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|  |  | Grade 10 | Grade 11 | Grade 12 |
| **September** | 4 | Grade nine Orientation | Welcome/Expectations/Course Outline | Welcome/Expectations/Course Outline |
| 5 | Welcome/Expectations/Course Outline | Basic Meat Cookery Theory | Class Set-up (Unpack kitchen), Chix Stock |
| 6 | Food Basics Theory | Basic Meat Cookery Theory | Class Set-up (Unpack kitchen), Veal Stock |
| 7 | Food Basics Theory | Recipe: Beef Bourguignon | Advanced Soups and Sauces Theory |
| 10 | Food Basics Theory/FIFO | Recipe: Burgers | Advanced Soups and Sauces Theory |
| 11 | Video: Kitchen Safety | Recipe: Tacos | Bechamel and Drvtv Sauce Alfredo |
| 12 | Video: Kitchen Safety | Video: Safe Food Handling | Bechamel and Drvtv Sauce Mustard |
| 13 | Health Inspector: Safe Food Handling Cert | Demo: Smoked Beef /Beef Jerky Prep | Veal Veloute & Chicken Veloute |
| 14 | Small Wares/Handwashing/Chef Jackets | Demonstration: Beef Jerky | Veal Veloute Drvtv Sauce Horseradish |
| 17 | Video: Safe Food Handling | Recipe: Beef Rouladin | Chix Veloute Drvtv Sauce Hungarian |
| 18 | Food Basics Exam: Food Basics (pass 70%) | Recipe: Beef Stroganoff | Demonstration: Beef Jerky |
| 19 | Kitchen Orientation (tour) | Recipe: Beef Roast ~~(and Yorkshire)~~ | Espagnole Derivative Poivrade-Madgascar |
| 20 | Health Inspector: Safe Food Handling Cert | Recipe: Kabobs | Espagnole Derivative Robert Sauce |
| 21 | Dishwashing Kitchen Organization | Recipe: Marinated Steak Sandwich | Tomato Sauce Derivative Creole |
| 25 | Knife Skills: Brunoise | Exam: Basic Meat Cookery (pass 70%) | Tomato Sauce Derivative Provençale |
| 26 | Knife Skills: Julienne | Recipe: Middle Eastern Panini | Hollandaise Sauce  |
| 27 | Recipe: Onion Rings (deep-fryer) | Fish and Poultry Cookery Theory | Hollandaise Sauce Derivative Bearnaise |
| 28 | Recipe: Chocolate Chip Cookies (oven) | Fish and Poultry Cookery Theory | Hollandaise Sauce Derivative Grimrod |
| **October** | 1 | Recipe: Muffins (stand-up mixer) | Video: EAT (Fish) Disc 1:4 | Advanced Meat Cookery Theory |
| 2 | Recipe: Stir-Fry (range top) | Demo: Smoked Turkey Breast | Advanced Meat Cookery Theory |
| 3 | Kitchen Clean-up and Organization | Recipe: Turkey Clubhouse Sandwich | Beef Stir-Fry |
| 4 | Personal Work Evaluation | Deboning Chickens | Pan-fried Steak with Wasabi Butter |
| 10 | Research Assignment: Foodborne Illness | Demo: Breaded and Stuffing | Prep |
| 11 | Research Assignment: Foodborne Illness | Recipe: Chicken Souvlaki | Striploin Au Jus Sandwich |
| 12 | Presentation: Foodborne Illness | Recipe: Shrimp Stir-Fry | Weinerschitzel (Veal) |
| 15 | Kitchen Clean-up | Demo: Flatfish, Crustaceans, Shellfish | Prep  |
| 16 | Stock and Sauce Theory | Recipe: Fish and Chips | Belgium Beef Carbonade |
| 17 | Stock and Sauce Theory | Recipe: Po’ Boy Sandwich | Lamb Souvlaki |
| 18 | Method: White Stock / Knife skills: Oblique | Recipe: Maple Glazed Salmon | Pork Chops |
| 19 | Method: Brown Stock | Poultry and Seafood Exam (pass 70%) | Prep |
| 22 | Method: Fish Stock | Recipe: Seafood Alfredo | Lamb Rogan Josh |
| 23 | Method: Vegetable Stock | Vegetables and Fruits Theory | Roasted Leg of Lamb |
| 24 | Recipe: Vegetable Barley Soup (broth) | Vegetables and Fruits Theory | Exam: Advanced Meat Cookery (pass 70%) |
| 25 | Recipe: Cream of Broccoli (cream) | Lab: Dehydrator: Fruits (Apples, Peaches) | Sauteéd Tri-tip in Morels and Truffle |

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|  | 29 | Recipe: Borscht (ethnic) | Recipe: Veg. Kabobs on Roasted Potatoes | New England Clam Chowder |
| 30 | Recipe: Bechamél | Recipe: Beef Black Bean Sauce, Chinese Veg | Ethnic: Minestrone |
| 31 | Recipe: Velouté | Recipe: Chef Salad, Lab: Tomato Concassé | Ethnic: Canadian Beef Barley Soup |
| 1 |  | Recipe: Greek Salad, Greek Potato, Tzaziki | Citrus Soup |
| **November** | 2 | Recipe: Espagnole | Recipe: Chicken Marinara, DF Eggplant | Pureed Soup |
| 5 | Recipe: Tomato | Recipe: Tempura Vegetables on Rice | Exam: Advanced Soups (pass 70%) |
| 6 | Fettuccini Alfredo | Recipe: Vegetarian Pizza | Line Cooking: Theory |
| 7 | Recipe: Poutine / Knife Skills: Batonnet | Recipe: Jerk Chicken on Roasted Yams | Line Cooking: Theory (garnishing) |
| 8 | Recipe: Spaghetti Bolognaise | Recipe: Veg. Barley Soup, Grilled Cheese | Line Cooking: Broil/Barbeque |
| 9 | Recipe: Chicken Noodle Soup | Vegetables Fruit Concept Exam (pass 70%) | Line Cooking: Poach/Steam |
| 13 | Recipe: Canadian Beef Barley Soup | Recipe: Spicy Chicken Caesar Wrap | Line Cooking: Grill/Griddle |
| 14 | Soups & Sauces Concept Exam: (pass 70%) | Video: EAT (Baking) | Line Cooking: Toast |
| 15 | Creative Cold Food Theory | Recipe: Pancakes, Bacon and Eggs | FOD 3100: Entertaining: Football Banquet |
| 16 | Emulsifications: Temporary: Italian | Recipe: Wild Mushroom Quiche | FOD 3100: Entertaining: Football Banquet |
| 19 | Emulsifications: Permanent: Mayonnaise | Lab: Kolach | FOD 3100: Entertaining: Football Banquet |
| 20 | Salad: Caesar Dressing / Salad | Recipe: Breadsticks and Tossed Salad | FOD 3100: Entertaining: Banquet Clean-up |
| 21 | Salad: Italian / Salad | Recipe: Danish | Line Cooking: Breading |
| 22 | Knife Skills: Vegetable Crudité | Recipe: Danish | Line Cooking: Pre-battered Fish or Shrimp |
| 23 | Recipe: Potato Salad | Recipe: Loaded Pizza | Line Cooking: Premade Chicken |
| 26 | Recipe: Greek Salad (marinated) | Recipe: Baked Mac and Cheese and Salad | Line Cooking: Hot Sandwiches |
| 27 | Recipe: Egg Salad Bunwich | Lab: Gingerbread Sculpture | Line Cooking: Cold Sandwiches |
| 28 | Recipe: Students Choice | Lab: Gingerbread Sculpture | Line Cooking: Cultural Foods |
| 29 | Recipe: Bacon Lettuce Tomato | Lab: Gingerbread Sculpture | Line Cooking: Microwave |
| 30 | Research: Table D’Hote Assignment | Lab: Cookie x2 (flour comparison) | Line Cooking: Bake/Roast |
| 4 | Research: Table D’Hote Assignment | Recipe: Cinnamon Buns | Line Cooking: Fry/Sauté  |
| **December** | 5 | Recipe: Tuna Sandwich | Recipe: Pizza Pretzels | Line Cooking: Deep-Fry |
| 6 | Recipe: Ham Sandwich | Recipe: Blueberry Muffins | FOD 3100: Entertaining: Chef’s Table |
| 7 | Recipe: Hot Beef Sandwich (open-faced) | Recipe: Scones | FOD 3100: Entertaining: Chef’s Table |
| 10 | Recipe: Po’ Boy Sandwich | Recipe: Baguette | FOD 3100: Entertaining: Chef’s Table |
| 11 | Recipe: Fruit Salad | Recipe: Choux Paste (Cream Puffs) | FOD 3100: Entertaining: Chef’s Table |
| 12 | Recipe: Panini | Eggs and Milk Theory | FOD 3100: Entertaining: Chef’s Table |
| 13 | Creative Cold Foods Exam: (pass 70%) | Eggs and Milk Theory | Fod3030: Creative Baking |
| 14 | Video: Fruit Carving | Recipe: Chocolate Cake with Mousse Filling | Fod3030: Creative Baking |
| 17 | Recipe: Chef Salad | Recipe: Chocolate Cake with Mousse Filling | Fod3030: Creative Baking |
| 18 | Recipe: Chicken Caesar Salad | Recipe: Lemon Meringue | Fod3030: Creative Baking |
| 19 | Christmas Baking | Recipe: Crepes (Strawberry) | Fod3030: Creative Baking |

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|  | 20 | Christmas Baking | Recipe: Crepes (Strawberry) | Fod3030: Creative Baking |
| 21 | Christmas Baking | Poached Eggs (Over Medium) | Fod3030: Creative Baking |
| 7 | Christmas Baking | Recipe: Pad Thai | Fod3030: Creative Baking |
| 8 | Kitchen Cleanup | Crème Brulee | Fod3030: Creative Baking |
| 9 | Research: Table D’Hote Assignment | Crème Caramel | Fod3030: Creative Baking |
|  | 10 | Research: Table D’Hote Assignment | Recipe: East Coast Donairs | Fod3030: Creative Baking |
|  | 11 | Assignment: Create and appetizer | Seafood Paella | Fod3030: Creative Baking |
|  | 14 | Augmentation: Make it Healthier | Shrimp Stir-Fry on Fried Rice | Movie: Chef |
|  | 15 | Kitchen Clean-up/Class Party |  | Movie: Chef |
|  | 16 |  |  | Movie: Burnt |
|  | 17 |  |  | Movie: Burnt |

The recipes above may be substituted or changed due to availability of ingredients or school events.