

**CUL 253.6 Course Outline as of Fall 2015****CATALOG INFORMATION**

Dept and Nbr: CUL 253.6 Title: PROF COOKING BASICS

Full Title: Professional Cooking Basics

Last Reviewed: 3/27/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	3.00	Lab Scheduled	3.00	8	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

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:**

Under supervision of chef instructor, students practice introductory cooking techniques as they apply to vegetables, legumes, grains, pasta, meat, fish, and poultry. Includes preparing mise en place for stations in a professional restaurant environment.

**Prerequisites/Corequisites:**

Course Completion or Concurrent Enrollment in CUL 250 (or DIET 50), CUL 250.1, and CUL 252.3

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

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

Description: Under supervision of chef instructor, students practice introductory cooking techniques as they apply to vegetables, legumes, grains, pasta, meat, fish, and poultry. Includes preparing mise en place for stations in a professional restaurant environment. (Grade Only)

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

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:
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<b>CSU Transfer:</b>	Effective:	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Prepare a variety of vegetables, meats, and fruits for cooking and service in a professional kitchen environment, applying appropriate knife skills.
2. Identify, properly utilize, and maintain tools and equipment found in commercial kitchens.
3. Employ a working vocabulary of culinary terms.
4. Interpret and manipulate various recipe forms and recipes.
5. Define and implement mise en place.
6. Identify characteristics of high quality ingredients and products.
7. Apply dry, moist, and combination heat cooking techniques to a variety of vegetables and meats.
8. Apply proper seasoning to all food prepared.
9. Practice and apply food cost control principles.
10. Adopt standards of professionalism specific to the commercial kitchen environment.
11. Apply principles and proper procedures for sanitation and safe hygienic food handling.

### **Topics and Scope:**

#### **I. Product Identification**

- A. Vegetables
- B. Fruit
- C. Grains
- D. Legumes
- E. Pastas
- F. Meat
- G. Fish
- H. Poultry

#### **II. Equipment Identification and Handling**

- A. Hand tools
- B. Measuring and portioning devices
- C. Cookware
- D. Processing equipment
- E. Storage containers
- F. Heavy equipment
- G. Buffet equipment
- H. Commercial restaurant equipment
- III. Culinary Terminology
- IV. Recipe and Menu Forms
  - A. Types of menus
  - B. Menu language
  - C. Standardized recipes
  - D. Standardized measurements
  - E. Recipe conversions
  - F. Controlling food costs
- V. Mise en Place
  - A. Selecting tools and equipment
  - B. Measuring ingredients
  - C. Preparing ingredients
  - D. Preparing to cook
  - E. Organizing a work station
  - F. Cleaning and maintaining workstations and kitchen
- VI. Seasonings
  - A. Salt
  - B. Pepper
  - C. Chiles
  - D. Herbs and spices
  - E. Umami
- VII. Professionalism
  - A. Attributes
    - 1. Knowledge
    - 2. Skill
    - 3. Taste
    - 4. Judgment
    - 5. Dedication
    - 6. Pride
    - 7. Safe and hygienic food handling
  - B. Kitchen hierarchy
    - 1. Brigade system
    - 2. Modern kitchen hierarchy
- VIII. Cooking Principles
  - A. Dry heat
  - B. Moist heat
  - C. Combination methods

### **Assignment:**

Representative assignments:

1. Reading assignments, approximately 40-60 pages per week.
2. Daily cooking exercises (lab).
3. Two or more recipe interpretation and conversion assignments.

4. Weekly quizzes on terminology, equipment, and product identification.
5. Final written exam, including essay questions.
6. Eight to ten practical cooking assessments (lab).
7. One to three writing assignments.

### 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.

One to three writing assignments.

Writing  
5 - 10%

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

Recipe interpretation and conversion

Problem solving  
10 - 20%

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

Class performance, practical cooking assessments.

Skill Demonstrations  
40 - 60%

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

Multiple choice, true/false, matching items, completion, short answer, and essay.

Exams  
10 - 20%

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

Attendance, participation, and professionalism.

Other Category  
5 - 20%

### Representative Textbooks and Materials:

On Cooking: A Textbook of Culinary Fundamentals, 6th edition, by Sarah R. Labensky and Alan M. Hause. Prentice Hall, 2015.

Instructor prepared recipes and materials.