CUL 253A Course Outline as of Summer 2017

CATALOG INFORMATION

Dept and Nbr: CUL 253A Title: CULINARY CAFE 1
Full Title: Culinary Cafe 1
Last Reviewed: 3/23/2015

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	6.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	6.00	Lab Scheduled	9.50	8	Lab Scheduled	166.25
		Contact DHR	0		Contact DHR	0
		Contact Total	12.50		Contact Total	218.75
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00 Total Student Learning Hours: 323.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade Only
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	CUL 253.2

Catalog Description:
Fundamentals of commercial food preparation and restaurant operations. Students rotate through stations in the student-run Culinary Café and Bakery, developing skills in the preparation and service of salads, soups, pizzas, sandwiches, entrees, side dishes, table service, and ware washing.

Prerequisites/Corequisites:
Course Completion of CUL 252.14 (or formerly CUL 252.13) and CUL 253.7 (or formerly CUL 253.5)

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: Fundamentals of commercial food preparation and restaurant operations. Students rotate through stations in the student-run Culinary Café and Bakery, developing skills in the preparation and service of salads, soups, pizzas, sandwiches, entrees, side dishes, table service, and ware washing. (Grade Only)

Prerequisites/Corequisites: Course Completion of CUL 252.14 (or formerly CUL 252.13) and CUL 253.7 (or formerly CUL 253.5)
Recommended: Eligibility for ENGL 100 or ESL 100
Limits on Enrollment:
Transfer Credit:
Repeatability: Two Repeats if Grade was D, F, NC, or NP

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:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Explain the importance of local and seasonal products in menu design and planning.
2. Apply basic skills, techniques, and guidelines used in restaurant food preparation.
3. Define and use the basic terminology of the professional culinary arts.
4. Apply a working knowledge of sanitation and safety in a professional kitchen.
5. Demonstrate a working knowlege of the various stations in a restaurant.

Objectives:
Upon successful completion of this course, students will be able to:
1. Prepare various foods for cooking.
2. Finish, garnish, and serve foods to maintain eye appeal, flavor, and overall quality.
3. Prepare mise en place for a variety of stations.
4. Identify proper doneness of product.
5. Identify a variety of potato, grain, and legume side dishes and properly cook them by moist and dry heat cooking methods.
6. Prepare fresh pasta dough and a variety of pasta dishes.
7. Prepare a variety of types of meats, fish and poultry for dry heat, moist heat and combination cooking methods.
8. Prepare a variety of vegetarian dishes using a variety of cooking methods.
9. Utilize proper holding and reheating techniques.
10. Prepare a variety of breakfast items.
11. Employ appropriate skills at various stations in a professional kitchen including plating and presentation techniques.
12. Complete food preparation and service activities focusing on speed and timing.
13. Properly use tools and equipment found in a professional kitchen.

14. Demonstrate professionalism in the workplace.
15. Identify and employ interpersonal, professional, and teamwork skills required of employees in the food service industry.
16. Employ appropriate basic skills.
17. Apply proper procedures for washing, sanitizing, drying, and storing equipment, wares, and utensils in a working kitchen.

Topics and Scope:

I. Basic Cooking Methods
  A. Dry-heat cooking techniques
    1. Grilling
    2. Broiling
    3. Sautéing
    4. Pan-frying
    5. Deep-frying
    6. Smoking
  B. Moist -heat cooking techniques
    1. Poaching
    2. Steaming
    3. Simmering
    4. Boiling
  C. Combination cooking techniques
    1. Braising
    2. Stewing
  D. Determine doneness and evaluate quality
II. Mise en Place
  A. Food items
    1. Trimming and butchering
    2. Marinades and dry rubs
    3. Proper seasoning
  B. Equipment
    1. Selecting and preparing pans, utensils, and other necessary equipment
    2. Proper oven temperature
    3. Safe operating procedures
III. Potato, Grain, and Legume Cookery
  A. Moist heat methods
  B. Dry heat method
  C. Proper holding and reheating
IV. Pasta Cookery
  A. Fresh pasta
  B. Dry pasta
  C. Pasta cooking methods
V. Soups and Sauces
  A. Mother sauces
  B. Contemporary Sauces
  C. Salsas
  D. Puree soups
  E. Cream soups
  F. Clear soups
VI. Pantry
  A. Salad types

B. Dressings
C. Garnishes

VII. Dessert Station
A. Plating techniques
B. Portion control

VIII. Doneness and Quality Evaluation
A. Quality
B. Color
C. Eye appeal
D. Flavor

IX. Vegetarian Cookery
A. Cultural and global importance of the vegetarian diet
B. Basic guidelines for vegetarian cookery
C. Vegetarian dishes and cooking methods

X. Breakfast Cookery
A. Eggs
B. Starches
C. Meats

XI. Professionalism
A. Interpersonal skills
B. Attitudes
C. Habits
D. Teamwork
E. Appearance

XII. Table Service
A. Handling service wares
1. Safety
2. Sanitation
B. Table settings
C. Side work
D. Tray Service
E. Table clearing
F. Customer relations

XIII. Dishwashing
A. Procedures
B. Washing
C. Sanitizing
D. Ware washing chemicals
1. Identification
2. Proper use
E. Ware drying and storage

Assignment:

1. Rotate through a variety of stations in the Culinary Café and Bakery.
2. Written term project, 3-5 pages.
3. Reading journal, 1 food related article per week with a half page summary.
4. Farmers market report, 2 reports of 1-3 pages.
5. Dining journal, 2 restaurant visits with a half page restaurant review.
6. Written final consisting of short answer and essay questions.
7. Weekly station evaluation reports, 3-5 pages per week.
8. Portfolio to include reading journal, dining journal, notes, copies of daily menu, recipes, and

station evaluation reports.
9. Assigned reading, 40 - 50 pages per week.

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.

Written homework, weekly station evaluations, term project.	Writing 10 - 20%

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

Inter-station communication, self evaluations.	Problem solving 5 - 15%

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

Class performances, ability to follow verbal directions.	Skill Demonstrations 40 - 60%

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

Exams: short answer, essay.	Exams 5 - 10%

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

Attendance, participation, and professionalism.	Other Category 10 - 25%

Representative Textbooks and Materials:
On Cooking: A Textbook of Culinary Fundamentals, 6th edition, by Sarah R. Labensky and Alan M. Hause. Prentice Hall, 2015.
Instructor prepared recipes and materials.