

**CUL 253.10 Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: CUL 253.10 Title: RESTAURANT KITCHEN

Full Title: Restaurant Kitchen

Last Reviewed: 1/23/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	3.00	Lab Scheduled	6.25	6	Lab Scheduled	109.38
		Contact DHR	0		Contact DHR	0
		Contact Total	7.25		Contact Total	126.88
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 161.88

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:**

Building on introductory cooking skills, students rotate through stations of a student-run restaurant, developing organizational skills. Emphasis is on speed, timing, and teamwork in a full-service restaurant operation.

**Prerequisites/Corequisites:**

Course Completion of CUL 251B (or CUL 253.6 or CUL 253A) and Course Completion or Concurrent Enrollment in CUL 251C (or CUL 253.7)

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100 or equivalent

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

Description: Building on introductory cooking skills, students rotate through stations of a student-run restaurant, developing organizational skills. Emphasis is on speed, timing, and teamwork in a full-service restaurant operation. (Grade Only)

Prerequisites/Corequisites: Course Completion of CUL 251B (or CUL 253.6 or CUL 253A) and Course Completion or Concurrent Enrollment in CUL 251C (or CUL 253.7)

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>	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**

### **Student Learning Outcomes:**

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

1. Explain the importance of local and seasonal products in menu planning, design and presentation in the restaurant kitchen.
2. Apply a working knowledge of sanitation and safety as applied in a professional kitchen.
3. Perform basic skills, techniques and guidelines used in a restaurant kitchen.

### **Objectives:**

Students will be able to:

1. Apply principles and proper procedures for sanitation and safe, hygienic food handling.
2. Utilize a variety of cooking techniques.
3. Demonstrate mise-en-place for a variety of stations.
4. Demonstrate proper doneness of products.
5. Prepare a variety of potatoes, grains, and legumes.
6. Prepare a variety of dishes using fresh pasta.
7. Prepare a variety of meats, fish and poultry.
8. Prepare a variety of vegetarian dishes.
9. Utilize proper holding and reheating techniques.
10. Prepare a variety of breakfast items.
11. Demonstrate plate presentation techniques.
12. Employ principles of station inventory
13. Analyze and evaluate finished products.
14. Practice and apply food waste control principles.
15. Apply proper scullery procedures for washing, sanitizing, drying, and storing equipment, wares, and utensils in a working kitchen.
16. Employ standards of professionalism, teamwork and leadership in the professional restaurant kitchen.

## **Topics and Scope:**

### **I. Practical Kitchen Maintenance**

- A. Types of large and small equipment used
- B. Sanitation and safety practices
- C. Cleaning and sanitizing
  - 1. Safety procedures
  - 2. Cleaning and sanitizing procedures
  - 3. Maintaining walk-ins, freezers, floors, and storage areas
  - 4. Safe practices when using cleaning supplies and solutions
  - 5. Maintaining accurate maintenance log
  - 6. Recycling, compost, and waste procedures
- D. Proper food storage procedures
  - 1. Labeling
  - 2. First in first out (F.I.F.O.)
  - 3. Temperature logs
    - i. Cold storage areas
    - ii. Dry storage areas
    - iii. Hot and cold foods

### **II. Scullery**

- A. Procedures
- B. Washing and sanitizing
- C. Ware washing chemicals
  - 1. Identification
  - 2. Proper use and storage

### **III. Menus and Recipes**

- A. Types and seasonality
- B. Language
- C. Standardized recipes
- D. Measurements and conversions
- E. Controlling food costs

### **IV. Basic Cooking Methods**

- A. Dry-heat cooking techniques
  - 1. Grilling
  - 2. Broiling
  - 3. Sautéing
  - 4. Pan-frying
  - 5. Deep-frying
  - 6. Smoking
- B. Moist-heat cooking techniques
  - 1. Poaching
  - 2. Steaming
  - 3. Simmering
  - 4. Boiling
- C. Combination cooking techniques
  - 1. Braising
  - 2. Stewing
- D. Determining doneness
- E. Evaluating quality

### **V. Mise-en-Place**

- A. Gathering tools and equipment
- B. Organizing a work station

- C. Preparing ingredients to cook
- D. Cleaning and maintaining a kitchen work station
- VI. Kitchen Stations
  - A. Mise-en-place
  - B. Inventory management
  - C. Portion control
  - D. Quality control
  - E. Proper holding techniques
  - F. Plate presentation
- VII. Hot Line
  - A. Menu design
  - B. Cooking techniques
  - C. Proper holding
  - D. Sauces and garnishes
  - E. Plate presentation
- VIII. Sensory Evaluation
- IX. Attributes of the Professional Chef
  - A. Teamwork and leadership
  - B. Efficient time management and accuracy
  - C. Following written and verbal directions

Concepts presented in lecture are applied and practiced in lab.

### Assignment:

#### Lecture-Related Assignments:

1. Reading assignments, approximately 10-20 pages per week
2. Plan and complete prep lists, menu descriptions (written)
3. One to three writing assignments
4. Three to four quizzes
5. Practical final exam (written portion included)

#### Lab-Related Assignments:

1. Daily cooking and baking assignments
2. Daily product assessment
3. Self-assessment and critique

### 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.

Writing assignments; complete prep lists, menu descriptions

Writing  
5 - 10%

**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, cooking and baking assignments

Problem solving  
10 - 20%

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

Practical laboratory work; skill performance exams; product assessments

Skill Demonstrations  
40 - 60%

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

Quizzes and final exam

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 ed. Labensky, Sarah and Hause, Alan and Martel, Pricilla. Pearson. 2019