

CATALOG INFORMATION

Dept and Nbr: CUL 251A      Title: CULINARY FUNDAMENTALS 1  
Full Title: Culinary Fundamentals 1  
Last Reviewed: 11/27/2023

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:**  
Students will practice knife skills, cooking techniques, salad preparation, food preservation, and making dessert sauces as they relate to the pantry station for the commercial kitchen.

**Prerequisites/Corequisites:**  
Course Completion or Concurrent Enrollment in CUL 230 OR Course Completion or Concurrent Enrollment in CUL 250 (OR DIET 50) and CUL 250.1

**Recommended Preparation:**  
Eligibility for ENGL 100 OR EMLS 100 (formerly ESL 100) or equivalent

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Students will practice knife skills, cooking techniques, salad preparation, food preservation, and making dessert sauces as they relate to the pantry station for the commercial kitchen. (Grade Only)  
Prerequisites/Corequisites: Course Completion or Concurrent Enrollment in CUL 230 OR Course Completion or Concurrent Enrollment in CUL 250 (OR DIET 50) and CUL 250.1  
Recommended: Eligibility for ENGL 100 OR EMLS 100 (formerly ESL 100) or equivalent

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:**

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 applied in a professional kitchen.
2. Perform basic knife cuts in an appropriate time frame as expected in a professional culinary environment.
3. Define and use the basic terminology and techniques involved in working on a pantry station (Garde Manger) of a professional kitchen.

### **Objectives:**

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

1. Describe and identify parts of a knife and demonstrate correct knife care, sharpening, and safety techniques.
2. Employ effective manual dexterity to ensure speed, accuracy, and safety as necessary in a professional kitchen.
3. Prepare fruits and vegetables for cooking or service, cutting uniformly into a variety of precision and production cuts.
4. Identify dimensions of a variety of precision and production cuts.
5. Demonstrate a working knowledge of dry, moist and combination heat cooking techniques to eggs and a variety, fruits and vegetables.
6. Identify, and properly utilize, and maintain equipment and tools found in commercial kitchens.
7. Employ a working vocabulary of culinary terms.
8. Interpret and manipulate various recipes.
9. Define and implement mise-en-place.
10. Perform the basic duties of the pantry station.
11. Prepare a variety of salads and present them attractively for service.
12. Prepare a variety of emulsified and non-emulsified dressings.
13. Apply proper seasoning to all food prepared.
14. Apply preservation technology to a variety of food products.

15. Prepare a variety of dessert sauces.
16. Employ effective manual dexterity to ensure speed and organizational skills that result in timely, efficient production.
17. Analyze and evaluate finished products.
18. Practice and apply food waste control principles.
19. Apply principles and proper procedures for sanitation and safe, hygienic food handling.
20. Employ standards of professionalism, teamwork and leadership in the professional kitchen.

## **Topics and Scope:**

### **I. Identification of Knives and their Uses**

- A. Knife types
- B. Knife parts

### **II. Using Knives and Sharpening Tools**

- A. Using knives
  1. Safety rules
  2. Proper gripping/handling
  3. Washing and storing
- B. Sharpening/honing tools
- C. Standard cuts and cutting
- D. Dimensions of cuts

### **III. Fruits and Vegetables**

- A. Seasonal fruit and vegetable identification
- B. Storage and preservation
- C. Cutting techniques
- D. Cooking techniques
  1. Dry heat
  2. Moist heat
  3. Combination methods

### **IV. Eggs**

- A. Storage and preparation
- B. Cooking techniques

### **V. Basic Tools and Pieces of Equipment**

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

### **VI. Culinary Terminology and Kitchen Hierarchy**

- A. Brigade system
- B. Modern kitchen hierarchy

### **VII. Menus and Recipes**

- A. Types and seasonality
- B. Language
- C. Standardized recipes
- D. Measurements and conversions
- E. Controlling food costs

### **VIII. Mise-en-Place**

- A. Tools and equipment
- B. Ingredients

- C. Preparing to cook
- D. Organizing a work station
- E. Cleaning and maintaining a workstation and a kitchen
- IX. Basic Duties of the Pantry Station
  - A. Proper mise-en-place for restaurant service
  - B. Cold food production
  - C. Portion control
  - D. Quality control
- X. Salads
  - A. Categories of salads
    - 1. Composed
    - 2. Tossed
    - 3. Bound
  - B. Dressings and Sauces
    - 1. Emulsified
    - 2. Non-emulsified
    - 3. Reduction
    - 4. Dipping
    - 5. Condiments
- XI. Seasonings
  - A. Salt
  - B. Pepper
  - C. Chiles
  - D. Herbs and spices
  - E. Umami
- XII. Food Preservation
  - A. Pickling
  - B. Fermenting
- XIII. Dessert Sauces
  - A. Coulis
  - B. Crème anglaise
  - C. Caramel
  - D. Chocolate
- XIV. Sensory Evaluation
- XV. Sanitation and Safety Practices in the Professional Kitchen
- XVI. 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. Reading assignments, approximately 30-50 pages per week
2. Complete worksheets on topics including parts of knives; knife safety, sharpening and care, names and dimensions of precision cuts
3. One to three writing assignment(s)
4. Three to four quizzes
5. Practical final exam (written portion included)

### Lab-Related Assignments:

1. Practical laboratory work and skill demonstrations of knife handling, care and sharpening techniques
2. Practical laboratory work and skill demonstrations of classical precision and production cuts
3. Six to eight practical cooking assessments
4. Self-assessment and critique

### 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.

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.

Practical laboratory work, skill demonstrations, practical cooking assessments

Skill Demonstrations  
40 - 60%

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

Quizzes and 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 (classic)