

**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**

- Rubrics for Midterm and final practical exams.