

CATALOG INFORMATION

Dept and Nbr: CUL 280.4      Title: BRAISING VEGETABLES  
Full Title: Braising Vegetables  
Last Reviewed: 11/13/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0.50	Lecture Scheduled	0.25	17.5	Lecture Scheduled	4.38
Minimum	0.50	Lab Scheduled	0.75	2	Lab Scheduled	13.13
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 8.75

Total Student Learning Hours: 26.25

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP  
Also Listed As:  
Formerly:

**Catalog Description:**  
Learn to achieve deep, rich flavors by way of braising various types of seasonal vegetables. This classic technique when applied to vegetables can produce results in a relatively short amount of time. In this course, students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global plant-based dishes. Students will prepare a variety of braised vegetarian dishes.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Learn to achieve deep, rich flavors by way of braising various types of seasonal vegetables. This classic technique when applied to vegetables can produce results in a relatively short amount of time. In this course, students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global plant-based dishes. Students

will prepare a variety of braised vegetarian dishes. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

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:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Prepare a variety of braised vegetable dishes using locally available products.
2. Apply a working knowledge of sanitation and safety in a commercial kitchen.

### **Objectives:**

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

1. Describe the principles, history, and philosophy of braising various types of seasonal vegetables.
2. Discuss current concepts, health benefits, and theories related to braised vegetables.
3. Recognize and use proper techniques and equipment to prepare and present a variety of braised vegetable recipes.
4. Identify and select fresh, local, seasonal, organically, and sustainably grown ingredients.
5. Describe important cultural and global eating patterns that influence the vegetarian cuisine.
6. Modify favorite vegetarian recipes.
7. Identify the basic principles of braised vegetables in meal planning.
8. Employ safe, hygienic food handling procedures.

### **Topics and Scope:**

#### **I. Definitions**

- A. National cuisine
- B. Regional cuisine
- C. Global cuisine
- D. Cooking terminology
- E. Safe, hygienic food handling procedures

- II. Styles of Cooking
  - A. Dry heat
  - B. Moist heat
  - C. Combination cooking
- III. Cooking Equipment
  - A. Pots and pans
  - B. Ovens and stoves
  - C. Utensils
  - D. Serving bowls and platters
- IV. Ingredients Based on Geographical Location and Climate
  - A. Fresh
  - B. Dried
  - C. Canned
  - D. Frozen
  - E. Seasonal
  - F. Herbs and spices
  - G. Oils and vinegars
- V. Eating Patterns and Lifestyles
  - A. Vegetarian
  - B. Stationary versus mobile
  - C. Home cooking versus prepared foods
  - D. Environmental and health-related considerations
- VI. Historical Influences of Other Countries and Cuisines
  - A. Immigration
  - B. Politics/colonialization
  - C. Religion
  - D. Environment
  - E. Geography
  - F. Trade/commerce
- VII. Foods Used for Specific Purposes
  - A. Nutritional
  - B. Medicinal
  - C. Ceremonial/religious

All topics are covered in the lecture and lab portion of the course.

**Assignment:**

Lecture-Related Assignments:

1. Weekly reading (6-10 pages)
2. Keep a recipe journal
3. Cuisine worksheets (2-3)

Lab-Related Assignments:

1. Prepare weekly recipes
2. Weekly recipe evaluation worksheets

**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.

Cuisine worksheets

Writing  
5 - 10%

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

None

Problem solving  
0 - 0%

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

Prepare weekly recipes; weekly recipe evaluation worksheets

Skill Demonstrations  
60 - 75%

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

None

Exams  
0 - 0%

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

Recipe journal; attendance; participation

Other Category  
20 - 30%

**Representative Textbooks and Materials:**  
Instructor prepared materials.