

CATALOG INFORMATION

Dept and Nbr: CUL 287.5      Title: BAS TECH-CHIN COOK  
Full Title: Basic Techniques of Chinese Cooking  
Last Reviewed: 6/18/2001

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.50	8	Lecture Scheduled	12.00
Minimum	1.00	Lab Scheduled	2.00	4	Lab Scheduled	16.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.50		Contact Total	28.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 24.00

Total Student Learning Hours: 52.00

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 39 - Total 2 Times  
Also Listed As:  
Formerly: CULT 287.5

**Catalog Description:**  
Demonstration and hands on preparation of Chinese dishes with an emphasis on the selection of ingredients and fundamental cutting and cooking techniques. Emphasis on healthy, low salt, low fat dishes such as steamed fish, stirfry vegetables, poached chicken and barbeque pork.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Demonstration and hands on preparation of Chinese dishes with an emphasis on the selection of ingredients and fundamental cutting and cooking techniques. Emphasis on healthy, low salt, low fat dishes such as steamed fish, stirfry vegetables, poached chicken and barbeque pork. (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:**

Knowledge and skills of the most basic techniques used in Chinese cooking, readily adapting to a greater variety of foods availability.

1. Analyze the background of Chinese cuisine and its history in America.
2. Recognize the need to choose and buy the freshest possible ingredients.
3. Practice efficient ways of handling, washing and refrigerating ingredients.
4. Evaluate the use of ingredients and seasonings in terms of diversity, true flavor and visual appeal.
5. Demonstrate the Chinese method of steaming, poaching, stirfrying, braising, barbecuing and deepfrying methods.
6. Identify of healthy Chinese dishes, particularly those which are in low fat. Use of flavor-enhancing ingredients other than salt.

### **Topics and Scope:**

1. History of Chinese cuisine.
2. Diet and health.
3. Introduction to Chinese cooking.
4. Food selection.
5. Preliminary preparation of ingredients.
6. Cutting methods.
7. Use of ingredients.
8. Seasonings.
9. Cooking methods.
10. Service.
11. Food preparation: soups, entrees, vegetables, desserts, tea and wine, rice and noodles.

## Assignment:

1. Students reproduce the demonstrated dishes during lab time.
2. Tasting and evaluation of reproduced dishes during class.
3. One written evaluation of a Chinese dinner prepared at home.
4. Summarize handouts.

## 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 reports

Problem solving  
40 - 50%

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

Class performances

Skill Demonstrations  
40 - 50%

**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 AND PARTICIPATION

Other Category  
10 - 20%

## Representative Textbooks and Materials:

Handouts prepared by instructor.