

**CUL 251A Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: CUL 251A Title: CULINARY FUNDAMENTALS 1  
 Full Title: Culinary Fundamentals 1  
 Last Reviewed: 11/27/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	1.50	17.5	Lecture Scheduled	26.25
Minimum	3.00	Lab Scheduled	4.50	8	Lab Scheduled	78.75
		Contact DHR	0		Contact DHR	0
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

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:

**Catalog Description:**

Introduction to fundamental theory, techniques and practice of knife skills as it relates to the cold kitchen or pantry station for the commercial kitchen.

**Prerequisites/Corequisites:**

Course Completion or Concurrent Enrollment in CUL 250 (OR DIET 50) and CUL 250.1

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100 or equivalent

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

Description: Introduction to fundamental theory, techniques and practice of knife skills as it relates to the cold kitchen or pantry station for the commercial kitchen. (Grade Only)

Prerequisites/Corequisites: Course Completion or Concurrent Enrollment in CUL 250 (OR DIET 50) and CUL 250.1

Recommended: Eligibility for ENGL 100 or ESL 100 or equivalent

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:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Apply a working knowledge of sanitation and safety as applied in a professional kitchen.
2. Perform basic knife cuts in an appropriate time frame as expected in a professional culinary environment.
3. Define and use the basic terminology and techniques involved in working the cold side (Garde Manger) of a professional kitchen.

### **Objectives:**

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

1. Describe and identify parts of a knife and demonstrate correct knife care, sharpening, and safety techniques.
2. Employ effective manual dexterity to ensure speed, accuracy, and safety as necessary in a professional kitchen.
3. Prepare fruits and vegetables for cooking or service, cutting uniformly into a variety of precision and production cuts.
4. Identify dimensions of a variety of precision and production cuts.
5. Demonstrate a working knowledge of dry, moist and combination heat cooking techniques to eggs and a variety, fruits and vegetables.
6. Identify, and properly utilize, and maintain equipment and tools found in commercial kitchens.
7. Employ a working vocabulary of culinary terms.
8. Interpret and manipulate various recipes.
9. Define and implement mise-en-place.
10. Perform the basic duties of the pantry station.
11. Prepare a variety of salads and present them attractively for service.
12. Prepare a variety of emulsified and non-emulsified dressings.
13. Apply proper seasoning to all food prepared.
14. Apply preservation technology to a variety of food products.
15. Prepare a variety of dessert sauces.
16. Employ effective manual dexterity to ensure speed and organizational skills that result in

- timely, efficient production.
- 17. Analyze and evaluate finished products.
- 18. Practice and apply food waste control principles.
- 19. Apply principles and proper procedures for sanitation and safe, hygienic food handling.
- 20. Employ standards of professionalism, teamwork and leadership in the professional kitchen.

## **Topics and Scope:**

### **I. Identification of Knives and their Uses**

- A. Knife types
- B. Knife parts

### **II. Using Knives and Sharpening Tools**

- A. Using knives
  - 1. Safety rules
  - 2. Proper gripping/handling
  - 3. Washing and storing
- B. Sharpening/honing tools
- C. Standard Cuts and Cutting
- D. Dimensions of cuts

### **III. Fruits and Vegetables**

- A. Seasonal fruit and vegetable identification
- B. Storage and preservation
- C. Cutting techniques
- D. Cooking techniques
  - 1. Dry heat
  - 2. Moist heat
  - 3. Combination methods

### **IV. Eggs**

- A. Storage and preparation
- B. Cooking techniques

### **V. Basic Tools and Pieces of Equipment**

- A. Hand tools
- B. Measuring and portioning devices
- C. Cookware
- D. Processing equipment
- E. Storage containers
- F. Heavy equipment
- G. Buffet equipment

### **VI. Culinary Terminology and Kitchen Hierarchy**

- A. Brigade system
- B. Modern kitchen hierarchy

### **VII. Menus and Recipes**

- A. Types and seasonality
- B. Language
- C. Standardized recipes
- D. Measurements and conversions
- E. Controlling food costs

### **VIII. Mise-en-Place**

- A. Tools and equipment
- B. Ingredients
- C. Preparing to cook
- D. Organizing a work station

- E. Cleaning and maintaining a workstation and a kitchen
- IX. Basic Duties of the Pantry Station
  - A. Proper mise-en-place for restaurant service
  - B. Cold food production
  - C. Portion control
  - D. Quality control
- X. Salads
  - A. Categories of salads
    - 1. Composed
    - 2. Tossed
    - 3. Bound
  - B. Dressings and Sauces
    - 1. Emulsified
    - 2. Non-emulsified
    - 3. Reduction
    - 4. Dipping
    - 5. Condiments
- XI. Seasonings
  - A. Salt
  - B. Pepper
  - C. Chiles
  - D. Herbs and spices
  - E. Umami
- XII. Food Preservation
  - A. Pickling
  - B. Fermenting
- XIII. Dessert Sauces
  - A. Coulis
  - B. Crème anglaise
  - C. Caramel
  - D. Chocolate
- XIV. Sensory Evaluation
- XV. Sanitation and Safety Practices in the Professional Kitchen
- XVI. Attributes of the Professional Chef
  - A. Teamwork and leadership
  - B. Efficient time management and accuracy
  - C. Following written and verbal directions

Concepts presented in lecture are applied and practiced in lab.

### **Assignment:**

#### Lecture Related Assignments:

1. Reading assignments, approximately 30-50 pages per week
2. Complete worksheets on topics including parts of knives; knife safety, sharpening and care, names and dimensions of precision cuts
3. One to three writing assignments
4. Three to four quizzes
5. Practical final exam (written portion included)

#### Lab Related Assignments:

1. Practical laboratory work and skill demonstrations of knife handling, care and sharpening

- techniques
2. Practical laboratory work and skill demonstrations of classical precision and production cuts
  3. Six to eight practical cooking assessments
  4. Self-assessment and critique

### 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.

Writing assignment(s)	Writing 5 - 10%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Worksheets, self-assessment and critique	Problem solving 10 - 20%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Practical laboratory work, skill performance exams, practical cooking assessments	Skill Demonstrations 40 - 60%
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**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes and final exam	Exams 10 - 20%
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**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance, participation, and professionalism	Other Category 5 - 20%
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### Representative Textbooks and Materials:

On Cooking: A Textbook of Culinary Fundamentals. 6th ed. Labensky, Sarah and Hause, Alan and Martel, Priscilla. Pearson. 2019