CUL 275.68 Course Outline as of Fall 2023

CATALOG INFORMATION

Dept and Nbr: CUL 275.68 Title: MEX. CUISINE: VERACRUZ
Full Title: Mexican Cuisine: Veracruz
Last Reviewed: 11/14/2022

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0.50	17.5	Lecture Scheduled	8.75
Minimum	1.00	Lab Scheduled	1.50	2	Lab Scheduled	26.25
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 17.50 Total Student Learning Hours: 52.50

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:
In this course students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global cuisines. Students will prepare a variety of dishes common to the Mexican regional cuisine of Veracruz.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: In this course students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global cuisines. Students will prepare a variety of dishes common to the Mexican regional cuisine of Veracruz. (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:

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:
Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Prepare a variety of dishes common to the Mexican regional cuisine of Veracruz using locally available products.
2. Utilize a variety of cooking techniques to prepare recipes while applying a working knowledge of sanitation and safety in a commercial kitchen.

Objectives:
At the conclusion of this course, the student should be able to:
1. Define and describe the differences among global cuisine, regional cuisine, and national cuisine.
2. Utilize a variety of cooking techniques to prepare recipes.
3. Select and utilize appropriate cooking and service wares to prepare and serve recipes.
4. Select ingredients based on geographical location and climate and utilize them to prepare dishes common to a particular global cuisine.
5. Describe the eating patterns and lifestyles common to a particular global cuisine.
6. Discuss the historical influences of other countries and cuisines on a particular global cuisine.
7. Identify and describe the ways foods are used for nutritional, medicinal, and/or ceremonial/religious purposes.

Topics and Scope:

I. Definitions
   - A. National cuisine
   - B. Regional cuisine
   - C. Global cuisine
   - D. Cooking terminology

II. Styles of Cooking
   - A. Dry heat
   - B. Moist heat

C. Combination cooking

III. Cooking Equipment
- A. Pots and pans
- B. Ovens and stoves
- C. Utensils
- D. Serving bowls and platters

IV. Ingredients Based on Geographical Location and Climate
- A. Fresh
- B. Dried
- C. Canned
- D. Frozen
- E. Seasonal
- F. Herbs and spices
- G. Oils and vinegars

V. Eating Patterns and Lifestyles
- A. Vegetarian
- B. Meat based diet
- C. Stationary vs. mobile
- D. Home cooking vs. prepared foods
- E. Environmental and health-related considerations

VI. Historical Influences of Other Countries and Cuisines
- A. Immigration
- B. Politics/colonialization
- C. Religion
- D. Environment
- E. Geography
- F. Trade/commerce

VII. Foods Used for Specific Purposes
- A. Nutritional
- B. Medicinal
- C. Ceremonial/religious

All topics are covered in the lecture and lab portions of the course.

Assignment:

Lecture-Related Assignments:
1. Weekly reading (3-5 pages)
2. Keep a recipe journal
3. Cuisine worksheets (3-4)

Lab-Related Assignments:
1. Prepare weekly recipes
2. Weekly recipe evaluation worksheets

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.

Cuisine worksheets	Writing 10 - 20%

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 weekly recipes; weekly recipes evaluation worksheet	Skill Demonstrations 50 - 70%

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	Other Category 20 - 30%

Representative Textbooks and Materials:
Instructor prepared materials.