

SEMESTER LESSON PLAN (RPS)

**CONTINENTAL RESTAURANT CUISINE
(BG 433)**







Lecturer:

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**CULINARY EDUCATION STUDY PROGRAM
DEPARTMENT OF FAMILY WELFARE EDUCATION
FACULTY OF TECHNOLOGY AND VOCATIONALEUCATION
UNIVERSITAS PENDIDIKAN INDONESIA
2021**

	SEMESTER LESSON PLAN (RPS)	Doc. No. : FPTK-UPI-RPS-E0751.54
	(CONTINENTAL RESTAURANT CUISINE)	Revision : 02
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SEMESTER LESSON PLAN (RPS)		
1. Course Identity		
Name of Study Program	: Culinary Education	
Name of Course	: CONTINENTAL RESTAURANT CUISINE	
Code of Course	: BG 433	
Group of Course	: Catering Service Optional Culinary Subject	
SKS weight	: 3 SKS (Semester Credit Unit)	
Level	: S1	
Semester	: Even	
Prerequisite	: Basic courses have been taken	
Status (mandatory/optional)	: Mandatory	
Lecturer name and code	: Dr. Ade Juwaedah, M. Pd / 0773 Dra. Hj. Tati Setiawati, M.Pd., M.M. / 1777	
2. Course Description		

This course is a Catering Service Optional Culinary Subject. The purpose of this course is to prepare students to have concepts, insights about restaurants, Continental restaurants, Continental restaurant dishes from Europe and America Continental, proficient in ingredients and spices typical of Continental food, pieces of vegetables, meat and fish. Continental dish processing techniques (Appetizer, Soup, main course, dessert) and its presentation. Implementation of lectures with a classical, individual, and group approach with the lecture method, question and answer, discussion, assignment and practices furnished with the use of audio-visual media such as LCD

3. Outcomes of the Referenced Study Program Learning (RSPL)

S	Demonstrate scientific, educative, and religious attitudes and behaviors contributing to improving the quality of life in society, nation, and state, based on academic norms and ethics.”
P3	Proficient in theoretical concepts in the area of Culinary education
KU	Can apply logical, critical, systematic, and innovative thinking in the context of science and technology development or implementation that pays attention to and applies humanities values corresponding to their area of expertise
KK 3	Can apply various food processing in accordance with food processing principles
KK 4	Can create innovation and creativity of catering products

4. Course Learning Outcomes (CLO)

- M1 Students can explain concepts, insights about restaurants, Continental restaurants, Continental restaurant dishes from Continental European and American Countries,
- M2 Students can identify ingredients and spices typical of Continental food,
- M3 Students can classify pieces of vegetables, meat, and fish.
- M4 Students can explain the equipment used in catering and continental restaurant dishes
- M5 Students can explain sauce
- M6 Students can explain stock
- M7 Students can explain the techniques of processing Continental dishes (Appetizer, Soup, main course, dessert) and their presentation.
- M8 Students can make main course dishes for continental restaurants

5. Description of Learning Plan

Meeting	Indicators of Course Learning Outcomes	Study Modules	Learning Format	Time	Assignment and Evaluation	References
1	<ul style="list-style-type: none"> Students can explain Continental Restaurant (definition, organization, scope) 	Restaurants in General <ul style="list-style-type: none"> Definition Organization Scope Various choices of Continental Restaurant business forms.	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	150'	Oral quiz at the end of class	The Culinary Institute of America. (2011). <i>The Professional Chef</i> . New Jersey: John Wiley & Sons. Inc Gisslen, Wayne. (2015). <i>Essentials of Professional Cooking</i> . New Jersey: John Wiley & Sons. Inc Seonardi, Tuti. (2013). <i>Teori Dasar Kuliner</i> . Jakarta: PT Gramedia Pustaka Utama
2	Students can explain the characteristics of continental food	Characteristics of continental food: <ul style="list-style-type: none"> Concept of Menu 	<p><i>Synchronous:</i> Meeting via zoom meeting</p>	150'	Create Menus as a promotional tool for	The Culinary Institute of America. (2011). <i>The Professional</i>

	<ul style="list-style-type: none"> • The History of the Development of the Continental Food Menu Framework, • Knowledge of Continental Restaurant Menu. 	<p>Framework and Continental Food Menu</p> <ul style="list-style-type: none"> • Continental Food Menu Framework (History of development from classic menus to modern menus, Continental Menu Items) • Menu Definition Menu Functions in continental restaurant • Menu writing form (Ala Carte, Table D'hote) Menu design 	<p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>		continental restaurants.	<p><i>Chef.</i> New Jersey: John Wiley & Sons. Inc</p> <p>Gisslen, Wayne. (2015). <i>Essentials of Professional Cooking.</i> New Jersey: John Wiley & Sons. Inc</p>
3	Students can explain ingredients and seasonings for continental restaurant dishes	<p>ingredients and seasonings for continental restaurant dishes</p> <ul style="list-style-type: none"> • meat 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p>	150'	Create Menus as a promotional tool for continental restaurants.	The Culinary Institute of America. (2011). <i>The Professional Chef.</i> New Jersey:

		<ul style="list-style-type: none"> ● fish and seafood ● Poultry ● eggs ● vegetables ● herb ● seasoning 	<p>Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>			<p>John Wiley & Sons. Inc</p> <p>Gisslen, Wayne. (2015). <i>Essentials of Professional Cooking</i>. New Jersey: John Wiley & Sons. Inc</p> <p>Seonardi, Tuti. (2013). <i>Teori Dasar Kuliner</i>. Jakarta: PT Gramedia Pustaka Utama</p>
4	Students can explain continental restaurant dishes	<p>Continental restaurant room equipment and atmosphere</p> <ul style="list-style-type: none"> ● Continental Restaurant Layout adapted to Restaurant Theme ● Restaurant Guest Dining Room Support Tools and Equipment 	<p><i>Synchronous:</i></p> <p>Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p> <p>Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	150'	Oral quiz at the end of class	<p>The Culinary Institute of America. (2011). <i>The Professional Chef</i>. New Jersey: John Wiley & Sons. Inc</p> <p>Gisslen, Wayne. (2015). <i>Essentials of Professional Cooking</i>. New Jersey: John Wiley & Sons. Inc</p>

		<ul style="list-style-type: none"> • Service Room Support Tools and Equipment • Equipment for Table Setting (Cutting board, Silver ware, China ware, Glassware, Condiment) • Serving Set for Continental Dishes <p>The layout of the cutlery set on the guest dining table (Basic cover, Elaborate cover).</p>				Seonardi, Tuti. (2013). <i>Teori Dasar Kuliner</i> . Jakarta: PT Gramedia Pustaka Utama
5	<ul style="list-style-type: none"> • Students can explain the techniques of processing continental restaurant dishes 	<p>Continental Food processing techniques for</p> <ul style="list-style-type: none"> • Appetizer • main course • Dessert 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing</p>	150'	Sauce products for Main course	<p>The Culinary Institute of America. (2011). <i>The Professional Chef</i>. New Jersey: John Wiley & Sons. Inc</p> <p>Gisslen, Wayne. (2015). <i>Essentials of Professional Cooking</i>. New</p>

			assignments, and discussing			Jersey: John Wiley & Sons. Inc Seonardi, Tuti. (2013). <i>Teori Dasar Kuliner</i> . Jakarta: PT Gramedia Pustaka Utama
6	Students can Process sauce and its derivatives for the main course	Processing of sauce and its derivatives for main course <ul style="list-style-type: none"> ● white sauce ● Brown sauce ● Yellow sauce ● Butter sauce ● Oil sauce 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	150'	Stock products for soup	<p>The Culinary Institute of America. (2011). <i>The Professional Chef</i>. New Jersey: John Wiley & Sons. Inc</p> <p>Gisslen, Wayne. (2015). <i>Essentials of Professional Cooking</i>. New Jersey: John Wiley & Sons. Inc</p> <p>Seonardi, Tuti. (2013). <i>Teori Dasar Kuliner</i>. Jakarta: PT Gramedia Pustaka Utama</p>
7	Students can Process stock and its types	Continental stock processing <ul style="list-style-type: none"> ● Beef stock 	<p><i>Synchronous:</i> Meeting via zoom meeting</p>	150'		

		<ul style="list-style-type: none"> ● Chicken stock ● Fish stock in making soup and sauce 	<p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>			
8	MID-TERM EXAM					
9	Students can get various cuts of vegetables, meat, and fish	<p>Various cuts in continental restaurant dishes (main course, appetizer, soup)</p> <ul style="list-style-type: none"> ● Vegetables ● Meat ● Fish ● vegetables 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	150'	Food products with various pieces	<p>The Culinary Institute of America. (2011). <i>The Professional Chef</i>. New Jersey: John Wiley & Sons. Inc</p> <p>Gisslen, Wayne. (2015). <i>Essentials of Professional Cooking</i>. New Jersey: John Wiley & Sons. Inc</p> <p>Seonardi, Tuti. (2013). <i>Teori Dasar Kuliner</i>. Jakarta: PT</p>

						Gramedia Pustaka Utama
10	Students can make Appetizer Processing products for Continental restaurant dishes	Appetizer processing for ala carte Continental restaurant dishes <ul style="list-style-type: none"> ● Salad ● Pate ● Gelatin ● Canapes ● Aspic 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	150'	Appetizer food products	<p>Peterson, James. (2017). <i>Sauces: Classical and Contemporary Sauce Making</i>. New York: HMH Books</p> <p>Nurhidayati, Laili. (2021). <i>Continental Dish Processing Techniques</i>. Jember: Smart, Tenacious, and Creative</p> <p>Cosmo, Serena. (2017). <i>The Ultimate Pasta and Noodle Cookbook</i>. Cider Mill Press Book Publisher</p>
11	Students can make Appetizer Processing products for Continental restaurant dishes	Appetizer processing for ala carte Continental restaurant dishes <ul style="list-style-type: none"> ● Salad ● Pate ● Gelatin ● Canapes 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p>	150'	Appetizer food products	<p>Peterson, James. (2017). <i>Sauces: Classical and Contemporary Sauce Making</i>. New York: HMH Books</p>

		<ul style="list-style-type: none"> • Aspic 	<p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>			<p>Nurhidayati, Laili. (2021). <i>Continental Dish Processing Techniques</i>. Jember: Smart, Tenacious, and Creative</p> <p>Cosmo, Serena. (2017). <i>The Ultimate Pasta and Noodle Cookbook</i>. Cider Mill Press Book Publisher</p>
12	Students can make main course dishes for continental restaurants using meat, fish, and chicken on an a la carte menu	<p>Main course processing for continental restaurant dishes :</p> <p>Contemporary menu framework items for the Lunch course menu with a la Carte Menu from basic ingredients of chicken, beef, thick meat fish,</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	150'	<p>Lunch Main Course Food Products for "Ala Carte Menu"</p> <p>Menu Card "Ala Carte"</p>	<p>Peterson, James. (2017). <i>Sauces: Classical and Contemporary Sauce Making</i>. New York: HMH Books</p> <p>Nurhidayati, Laili. (2021). <i>Continental Dish Processing Techniques</i>. Jember: Smart, Tenacious, and Creative</p>

		<p>potatoes and vegetables, and broth.</p> <p>Basic cooking techniques <i>to fry, to boil, to saute, to grill, to oven, to roast.</i></p> <p>(Each ala carte menu item consists of 4 choices of dishes)</p>				<p>Cosmo, Serena. (2017). <i>The Ultimate Pasta and Noodle Cookbook.</i> Cider Mill Press Book Publisher</p>
13	<p>Students can make main course dishes for continental restaurants using meat, fish, and chicken on an a la carte menu</p>	<p>Main course processing for continental restaurant dishes :</p> <p>Contemporary menu framework items for the Lunch course menu with a la Carte Menu from basic ingredients of chicken, beef, thick meat fish, potatoes and vegetables, and broth.</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	150'	<p>Lunch Main Course Food Products for “Ala Carte Menu”</p> <p>Menu Card “Ala Carte”</p>	<p>Peterson, James. (2017). <i>Sauces: Classical and Contemporary Sauce Making.</i> New York: HMH Books</p> <p>Nurhidayati, Laili. (2021). <i>Continental Dish Processing Techniques.</i> Jember: Smart, Tenacious, and Creative</p> <p>Cosmo, Serena. (2017). <i>The Ultimate Pasta and Noodle Cookbook.</i></p>

		<p>Basic cooking techniques <i>to fry, to boil, to saute, to grill, to oven, to roast.</i></p> <p>(Each ala carte menu item consists of 4 choices of dishes)</p>				Cider Mill Press Book Publisher
14	<p>Students can make product menu items for 1 "Dinner" main course made from: Chicken, beef, fish, potatoes and vegetables</p>	<p>Contemporary menu framework items for the Dinner main course with Table D'hote Menu from basic ingredients of chicken, beef, thick meat fish, potatoes, vegetables, broth.</p> <p>Basic cooking techniques <i>to fry, to boil, to saute, to grill, to oven, to roast.</i></p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	150'	<p>"Dinner" main course food product for Table D'Hote</p> <p>D'hote Table Menu Card</p>	<p>Peterson, James. (2017). <i>Sauces: Classical and Contemporary Sauce Making</i>. New York: HMH Books</p> <p>Nurhidayati, Laili. (2021). <i>Continental Dish Processing Techniques</i>. Jember: Smart, Tenacious, and Creative</p> <p>Cosmo, Serena. (2017). <i>The Ultimate Pasta and Noodle Cookbook</i>. Cider Mill Press Book Publisher</p>

15	Students can make product menu items for 1 "Dinner" main course made from: Chicken, beef, fish, potatoes and vegetables	Contemporary menu framework items for the Dinner main course with Table D'hote Menu from basic ingredients of chicken, beef, thick meat fish, potatoes, vegetables, broth. Basic cooking techniques <i>to fry, to boil, to saute, to grill, to oven, to roast.</i>	<i>Synchronous:</i> Meeting via zoom meeting <i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion) Listening to lectures from lecturers, asking questions, doing assignments, and discussing	150'	"Dinner" main course food product for Table D'Hote D'hote Table Menu Card	Peterson, James. (2017). <i>Sauces: Classical and Contemporary Sauce Making</i> . New York: HMH Books Nurhidayati, Laili. (2021). <i>Continental Dish Processing Techniques</i> . Jember: Smart, Tenacious, and Creative Cosmo, Serena. (2017). <i>The Ultimate Pasta and Noodle Cookbook</i> . Cider Mill Press Book Publisher
16	SEMESTER FINAL EXAM					

6. References

a. Main source books :

The Culinary Institute of America. (2011). *The Professional Chef*. New Jersey: John Wiley & Sons. Inc

Gisslen, Wayne. (2015). *Essentials of Professional Cooking*. New Jersey: John Wiley & Sons. Inc

Seonardi, Tuti. (2013). *Teori Dasar Kuliner*. Jakarta: PT Gramedia Pustaka Utama

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b. References :

Peterson, James. (2017). *Sauces: Classical and Contemporary Sauce Making*. New York: HMH Books

Nurhidayati, Laili. (2021). *Continental Dish Processing Techniques*. Jember: Smart, Tenacious, and Creative

Cosmo, Serena. (2017). *The Ultimate Pasta and Noodle Cookbook*. Cider Mill Press Book Publisher