CUL 221.44 Course Outline as of Spring 2011

CATALOG INFORMATION

Dept and Nbr: CUL 221.44 Title: GOOD COOK'S PANTRY
Full Title: The Good Cook's Pantry
Last Reviewed: 6/18/2001

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	8	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:	CULT221.44

Catalog Description:
In a series of lectures, demonstrations, and lab exercises, the student will learn all a good cook needs to know about stocking a pantry; includes selecting extra virgin olive oil, walnut oil, fruit and other vinegars, mustards, pastas, rice, salts, and peppers. Simple techniques necessary to create delicious, well-seasoned dishes.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Learn how to stock a basic pantry with ingredients to put together delicious, well-seasoned dishes. A series of lecture, demonstration, & lab exercises to learn about the characteristics of olive & other oils, vinegars, mustards, pastas, rice, herbs & spices. (CR/NC option) (Repeat Code 4) (Grade or P/NP)
Prerequisites/Corequisites:

Recommended:
Limits on Enrollment:
Transfer Credit:
Repeatability: Total 2 Times

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Effective:	Inactive:
UC Transfer:	Effective:	Inactive:

CID:

Certificate/Major Applicable:
Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:
Student will be able to:
1. Stock a basic pantry in an intelligent way that will allow them to cook simple, healthy meals at home.
2. Understand and recognize the differences between culinary oils, including the various grades of olive oils. They will know how to buy them, how to store them, and how to use them, and will understand their nutritional make up, as well.
3. Understand and recognize the differences between vinegars and know how to select, store, and use them. They will understand the importance of the strength of vinegars and know the history of balsamic vinegar.
4. Understand and properly use both salt and pepper. They will be exposed to the various types and to nutritional information as well.
5. Understand, recognize, and use all types of mustard, from mustard seed and flour to prepared mustard condiments.
6. Understand, select, and use dried pastas, beans, and rice.
7. Understand how to put together a basic spice pantry and when dry herbs must not be used in place of fresh herbs.
8. Know how to put together a simple frozen pantry of stocks and sauces.
9. Understand when it is apropriate to use canned foods (such as canned tomatoes in the winter), and how to select them.
10. Put together basic recipes using pantry items.
11. Understand basic cooking techniques such as how to boil water, the difference between simmer and boil, how to saute how to deep fry, how to steam vegetables and fish.

Topics and Scope:

1. Each class begins with a lecture that focuses on an element of the pantry.
2. Each class includes a tasting of the pantry item being discussed.
3. Each class includes a cooking demonstration of the item being discussed.
4. Each class includes a lab exercise using the product being discussed.

Assignment:

Semester Project: Students will be asked to put together, on paper, their basic pantry, with an emphasis on their cooking and nutritional needs. From this pantry list, they will also be required to put together a menu for a simple meal for four.

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.

Homework problems, Exams	Problem solving 30 - 40%

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

Class performances	Skill Demonstrations 40 - 60%

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

Multiple choice	Exams 20 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

None	Other Category 0 - 0%

Representative Textbooks and Materials:
The Good Cook's Books: Oil & Vinegar (1992), Mustard (1994)
Additional reading will be suggested.