

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: HRI 219

Credits: 3

Course Title: Stock, Soup, and Sauce Preparation

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. Prerequisites: HRI 106 and HRI 158 (or HRI 115). Co-requisite: HRI 218. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

General Course Purpose

This course is designed to expand the student's ability to prepare stocks, soups, sauces, garnishes, and classifications.

Course Prerequisites and Co-requisites:

Prerequisites: HRI 106 and HRI 158 (or HRI 115)

Co-requisite: HRI 218

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, chop, simmer, steam, whip, fold, blend, garnish, maintain holding temperature, and otherwise produce food in the soup and sauce station;
- b. Prepare white, brown, fish, shellfish, vegetable, game, and other stocks;
- c. Prepare roux, beurre manié, liaisons, slurries, and other thickening agents;
- d. Prepare mother sauces;
- e. Prepare small sauces from mother sauces;
- f. Prepare clear, thick, and puree soups; and
- g. Prepare bisques and chowders.

Major Topics to Be Included:

- a. Soups and soup classifications
- b. Serving, presentation, and garnishes
- c. Stocks, fumets, nages, and broths
- d. Mother sauces and secondary sauces; including all other classified sauces
- e. Prepared stocks, bases, soups, and sauces
- f. Roux and other thickeners
- g. Stock, soup, and sauce preparation and techniques
- h. Equipment identification

Effective Date of Course Content Summary: August 6, 2014