

CATALOG INFORMATION

Dept and Nbr: CUL 275.32      Title: SHANGHAINESE CUISINE  
Full Title: Shanghainese Cuisine  
Last Reviewed: 1/25/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	1.50	17.5	Lecture Scheduled	26.25
Minimum	0.25	Lab Scheduled	2.50	2	Lab Scheduled	43.75
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 122.50

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP  
Also Listed As:  
Formerly:

**Catalog Description:**  
Cultural foods, historical food trends and customs as related to gourmet, regional, national and international cuisines. Preparation of a variety of dishes common to Shanghainese cuisine.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Cultural foods, historical food trends and customs as related to gourmet, regional, national and international cuisines. Preparation of a variety of dishes common to Shanghainese cuisine. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
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>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>

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

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

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

1. Define and describe the differences among ethnic cuisine, regional cuisine, and national cuisine.
2. Utilize a variety of cooking techniques to prepare recipes.
3. Select and utilize appropriate cooking and service wares to prepare and serve recipes.
4. Select ingredients based on geographical location and climate and utilize them to prepare dishes common to a particular ethnic cuisine.
5. Describe the eating patterns and lifestyles common to a particular ethnic cuisine.
6. Discuss the historical influences of other countries and cuisines on a particular ethnic cuisine.
7. Identify and describe the ways foods are used for nutritional, medicinal and/or ceremonial/religious purposes.

### **Topics and Scope:**

- I. Definitions
  - A. National cuisine
  - B. Regional cuisine
  - C. Ethnic cuisine
  - D. Cooking terminology
- II. Styles of Cooking
  - A. Dry heat
  - B. Moist heat
  - C. Combination cooking
- III. Cooking Equipment
  - A. Pots and pans
  - B. Ovens and stoves
  - C. Utensils
  - D. Serving bowls and platters
- IV. Ingredients Based on Geographical Location and Climate
  - A. Fresh

- B. Dried
- C. Canned
- D. Frozen
- E. Seasonal
- F. Herbs and spices
- G. Oils and vinegars
- V. Eating Patterns and Lifestyles
  - A. Vegetarian
  - B. Meat based diet
  - C. Stationary vs. mobile
  - D. Home cooking vs. prepared foods
  - E. Environmental and health-related considerations
- VI. Historical Influences of Other Countries and Cuisines
  - A. Immigration
  - B. Politics/colonialization
  - C. Religion
  - D. Environment
  - E. Geography
  - F. Trade/commerce
- VII. Foods Used for Specific Purposes
  - A. Nutritional
  - B. Medicinal
  - C. Ceremonial/religious

### Assignment:

1. Reading, approximately 3-5 pages per week.
2. Keep a recipe journal.
3. Complete worksheet(s) on aspects of cuisine, e.g., equipment identification, terminology, ingredients, cooking methods, historical influences.

### Lab:

1. Prepare assigned recipes.
2. Taste and evaluate the success of recipes prepared in class.

### 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.

Worksheets

Writing  
10 - 20%

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

None

Problem solving  
0 - 0%

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

Preparing and evaluating recipes

Skill Demonstrations  
50 - 70%

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

None

Exams  
0 - 0%

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

Recipe journal; attendance and participation

Other Category  
20 - 30%

**Representative Textbooks and Materials:**  
Instructor prepared materials.