

**CUL 251C Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: CUL 251C Title: CULINARY FUNDAMENTALS 3

Full Title: Culinary Fundamentals 3

Last Reviewed: 10/23/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0.75	17.5	Lecture Scheduled	13.13
Minimum	1.50	Lab Scheduled	2.25	8	Lab Scheduled	39.38
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

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 sauces and the identification and fabrication of meats, poultry, fish and shellfish. Includes charcuterie and preservation techniques and continued development of the student's knife skills.

**Prerequisites/Corequisites:**

Course Completion of CUL 251B (or CUL 253.6) and Concurrent Enrollment in CUL 253 (or CUL 253.10)

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100 or equivalent

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

Description: A practical course focusing on sauces and the identification and fabrication of meats, poultry, fish and shellfish. Includes charcuterie and preservation techniques and continued development of the student's knife skills. (Grade Only)

Prerequisites/Corequisites: Course Completion of CUL 251B (or CUL 253.6) and Concurrent Enrollment in CUL 253 (or CUL 253.10)

Recommended: Eligibility for ENGL 100 or ESL 100 or equivalent

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

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Apply a working knowledge of sanitation and safety as applied in a professional kitchen.
2. Explain the importance of local and seasonal products in menu design and planning.
3. Demonstrate basic skills, techniques and guidelines used in food preparation.
4. Define and use the basic terminology of the professional culinary arts.

### **Objectives:**

Students will be able to:

1. Prepare and identify a variety of stocks and sauces.
2. Prepare a variety of broths and soups, applying appropriate knife skills.
3. Describe the structure and composition of meats, poultry, fish, and shellfish.
4. Calculate butcher's yield test.
5. Utilize portion weight specifications to control food costs.
6. Fabricate cuts of meat, poultry, fish, and shellfish and perform basic butchering tasks.
7. List the most frequently used food service cuts of meat, poultry, fish, and shellfish.
8. Describe the basic cooking methods best suited for various cuts.
9. Utilize safe receiving and storage procedures to ensure sanitation and food safety.
10. Analyze and evaluate finished products.
11. Practice and apply food waste control principles.
12. Apply principles and proper procedures for sanitation and safe, hygienic food handling.
13. Employ standards of professionalism, teamwork and leadership in the professional kitchen.

### **Topics and Scope:**

- I. Knife Cuts
- II. Sauces
  - A. Classifications

- B. Function in relationship to ingredients in a dish
- C. Selecting a suitable sauce
  - 1. Style of service
  - 2. Cooking techniques
- D. Preparation and finishing techniques
  - 1. Texture
  - 2. Seasoning to taste
- III. Broths and Soups
  - A. Basic ingredients
    - 1. Vegetables
    - 2. Grains and legumes
    - 3. Meat, fish, poultry
  - B. Basic techniques for preparing
    - 1. Clear soups
    - 2. Thickened soups
- IV. Meat and Poultry Identification
  - A. Kinds
  - B. Classes
  - C. Grades
    - 1. Inspections and grading practices
    - 2. Stamps and grading practices
  - D. Structure and composition
  - E. Cuts of meat
    - 1. Primal
    - 2. Subprimal
    - 3. Fabricated
  - F. Butcher's yield test
  - G. Portion weight specification
- V. Butchery and Fabrication Techniques
  - A. Meat
  - B. Poultry
- VI. Fish and Shellfish Identification
  - A. Fish
    - 1. Round
    - 2. Flat
    - 3. Freshwater
  - B. Shellfish
    - 1. Mollusks
    - 2. Crustaceans
    - 3. Cephalopods
- VII. Fish and Shellfish Fabrication Techniques
- VIII. Meat, Poultry, Fish and Shellfish Preparation and Cooking Methods
- IX. Charcuterie
  - A. Forcemeats
  - B. Sausages
  - C. Smoking
  - D. Salt curing
  - E. Mousses
- X. Recipe Conversions
- XI. Menu Design and Planning
- XII. Sensory Evaluation
- XIII. Sanitation and Safety Practices in the Professional Kitchen

#### XIV. Attributes of the Professional Chef

- A. Teamwork and leadership
- B. Efficient time management and accuracy
- C. Following written and verbal directions

#### XV. Food Waste Control Principles

Concepts presented in lecture are applied and practiced in lab.

#### Assignment:

##### Lecture-Related Assignments:

1. Reading assignments, approximately 30-50 pages per week
2. Two or more worksheets on recipe interpretation and conversion assignments
3. Three to four quizzes
4. Practical final exam (written portion included)

##### Lab-Related Assignments:

1. Daily cooking exercises
2. Eight to ten practical cooking assessments
3. Self-assessment and critique
4. Food quality evaluations

#### 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.

Worksheets, food quality evaluations, self assessment and critique

Problem solving  
10 - 20%

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

Practical laboratory work, practical final exam, practical cooking assessments

Skill Demonstrations  
50 - 70%

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

Quizzes and final exam

Exams  
10 - 30%

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

Attendance, participation, and professionalism

Other Category  
10 - 20%

**Representative Textbooks and Materials:**

On Cooking: A Textbook of Culinary Fundamentals. 6th ed. Labensky, Sarah R., Alan M. Hause, and Martel, Pricilla. Pearson. 2019