CUL 286.1 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: CUL 286.1　　　　　Title: VEGAN COOKING
Full Title: Vegan Cooking
Last Reviewed: 1/22/2018

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:　　　　 CUL 285.11

Catalog Description:
Culinary professional presents theory, demonstrates techniques, and supervises and critiques student preparations. Course covers historical and modern vegan cooking techniques as applied to gourmet, regional, national, and international plant-based dishes.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Culinary professional presents theory, demonstrates techniques, and supervises and critiques student preparations. Course covers historical and modern vegan cooking techniques as applied to gourmet, regional, national, and international plant-based 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:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:
CSU Transfer:	Effective:	Inactive:	
UC Transfer:	Effective:	Inactive:	

CID:

Certificate/Major Applicable:
Not Certificate/Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Prepare a variety of dishes common to a particular vegan cuisine 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 vegan cookery.
2. Discuss current concepts, health benefits, and theories related to vegan diets and nutrition.
3. Recognize and use proper cooking techniques and equipment to prepare and present a variety of vegan recipes.
4. Identify and select fresh, local, seasonal, organically and sustainably grown ingredients.
5. Describe important cultural and global eating patterns that influence vegan diets.
6. Modify favorite dishes or meals to be plant-based.
7. Identify the basic principles of vegan meal planning.
8. Employ safe, hygienic food handling procedures.

Topics and Scope:

I.   Definitions
   A. Vegan cuisine
   B. Ethnic and Regional vegan cuisine
   C. Vegan terminology
II. Cooking Equipment
   A. Tools and utensils
   B. Ovens and stoves
   C. Serving bowls and platters
III. Ingredients Based on Geographical Location and Season
   A. Fresh

B. Dry goods
C. Canned and frozen
D. Seasonal
E. Herbs, spices, and condiments
F. Fats
IV. Eating Patterns and Lifestyles
    A. Vegetarian
    B. Stationary vs. mobile
    C. Home cooking vs. commercially prepared foods
    D. Environmental and health-related considerations
    E. Historical Influences
V. Styles of Food Preparation
    A. Dry heat
    B. Moist heat
    C. Combination cooking
    D. Raw
VI. Safe and Hygienic Food Handling

Concepts presented in lecture are practiced in lab.

Assignment:

Lecture-Related Assignments:
1. Reading, approximately 6-10 pages per week
2. Keep a recipe journal
3. Complete worksheet(s) on aspects of cuisine, e.g., equipment identification, terminology, ingredients, cooking methods, historical influences, etc.

Lab-Related Assignments:
1. Prepare assigned recipes
2. Taste and evaluate the success of recipes prepared in class

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.

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.

Preparing and evaluating recipes

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 and participation

Other Category
20 - 30%

Representative Textbooks and Materials:
Instructor prepared materials.