

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
HRI 145 - PRINCIPLES OF GARDE MANGER (3 CR.)**

Course Description

An introduction to fundamental principles and main types of foods produced in the cold kitchen or garde manger. Classroom and laboratory sessions will stress proper procedures combined with food science principles, proper sanitation, standards of quality for cold buffet foods and decorations, and proper use and care of kitchen equipment. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

General Course Purpose

HRI 145 is designed to familiarize students with the fundamental principles and main types of foods produced in the cold kitchen or garde manger, standard procedures, professional food service standards, and use and care of food service equipment. The course is designed for the beginning student who has taken at least one semester of a hands-on foods course.

Course Prerequisites/Co-requisites

None.

Course Objectives

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

- Define the term garde manger and its importance in the commercial kitchen
- List attributes and characteristics of a successful garde manger chef
- List various types of food-service operations that would provide opportunity for garde manger work
- Identify and explain large and small equipment used in the garde manger
- Explain the physical layout of a garde manger kitchen
- Explain and prepare various types of marinades, sauces, and dressings
- Prepare and explain the proper procedure for preparing cold meats and seafood
- Explain and prepare various types of simple and complex cold salads
- Prepare and explain the proper procedure for preparing cold meats and seafood
- Identifying various types of cold soups
- Identify and explain the main elements of a basic sandwich
- Explain basic sandwich types and the principles of sandwich construction
- Describe and explain basic construction types of hot and cold hors d'oeuvres
- Present hot or cold hors d'oeuvres attractively
- Explain the origins of foie gras, truffles, and caviar and their use as garnishes
- Be able to explain the principles involved in curing and smoking foods
- Prepare various types of cured and smoked foods
- List and describe various basic types of sausages
- Prepare various types of sausages following food safety guidelines
- Prepare and explain the proper procedure for making various types of forcemeats
- List and describe various basic types of pates and terrines
- List and describe various basic types of pate and terrine construction
- Prepare, assemble, and cook pates and terrines properly
- Prepare and explain the proper procedure for making various types of galantines
- Prepare and explain the proper procedure for making various types of cold mousses
- Prepare and explain the proper procedure for making various types of hot and cold mousselines
- Explain the various types of cheese and how they can be arranged on a platter
- Define various types of gelatin
- Prepare and explain the proper procedure for making aspic and gelatin
- Prepare various colored aspic sheets for decorations
- Prepare and explain the proper procedure for making and using chaud-froid
- Prepare and explain the proper procedure for decorating and glazing cold food items

- Explain and define various types of non-edible displays, i.e., ice carvings, tallow pieces, etc
- Explain different types of food decorations in terms of individual garnishes and buffet decorations
- Explain cold food presentation in terms of basic food arrangements on buffet platters
- Explain how to plan an attractive buffet set-up of various size and shapes or tables
- Define and explain various types of buffets
- Define and explain various types of buffet menus

Major topics to be Included

- The Garde Manger Profession
- Sauces and Dressings
- Simple Salads
- Cold Fruits and Vegetables
- Complex Salads
- Cold Seafood and Meats
- Cold Soups
- Sandwiches and Hors D'Oeuvres
- Cured and Smoked Foods
- Sausages
- Pates and Terrines
- Cheese
- Mousselines
- Aspic, Chaud-Froid, Decorative Items, and Non Edible Displays
- Buffet and Food Bars