

CUL 253A Course Outline as of Fall 2005**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	5.00	8	Lecture Scheduled	40.00
Minimum	6.00	Lab Scheduled	21.00	8	Lab Scheduled	168.00
		Contact DHR	0		Contact DHR	0
		Contact Total	26.00		Contact Total	208.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 80.00

Total Student Learning Hours: 288.00

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 operation. Students rotate through stations of a student-run cafe, developing skills in preparation of pasta, potatoes, grains, and legumes, as well as vegetarian and breakfast and egg cookery. Students gain hands-on experience with table service and ware washing in a working kitchen.

Prerequisites/Corequisites:

Course Completion or Current Enrollment in CUL 252.13 (or CULT252.13) and Course Completion or Current Enrollment in CUL 253.5 OR Course Completion or Current Enrollment in CUL 252.4 (or CULT 252.4) OR Course Completion or Current Enrollment in CUL 252.7 (or CULT 252.7)

Recommended Preparation:

Eligibility for ENGL 100 or ESL 100.

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

Description: Fundamentals of commercial food preparation and restaurant operation. Students rotate through stations of a student-run cafe, developing food preparation skills and hands-on

experience with table service and ware washing in a working kitchen. (Grade Only)
 Prerequisites/Corequisites: Course Completion or Current Enrollment in CUL 252.13 (or CULT252.13) and Course Completion or Current Enrollment in CUL 253.5 OR Course Completion or Current Enrollment in CUL 252.4 (or CULT 252.4) OR Course Completion or Current Enrollment in CUL 252.7 (or CULT 252.7)
 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

Outcomes and Objectives:

Upon successful completion of this course the student will be able to:

1. Identify a variety of potatoes and properly cook them by moist and dry heat methods, by sauteeing/panfrying and deep frying, and by preparing a potato puree and potato items based on purees.
2. Prepare fresh pasta dough and a variety of pasta dishes.
3. Identify and prepare a variety of legumes and grains.
4. Prepare a variety of vegetarian dishes using a variety of cooking methods.
5. Utilize proper holding and reheating techniques and apply a variety of plating and presentation techniques.
6. Prepare a variety of breakfast items including eggs in a variety of methods, breakfast items based on batters, and breakfast sauces.
7. Employ appropriate skills at various stations in a professional kitchen.
8. Complete food preparation and service activities with appropriate speed and timing.
9. Properly use tools and equipment found in a professional kitchen.
10. Identify and employ interpersonal, professional, and teamwork skills required of employees in the food service industry and on line in a working commercial kitchen.
11. Plan and evaluate a menu for organizational capabilities, cost and customers.

12. Properly handle servicewares with consideration to sanitation and safety.
13. Properly set a table for a variety of menu styles.
14. Assemble a sidestand to support smooth and timely service.
15. Properly serve and clear a table.
16. Apply correct principles and proper procedures for washing, sanitizing, drying, and storing various materials, equipment, ware, and utensils in a working kitchen.

Topics and Scope:

I. Potato cookery

A. Moist heat methods

1. boiling
2. steaming

B. Dry heat method

1. baking
2. roasting
3. en casserole

C. In fat

1. sauteeing
2. panfrying
3. deep frying

D. Potato puree items

E. Proper holding and reheating

II. Preparing fresh pasta dough

A. Methods

1. by hand
2. in a food processor
3. in a mixer

B. Dough

1. basic
2. variations

C. Rolling out dough

1. using a pasta machine
2. by hand

D. Cutting pasta

1. using a pasta machine
2. using a knife

E. Pasta dishes

F. Plating and presentation techniques

G. Proper holding and reheating

III. Grains and legumes

A. Grain identification

1. rice
2. wheat
3. barley
4. specialty

B. Legume identification

1. beans
2. peas

C. Grain preparation

1. boiling
 2. determining doneness
 3. pilaf method
 4. risotto
- D. Legume preparation
1. long and short soak methods
 2. boiling
 3. properly determining doneness
- E. Proper holding and reheating
- IV. Vegetarian Cookery
- A. Cultural and global importance of the vegetarian diet
- B. Basic guidelines for vegetarian cookery
- C. Purchasing guidelines for the vegetarian cook
- D. Vegetarian dishes and cooking methods
- E. Plating and presentation techniques
- F. Proper holding and reheating
- V. Breakfast cookery
- A. Seasoning pans
- B. Eggs
1. composition of
 2. purchase and storage
 3. methods of preparation
 - a. poached
 - b. fried
 - c. scrambled
 - d. omelets
 - e. quiches
 - f. souffles
- C. Breakfast items based on batters
1. pancakes
 2. crepes
 3. French toast
- D. Breakfast meats
1. sausages
 2. bacon
- E. Potato dishes and other breakfast starches
- F. Breakfast beverages
- G. Breakfast sauces
- H. Plating and presentation techniques
- I. Proper holding and reheating
- VI. Professional requirements
- A. Interpersonal skills
- B. Attitudes
- C. Habits
- D. Teamwork
- VII. Menu Planning
- A. Preliminary planning considerations
1. client needs
 2. restaurant style
 3. cost basis
- B. Evaluation of appropriateness
1. for organizational capabilities

- 2. for customers
- C. Scheduling food production
 - 1. factors
 - 2. calculating quantity
- D. Cost analysis and control
- E. Production stations
 - 1. organizing
 - 2. managing
- VIII. Table Service
 - A. Handling servicewares
 - 1. safety
 - 2. sanitation
 - B. Table settings for a variety of menu styles
 - 1. American
 - 2. Russian
 - 3. Contemporary
 - C. Serving utensils
 - 1. identification
 - 2. location within the setting
 - 3. proper offering and removal
 - D. The sidestand
 - 1. function
 - 2. contents
 - 3. assembling
 - E. Serving from a tray
 - 1. proper way to carry
 - 2. efficient loading
 - a. clean plates
 - b. soiled plates
 - F. Serving a plate
 - 1. proper hand carrying technique
 - 2. proper service
 - G. Clearing a table
 - H. Customer relations -- Do's and Don'ts
- IX. Practical Ware Washing
 - A. Principles and procedures
 - B. Washing
 - 1. manual
 - 2. mechanical
 - a. identification of types of machines
 - b. proper operation
 - C. Sanitizing
 - D. Ware washing chemicals
 - 1. identification
 - 2. proper use
 - E. Ware drying and storage
 - F. Material Safety Data Sheet binder
 - 1. purpose
 - 2. locating product data sheets
 - G. First aid procedures

Assignment:

1. Product identification worksheets.
2. Prepare a variety of dishes for a working cafe.
3. Develop a menu.
4. Demonstrate 3 table setting styles.
5. Demonstrate proper table service and clearing procedures.
6. Demonstrate proper washing, sanitizing, and storage procedures.
7. Weekly written descriptions of tasks and self-evaluations.
8. Five to seven (5-7) quizzes and one (1) midterm consisting of objective, short answer and essay questions; final performance exam.
9. Assigned reading, 10 - 20 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 written descriptions and evaluations.

Writing
5 - 10%

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

Menu planning.

Problem solving
10 - 20%

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

Class performances, Performance exams

Skill Demonstrations
40 - 50%

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

Multiple choice, True/false, Matching items, Completion, Short answer.

Exams
5 - 20%

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

Attendance/Participation/Professionalism

Other Category
10 - 25%

Representative Textbooks and Materials:

On Cooking: A Textbook of Culinary Fundamentals. Labensky, Sarah, R., and Alan M. Hause. New Jersey: Prentice Hall, 2003.

Remarkable Service: A Guide to Winning and Keeping Customers for Servers, Managers, and Restaurant Owners. Culinary Institute of America: 2001.

Instructor prepared materials.

