

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number:** HRI 145

**Credits:** 3

**Course Title:** Garde Manger

**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. Prerequisite: HRI 218. Co-requisite: HRI 220. Lecture: 2 hours. Laboratory 3 hours. Total 5 hours per week.

**General Course Purpose:** HRI 145 provides the student with the fundamental principles and knowledge of the main types of foods produced in the garde manger, standard procedures and techniques, professional food service standards, and use and care of food service equipment.

**Course Prerequisites and Co-requisites:**

Prerequisite: HRI 218

Co-requisite: HRI 220

**Course Objectives:**

Upon completing the course, the student will be able to:

- a. Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, dip, score, julienne, whip, beat, maintain holding temperature, chill, freeze, and produce food in the pantry station;
- b. Slice and/or cut meats, cheeses, vegetables, and other items for salads, cold sandwiches, hot sandwiches, or cold platters;
- c. Prepare salad dressings, cold sauces, and dips;
- d. Assemble sandwiches, cold appetizers, and cold platters;
- e. Prepare garnishes;
- f. Prepare mousses, galantines, ballotines, pâtés, terrines, and other molded foods;
- g. Prepare forcemeats, sausages, and other charcuterie products;
- h. Prepare items for consumption and for cooking by brining, marinating, curing, smoking, seasoning, and trussing;
- i. Create decorative centerpieces;
- j. Create ice carvings; and
- k. Prepare a menu for service on site in the restaurant and off-site catering.

**Major Topics to be Included:**

- a. The garde manger profession
- b. Sauces and dressings
- c. Simple salads
- d. Cold fruits and vegetables
- e. Complex and composed salads
- f. Cold seafood and meats
- g. Cold soups
- h. Sandwiches
- i. Hors d'oeuvres
- j. Cured and smoked foods
- k. Sausages and forcemeats
- l. Pates, terrines, galantines, and ballotines
- m. Cheese
- n. Mousselines
- o. Aspic, chaud-froid, decorative items, and non-edible displays
- p. Buffet and food presentations bars

**Effective Date of Course Content Summary:** August 6, 2014