

CATALOG INFORMATION

Dept and Nbr: CUL 200.8      Title: ENT. SEASONAL VEG. COOK  
Full Title: Entrees - Seasonal Vegetarian Cookery  
Last Reviewed: 6/18/2001

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0.50	Lecture Scheduled	1.50	4	Lecture Scheduled	6.00
Minimum	0.50	Lab Scheduled	2.00	2	Lab Scheduled	8.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.50		Contact Total	14.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 12.00

Total Student Learning Hours: 26.00

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 39 - Total 2 Times  
Also Listed As:  
Formerly: CULT 200.8

**Catalog Description:**  
Professional chef will lead an exploration into the world of seasonal vegetarian cookery. This course will emphasize the use of fresh local products and utilize them in the preparation of Mediterranean, Asian, and Latin recipes.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Professional Chef will lead an exploration into the world of seasonal vegetarian cookery. This course will emphasize the use of fresh local products and utilize them in the preparation of Mediterranean, Asian, and Latin recipes. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:

Transfer Credit:  
Repeatability: Total 2 Times

## **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:**

1. Explore the principles of modern vegetarian cookery.
2. Discuss current concepts and theories related to vegetarian diets and nutrition science.
3. Recognize and use proper cooking techniques to prepare a variety of recipes.
4. Recognize the qualities of fresh local products.
5. Recognize the cultural and global importance of the vegetarian diet.
6. Practice presentation techniques.

### **Topics and Scope:**

1. Through lecture and demonstration, the student will be instructed in the proper handling, fabricating, and cooking techniques for a variety of fresh food items.
2. Recipes will be presented, discussed, and prepared.
3. Focus will be on the world of flavors beyond dishes that try to imitate meat (soy burgers and the like).
4. Emphasis will be on strategies for building flavor from vegetable stocks, herbs, spices, oils, and condiments.
5. Presentation techniques will be utilized.
6. Students will taste and critique all recipes prepared.

### **Assignment:**

1. Practical laboratory work on various cooking techniques.
2. Evaluate and critique recipes.

## 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.

Lab Work

Problem solving  
10 - 25%

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

Preparation and evaluation of cooked recipes

Skill Demonstrations  
60 - 80%

**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.

Attendance/Participation

Other Category  
10 - 25%

## Representative Textbooks and Materials:

Instructor prepared recipes and handouts.