

CATALOG INFORMATION

Dept and Nbr: CUL 221.42 Title: GOURMET VEGETARIAN
Full Title: Today's Gourmet Vegetarian
Last Reviewed: 6/18/2001

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0.50	Lecture Scheduled	1.50	17.5	Lecture Scheduled	26.25
Minimum	0.50	Lab Scheduled	2.00	4	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.50		Contact Total	61.25
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 113.75

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 39 - Total 2 Times
Also Listed As:
Formerly: CULT221.42

Catalog Description:
Study and preparation of contemporary vegetarian gourmet cuisine, with emphasis on usage of fresh local products. Students will ceate meat free meals using a variety of vegetarian cooking techniques and products. The Course is intended to broaden the student's repertoire of vegetarian dishes. The emphasis will be on lacto-ovo vegetarian recipes, with discussion of vegan alternatives and substitutions.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Study & preparation of contemporary vegetarian gourmet cuisine, with emphasis on usage of fresh local products. Students will create meat free meals using a variety of vegetarian cooking techniques & products. (Grade or P/NP)
Prerequisites/Corequisites:

Recommended:
Limits on Enrollment:
Transfer Credit:
Repeatability: Total 2 Times

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:

Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The student will be able to:

Identify types of vegetarian diets

Identify ingredients commonly used in contemporary vegetarian cuisine

Create and cook entire nutritional vegetarian meals

Modify favorite dishes or meals to be meat free

Use fresh local seasonal products to create vegetarian meals

Topics and Scope:

1. Current trends in vegetarianism

Types of vegetarians, Identification of local ingredients, Nutrition and vegetarians, the 60's vegetarian, Current information and recipe sources

2. Vegetarian Menus, breakfast, lunch, dinner

Appetizers and hors d'oeuvres, soups, salads, entrees, eliminating the entree theory, vegetables, starches, breads, desserts

Assignment:

A project: Creation of a well balanced contemporary vegetarian menu and preparation of this menu.

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.

None

Writing
0 - 0%

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

Homework problems

Problem solving
20 - 30%

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

Class performances

Skill Demonstrations
40 - 60%

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

Multiple choice, True/false, Matching items, Completion

Exams
10 - 20%

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

CREATION OF A FULL VEGETARIAN MENU
ATTENDANCE AND PARTICIPATION

Other Category
40 - 60%

Representative Textbooks and Materials:

Recommended reading

The Greens Cook Book, Deborah MADison

Fields of Greens, Annie Somerville

Still Life With Menu, Mollie Katzen

The New Revised Moosewood Cookbook, Mollie Katzen

Vegetariana, Nava Atlas