and spices
* Using herbs and spices
* Salt
* Oils
* Vinegars
* Condiments
* Wines, beers, brandies, liquors and liqueurs
* International flavor principles

Chapter 10: Stocks and Sauces

* Stocks
  + White
  + Brown
  + Fish
  + Vegetable stock
  + Court bouillon
* Principles of stock making
* Glaze
* Sauces
  + Thickening agents
  + Finishing techniques
* Sauce families
  + Béchamel
  + Veloute
  + Espagnole
  + Demi-glace
  + Tomato sauce
  + Hollandaise
* Beurre Blanc
* Beurre Rouge
* Compound butters
* Pan Gravy
* Pan sauces
* Coulis
* Contemporary sauces
* Vegetable juice sauce
* Flavored oil

Chapter 35: Plate Presentation

Chapter 11: Soups

* Classification of soups
  + Clear
  + Thick
  + Specialty
* Garnishing
* Consommés
* Clarification process
* Cold soups
* Soup service

**Notes to Instructors**

* None