

**CUL 270.31 Course Outline as of Fall 2018****CATALOG INFORMATION**

Dept and Nbr: CUL 270.31 Title: CSA COOKING

Full Title: Cooking From Your CSA Box

Last Reviewed: 11/14/2022

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 0.50 | Lecture Scheduled     | 0.25 | 17.5         | Lecture Scheduled  | 4.38  |
| Minimum | 0.50 | Lab Scheduled         | 0.75 | 2            | Lab Scheduled      | 13.13 |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 1.00 |              | Contact Total      | 17.50 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 8.75

Total Student Learning Hours: 26.25

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Professional chef presents theory, demonstrates techniques, supervises and critiques student preparations. Course covers historical and modern cooking techniques as applied to your Community Supported Agriculture (CSA) box.

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

Description: Professional chef presents theory, demonstrates techniques, supervises and critiques student preparations. Course covers historical and modern cooking techniques as applied to your Community Supported Agriculture (CSA) box. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **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**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Prepare a variety of culinary dishes using locally available products.
2. Apply a working knowledge of sanitation and safety in a commercial kitchen.

### **Objectives:**

1. Describe the function of each of the primary ingredient groups used in cooking.
2. List and explain the function and proper use of the basic tools and pieces of equipment used in cooking.
3. Demonstrate proper measurement techniques.
4. Create and execute recipes according to CSA availability.
5. Utilize a variety of techniques to prepare recipes.
6. Select and utilize appropriate cooking and service wares to prepare and serve recipes.
7. Select ingredients based on geographical location and climate and utilize them to prepare dishes.
8. Apply sensory evaluation skills and identify characteristics of high quality ingredients and finished products.
9. Employ safe, hygienic food handling procedures.

### **Topics and Scope:**

- I. Safe and Hygienic Food Handling
- II. Definitions and Culinary Terminology
- III. Basic Techniques of Cooking
- IV. Sensory Evaluation
  - A. Taste
  - B. Appearance
  - C. Color
- V. Cooking Equipment
  - A. Tools and utensils

- B. Ovens and stoves
- C. Refrigeration
- D. Serving bowls and platters
- E. Appliances
- VI. Seasonal
  - A. Fruits
  - B. Vegetables
  - C. Grains and beans
  - D. Condiments (olive oil)
  - E. Prepared foods
  - F. Herbs and spices
- VII. Recipes
  - A. Comprehension
  - B. Yield conversion
  - C. Measures

Concepts presented in lecture are practiced in lab.

### Assignment:

#### Lecture-Related Assignments:

1. Reading, approximately 6-10 pages per week
2. Keep a recipe journal
3. Complete worksheet(s) on aspects of cuisine, e.g., equipment identification, terminology, ingredients, cooking methods, historical influences, etc.

#### Lab-Related Assignments:

1. Prepare assigned recipes
2. Taste and evaluate the success of recipes prepared in class

### 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.

Worksheets

Writing  
5 - 10%

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

None

Problem solving  
0 - 0%

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

Preparing and evaluating recipes

Skill Demonstrations  
60 - 75%

**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.

Recipe journal; attendance and participation

Other Category  
20 - 30%

**Representative Textbooks and Materials:**  
Instructor prepared materials.