

**CUL 253.1 Course Outline as of Fall 2004****CATALOG INFORMATION**

Dept and Nbr: CUL 253.1 Title: PROF COOKING BASICS

Full Title: Professional Cooking Basics

Last Reviewed: 9/12/2011

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	2.00	Lab Scheduled	3.00	8	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 105.00

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: CULT 253.1

**Catalog Description:**

Under supervision of chef instructor, students practice introductory cooking techniques as they apply to vegetables, legumes, grains, potatoes, pasta, meat, fish and poultry. Includes preparing mise en place for stations in a professional restaurant environment.

**Prerequisites/Corequisites:**

Course Completion or Concurrent Enrollment in CUL 250 ( or DIET 50), CUL 250.1, and CUL 252.3

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Under supervision of chef instructor, students practice introductory cooking techniques as they apply to vegetables, legumes, grains, potatoes, pasta, meat, fish and poultry. Includes preparing mise en place for stations in a professional restaurant environment. (Grade Only)

Prerequisites/Corequisites: Course Completion or Concurrent Enrollment in CUL 250 ( or DIET

50), CUL 250.1, and CUL 252.3

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

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

1. Further develop basic knife skills through preparing ingredients in a professional kitchen environment.
2. Identify and properly utilize tools and equipment found in commercial kitchens.
3. Employ a working vocabulary of culinary terms.
4. Identify and prepare a variety of vegetables, fruits, grains, legumes, potatoes, and pastas.
5. Interpret and manipulate various recipe forms and recipes.
6. Define and implement mise en place.
7. Identify characteristics of high quality ingredients and products.
8. Apply dry and moist heat cooking techniques.
9. Prepare vegetables for cooking or service, applying appropriate cutting procedures.
10. Demonstrate vegetable and side dish preparation skills.
12. Practice cost control principles (total utilization).
13. Implement practical kitchen maintenance procedures.
14. Adopt standards of professionalism specific to the professional kitchen environment.
15. Apply principles and proper procedures for sanitation and safe hygienic food handling.

### **Topics and Scope:**

I. Product Identification

A. Vegetables

- B. Fruit
- C. Grains
- D. Legumes
- E. Potatoes
- F. Pastas
- G. Meat
- H. Fish
- I. Poultry

## II. Equipment Identification and Handling

- A. Hand tools
- B. Measuring and portioning devices
- C. Cookware
- D. Processing equipment
- E. Storage containers
- F. Heavy equipment
- G. Buffet equipment

## III. Culinary Terminology

## IV. Recipe and Menu Forms

- A. Types of menus
- B. Menu language
- C. Standardized recipes
- D. Measurements and conversions
- E. Recipe conversions
- F. Controlling food costs

## V. Mise en Place

- A. Selecting tools and equipment
- B. Measuring ingredients
- C. Preparing ingredients
- D. Flavoring foods
- E. Preparing to cook
- F. Organizing a work station
- G. Cleaning and maintaining workstations and kitchen
- H. Sanitation and safe and hygienic food handling

## VI. Professionalism

- A. Attributes
  - 1. Knowledge
  - 2. Skill
  - 3. Taste
  - 4. Judgment
  - 5. Dedication
  - 6. Pride
- B. Kitchen hierarchy
  - 1. Executive chef
  - 2. Sous-chef
  - 3. Area chefs
  - 4. Line cooks
  - 5. Pastry chef
  - 6. Chef assistants

## VII. Principles of Cookery

- A. Dry heat
- B. Moist heat
- C. Combined cooking

## Assignment:

Representative assignments:

1. Reading assignments, approximately 40 pages per week.
2. Memorize and illustrate terms for cooking and kitchen operation.
3. Daily cooking exercises.
4. Two or more recipe interpretation and conversion assignments.
5. Organize and set up a station daily.
6. Weekly quizzes on terminology and equipment and product identification.
6. Final written exam, including essay questions.
7. Final practical skill exam.

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Recipe interpretation and conversion.

Problem solving  
10 - 20%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
40 - 60%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion, Short answer and essay.

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance/Participation/Professionalism

Other Category  
5 - 20%

## Representative Textbooks and Materials:

On Cooking: A Textbook of Culinary Fundamentals, 3rd edition. Labensky, Sarah R. and Alan M. Hause. Prentice Hall, 2003.

