

CATALOG INFORMATION

Dept and Nbr: CUL 251B

Title: CULINARY FUNDAMENTALS 2

Full Title: Culinary Fundamentals 2

Last Reviewed: 10/23/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	1.50	17.5	Lecture Scheduled	26.25
Minimum	3.00	Lab Scheduled	4.50	8	Lab Scheduled	78.75
		Contact DHR	0		Contact DHR	0
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

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:

**Catalog Description:**  
In this course students will learn concepts and preparation of stocks, mother sauces, and identification and fabrication of meats, poultry, fish, and shellfish. Building on introductory knife skills and cooking techniques, students will practice methods as they apply to cooking vegetables, legumes, grains, and pasta. Emphasis on preparing mise-en-place for stations in a professional restaurant environment, where speed, timing, safety, and teamwork are necessary.

**Prerequisites/Corequisites:**  
Course Completion of CUL 230 and CUL 251A and Course Completion or Current Enrollment in CUL 254 OR Course Completion of CUL 250 and CUL 250.1 and CUL 251A and Course Completion or Current Enrollment in CUL 254.

**Recommended Preparation:**  
Eligibility for ENGL 100 OR EMLS 100 (formerly ESL 100) or appropriate placement in AB705 mandates.

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: In this course students will learn concepts and preparation of stocks, mother sauces,

and identification and fabrication of meats, poultry, fish, and shellfish. Building on introductory knife skills and cooking techniques, students will practice methods as they apply to cooking vegetables, legumes, grains, and pasta. Emphasis on preparing mise-en-place for stations in a professional restaurant environment, where speed, timing, safety, and teamwork are necessary. (Grade Only)

Prerequisites/Corequisites: Course Completion of CUL 230 and CUL 251A and Course Completion or Current Enrollment in CUL 254 OR Course Completion of CUL 250 and CUL 250.1 and CUL 251A and Course Completion or Current Enrollment in CUL 254.

Recommended: Eligibility for ENGL 100 OR EMLS 100 (formerly ESL 100) or appropriate placement in AB705 mandates.

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:
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<b>CSU Transfer:</b>	Effective:	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Apply a working knowledge of sanitation and safety as practiced in a professional kitchen.
2. Explain the importance of local and seasonal products in menu design and planning.
3. Demonstrate basic skills, techniques, and guidelines used in food preparation.
4. Define and use the basic terminology of the professional culinary arts.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Prepare a variety of stocks and sauces, applying appropriate knife skills.
2. Apply proper cooling, storing, and reheating procedures for all types of stocks and sauces.
3. Recognize and classify sauces.
4. Identify and describe various kinds, classes, and grades of meat, poultry, fish, and shellfish.
5. Utilize safe receiving and storage procedures to ensure sanitation and food safety.
6. Describe and utilize the basic cooking methods best suited for various cuts of meat and for poultry, fish, and shellfish.
7. Prepare a variety of vegetables and meats for cooking and service in a professional kitchen environment, applying dry, moist, and combination heat cooking techniques as appropriate.
8. Prepare a variety of types and styles of sandwiches, selecting high quality sandwich

ingredients.

9. Prepare a variety of hors d'oeuvre and canapés.

10. Interpret and manipulate various recipe forms and recipes.

11. Practice and apply food waste control principles.

12. Analyze and evaluate finished products.

13. Apply principles and proper procedures for sanitation and safe, hygienic food handling.

14. Employ standards of professionalism, teamwork, and leadership in the professional kitchen.

## **Topics and Scope:**

### **I. Knife Cuts**

### **II. Stocks**

#### **A. Basic ingredients**

1. Bones

2. Liquid

3. Vegetables

4. Aromatics

#### **B. Basic techniques**

#### **C. Proper procedures for cooling, storing, and reheating**

### **III. Sauces**

#### **A. Mother sauces**

#### **B. Function in relationship to ingredients in a dish**

#### **C. Selecting a suitable sauce**

1. Style of service

2. Cooking technique applied to main ingredients

#### **D. Preparation techniques**

1. Using thickening agents properly

2. Seasoning to taste

### **IV. Basic Butchery and Fabrication Techniques and Identification of Cuts**

#### **A. Meat**

#### **B. Fish**

#### **C. Poultry**

### **V. Product Identification and Cooking Principles**

#### **A. Grains**

#### **B. Legumes**

#### **C. Pasta**

#### **D. Meat**

#### **E. Fish and shellfish**

#### **F. Poultry**

### **VI. Sandwiches**

#### **A. Choosing appropriate ingredients**

#### **B. Styles**

#### **C. Types**

#### **D. Portion control**

### **VII. Hors d'oeuvre and Canapés**

#### **A. Guidelines**

#### **B. Preparation**

#### **C. Buffet**

### **VIII. Recipe Conversions**

### **IX. Menu Design and Planning**

### **X. Sensory Evaluation**

### **XI. Sanitation and Safety Practices in the Professional Kitchen**

## XII. Attributes of the Professional Chef

- A. Teamwork and leadership
- B. Efficient time management and accuracy
- C. Following written and verbal directions

Concepts presented in lecture are applied and practiced in lab.

### Assignment:

#### Lecture-Related Assignments:

- 1. Weekly reading (30-50 pages)
- 2. Recipe interpretation worksheets and conversion assignments (2-4)
- 3. Writing assignment(s) (1-3)
- 4. Quizzes (3-4)

#### Lab-Related Assignments:

- 1. Daily cooking exercises
- 2. Practical cooking assessments (8-10)
- 3. Weekly self-assessment and critique

#### Exams:

Practical final exam (written portion included)

### 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.

Writing assignment(s)

Writing  
5 - 10%

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

Recipe interpretation worksheets; self-assessment and critique

Problem solving  
10 - 20%

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

Daily cooking exercises; practical cooking assessments; practical final exam

Skill Demonstrations  
40 - 60%

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

Quizzes; final exam

Exams  
10 - 20%

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

Attendance, participation, and professionalism

Other Category  
5 - 20%

**Representative Textbooks and Materials:**

On Cooking: A Textbook of Culinary Fundamentals. 6th ed. Labensky, Sarah and Hause, Alan and Martel, Priscilla. Pearson. 2019.