

CATALOG INFORMATION

Dept and Nbr: CUL 221.53      Title: COOKING WITH FRESH HERBS  
Full Title: Selected Topics in Professional Food Preparation  
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 | 4            | 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: CULT221.53

**Catalog Description:**  
Professional Chefs present theory, demonstrate technique, supervise production & critique student production of a variety of foods.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Study and preparation of California and International cuisine using fresh herbs as the primary flavoring ingredient. New recipe ideas as well as methods of modifying existing recipes to create dishes highlighting fresh herbs will be addressed. Course will cover appetizers, soups, salads, entrees, side dishes, breads, desserts and beverages. (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:**  
Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The students will:

1. Identify fresh herbs by taste and sight.
2. Identify cooking methods using fresh herbs and herb substitution.
3. Modify existing recipes to incorporate fresh herbs.
4. Cook entire meals using fresh herbs in all dishes.

### **Topics and Scope:**

1. Current trends and data on herb usage in cuisine.  
Types of herbs, and cooking methods, publications available.
2. Identification of herbs found in markets available in Sonoma County,  
Bay Area, other parts of California.
3. Appetizers  
New recipes, modification of favorites.
4. Soups  
New recipes, modification of favorites.
5. Salads  
New recipes, modification of favorites.
6. Entrees  
Meats, vegetarian entrees, new recipes, modification of favorites.
7. Side Dishes  
Starches, vegetables, new recipes, modification of favorites.
8. Breads  
Quick breads, yeast breads, new recipes, modification of favorites.
9. Desserts  
New recipes, modification of favorites.
10. Beverages  
New recipes, modification of favorites.

## Assignment:

Creation and preparation of a well balanced menu using herbs as the primary flavor component.

### 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

Writing  
0 - 0%

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

Homework problems, Lab reports

Problem solving  
10 - 25%

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

Class performances

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.

ASSISTANCE TO THE CHEF/INSTRUCTOR IN THE  
PREPARATION AND CLEANUP OF  
DEMONSTRATIONS

Other Category  
10 - 25%

### Representative Textbooks and Materials:

None - handouts are used.