

**CUL 276.1 Course Outline as of Fall 2025****CATALOG INFORMATION**

Dept and Nbr: CUL 276.1 Title: FRENCH CUISINE: PROVENCE

Full Title: French Cuisine: Provence

Last Reviewed: 3/24/2025

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: CUL 275.1

**Catalog Description:**

Expand your culinary skills while also exploring the rich history, culture, and traditional foods of French regional cuisine. In this course, students will learn to cook a variety of dishes common to regions of Provence.

**Prerequisites/Corequisites:**

Course Completion or Current Enrollment in CUL 230 OR CUL 250 OR DIET 50

**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Expand your culinary skills while also exploring the rich history, culture, and traditional foods of French regional cuisine. In this course, students will learn to cook a variety of dishes common to regions of Provence. (Grade or P/NP)

Prerequisites/Corequisites: Course Completion or Current Enrollment in CUL 230 OR CUL 250 OR DIET 50

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:**

Major Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

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

1. Demonstrate basic techniques to prepare a variety of dishes common to a particular French regional cuisine of Provence using locally available products.
2. Apply sensory evaluation for flavor and texture balance in recipes.

**Objectives:**

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

1. Define and describe the differences among global cuisine, French cuisine, and Provençal 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 Provençal cuisine.
5. Describe the eating patterns and lifestyles common to Provençal cuisine.
6. Discuss the historical influences of other countries and cuisines on Provençal cuisine.
7. Identify and describe the ways foods are used for nutritional, medicinal, and/or ceremonial/religious purposes.
8. Apply sensory evaluation skills to identify characteristics of high quality ingredients and finished products.
9. Practice safe, hygienic food-handling procedures.

**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 Season

- 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 versus mobile
- D. Home cooking versus 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

## VIII. Sanitation and Safety Practices in the Professional Kitchen

## IX. Sensory Evaluation

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

### **Assignment:**

#### Lecture-Related Assignments:

1. Weekly reading (6-10 pages)
2. 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 worksheets

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; attendance and participation

Other Category  
20 - 30%

## Representative Textbooks and Materials:

Instructor prepared materials.