

**CUL 222 Course Outline as of Fall 2005****CATALOG INFORMATION**

Dept and Nbr: CUL 222 Title: COOKS TOUR SONOMA

Full Title: A Cook's Tour of Sonoma

Last Reviewed: 10/14/2013

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	1.50	17.5	Lecture Scheduled	26.25
Minimum	2.00	Lab Scheduled	2.00	17.5	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.50		Contact Total	61.25
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 113.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 39 - Total 2 Times

Also Listed As:

Formerly: CULT 222

**Catalog Description:**

An introduction to the concept of a regionally based diet with an emphasis on the spectrum of foods grown and produced in Sonoma County. Includes lectures, field trips, tastings with demonstrations and hands- on preparation using local ingredients.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: An introduction to the concept of a regionally based diet with an emphasis on the spectrum of foods grown and produced in Sonoma County. Includes lectures, field trips, tastings with demonstrations and hands- on preparation using local ingredients. (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:**

The student will:

1. Locate, select, and use locally grown and produced products, including produce, poultry, oysters, mushrooms, and a variety of specialty products such as foiegras and smoked duck.
2. Analyze the importance of using local products.
3. Identify and select foods grown in their proper season and explain how this influences quality, both of food and of the environment in general.
4. Determine the quality of culinary oils and vinegars, and identify and select appropriate ones for cooking.
5. Evaluate behaviors which help to maintain biological diversity.

### **Topics and Scope:**

- I. Discovering Sonoma's diversity
  - A. overview of class
  - B. resources for food products in Sonoma County
    - a. Farm Trails
    - b. Farm Markets
    - c. Select Sonoma County
    - d. Farmery
  - C. field trips and guest lectures
    - a. dairies
    - b. bakeries
    - c. produce farms
    - d. mushrooms
    - e. oysters, meat, and poultry
    - f. vinegars and preserved foods
    - g. wines

## II. Food Preparation: a Sonoma Cookbook

- a. appetizers
- b. soups and sandwiches
- c. breads, pizza, and calzone
- d. eggs
- e. pasta, rice, and polenta
- f. poultry, seafood, and meat
- g. vegetables and salads
- h. sauces and condiments
- i. desserts

### Assignment:

#### Semester Project:

Option I: As a semester project, each student will be required to devise a menu and recipes featuring Sonoma County products. Instruction will be given on proper recipe writing and students will be encouraged to be creative, with emphasis on highlighting the unique properties of each of the foods used.

Option II: Students to conduct an indepth interview with the producer of chef in Sonoma County. The student will work with the instructor to develop questions to be asked during the interview.

The final project will include a written report and a class presentation.

Throughout the semester, students will have a variety of short assignments addressing local products from a variety of perspectives: production, availability, marketing, and cooking.

### 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.

SEMESTER PROJECT

Writing  
15 - 40%

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

Field work, Lab reports

Problem solving  
15 - 25%

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

Class performances, Field work

Skill Demonstrations  
50 - 60%

**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.

STUDENTS WILL EVALUATE LAB ASSIGNMENTS AND ACTIVITIES.

Other Category  
15 - 30%

**Representative Textbooks and Materials:**

A COOK'S TOUR OF SONOMA, Michele Jordan, 1990

THE GOOD COOK'S BOOK OF OIL AND VINEGAR, Michele Jordan, 1992