

CATALOG INFORMATION

Dept and Nbr: CUL 253.5      Title: PROF MEAT & SAUCE PREP  
Full Title: Professional Meat and Sauce Preparation  
Last Reviewed: 9/12/2011

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	8	Lecture Scheduled	8.00
Minimum	1.00	Lab Scheduled	3.00	8	Lab Scheduled	24.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	32.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 16.00

Total Student Learning Hours: 48.00

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:

**Catalog Description:**  
A practical course focusing on stocks, soups and sauces and the identification and fabrication of meats, poultry, fish and shellfish. Includes further development of the student's knife skills. Industry standards of sanitation and safety are implemented.

**Prerequisites/Corequisites:**  
Course Completion or Concurrent Enrollment in CUL 250 ( or DIET 50), CUL 250.1, CUL 252.3, and CUL 253.1

**Recommended Preparation:**  
Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: A practical course focusing on stocks, soups and sauces and the identification and fabrication of meats, poultry, fish and shellfish. Includes further development of the student's knife skills. Industry standards of sanitation and safety are implemented. (Grade Only)  
Prerequisites/Corequisites: Course Completion or Concurrent Enrollment in CUL 250 ( or DIET 50), CUL 250.1, CUL 252.3, and CUL 253.1

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:**

<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**

### **Outcomes and Objectives:**

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

1. Accomplish knife cuts appropriate to preparing ingredients for stocks, soups and sauces with speed and precision.
2. Prepare a variety of stocks, soups, and sauces.
3. Describe the standards used to assess a soup's overall quality and appraise soups according to standards.
4. Apply proper cooling, storing, and reheating procedures for all types of soups, stocks and sauces.
5. Recognize and classify sauces.
6. Identify and describe various kinds, classes, and grades of meat, poultry, fish and shellfish.
7. Describe the structure and composition of meats, poultry, fish and shellfish.
8. Identify the primal, subprimal, and fabricated cuts of beef, veal, pork, and lamb.
9. Calculate butcher's yield test.
10. Utilize portion weight specifications to control food costs.
11. Fabricate cuts of meat, poultry, fish and shellfish and perform basic butchering tasks.
12. List the most frequently used food service cuts of beef, veal, pork, and poultry.
13. Describe the basic cooking methods best suited for various cuts of meat and for fish, poultry and shellfish.
14. Utilize safe receiving and storage procedures to ensure sanitation and food safety.

**Topics and Scope:**

## I. Knife cuts

## II. Stocks

### A. Basic ingredients used in stocks

1. bones
2. liquid
3. aromatics

### B. Mirepoix

### C. Stocks

1. ingredients
2. basic techniques

### D. Proper procedures for cooling, storing and reheating

## III. Soups

### A. Basic techniques for preparing

1. clear soups
2. thick soups

### B. Quality products used

### C. Standards for assessing quality

### D. Proper heating, cooling, and storage procedures

## IV. Sauces

### A. Classifying

1. modern
  - a. jus lie
  - b. coulis
  - c. salsas
2. classic
  - a. mother sauces
  - b. egg and butter sauces

### B. Function in relationship to components in a dish

### C. Selecting a suitable sauce

1. style of service
2. cooking technique applied to main ingredients

### D. Proper preparation techniques

1. using thickening agents properly
2. seasoning to taste

## V. Evaluating Quality

## VI. Meat and Poultry Identification

### A. Kinds

### B. Classes

### C. Grades

### D. Inspection and grading practices

1. grades
2. stamps
  - a. inspection
  - b. grading

### E. Structure and composition

### F. Cuts

1. beef
  - a. primal
  - b. subprimal
  - c. fabricated
2. veal

- a. primal
- b. subprimal
- c. fabricated
- 3. pork
  - a. primal
  - b. subprimal
  - c. fabricated
- 4. lamb
  - a. primal
  - b. subprimal
  - c. fabricated
- G. Butcher's yield test
- H. Portion weight specification
- VII. Basic Butchery and Fabrication Techniques
  - A. Meat
  - B. Poultry
- VIII. Fish and Shellfish Identification
  - A. Fish
    - 1. round
    - 2. flat
    - 3. freshwater
  - B. Shellfish
    - 1. mollusks
    - 2. crustaceans
    - 3. cephalopods
  - C. Structure and composition
    - 1. fish
    - 2. shellfish
- IX. Fish and shellfish fabrication techniques
- X. Meat, poultry, fish, and shellfish preparation and cooking methods
- XI. Sanitation and safety
  - A. Proper receiving and storage procedures
  - B. Proper procedures for sanitation and safe, hygienic food handling

### **Assignment:**

1. Practical laboratory work on knife skills and proper cutting techniques for a variety of items.
2. Practical laboratory work and skills demonstrations of various stock, soup, and sauce preparation techniques.
3. Evaluation and critique of stocks, soups and sauces.
4. Meat, poultry, fish and shellfish identification worksheets.
5. Inspection, grading, and cuts worksheets.
6. Daily practice and performance demonstrations of basic butchering tasks.
7. Butcher's yield test calculations.
8. Meat, fish, poultry fabrication.
9. Readings in assigned text, 10-20 pages per week.
10. Four to five quizzes, final objective and final performance exam.

## 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, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

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

Butcher's yield test calculations; worksheets.

Problem solving  
10 - 20%

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

Performance exams

Skill Demonstrations  
40 - 70%

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

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

Exams  
15 - 35%

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

Attendance/participation/professionalism

Other Category  
5 - 15%

## Representative Textbooks and Materials:

On Cooking: A Textbook of Culinary Fundamentals. Labensky, Sarah R., and Alan M. Hause. New Jersey: Prentice Hall, 2002.

Instructor prepared materials.