CUL 253.8 Course Outline as of Summer 2025

CATALOG INFORMATION

Dept and Nbr: CUL 253.8 Title: RESTAURANT KITCHEN
Full Title: Restaurant Kitchen
Last Reviewed: 1/23/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	4.00	Lecture Scheduled	1.25	17.5	Lecture Scheduled	21.88
Minimum	4.00	Lab Scheduled	9.00	8	Lab Scheduled	157.50
		Contact DHR	0		Contact DHR	0
		Contact Total	10.25		Contact Total	179.38
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 43.75 Total Student Learning Hours: 223.13

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:	CUL 253.10

Catalog Description:
In this course, students will build on introductory cooking skills while rotating through stations of a student-run restaurant, developing organizational skills. Emphasis in this course 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 EMLS 100 (formerly ESL 100) or appropriate placement in AB705 mandates.

Limits on Enrollment:

Schedule of Classes Information:
Description: In this course, students will build on introductory cooking skills while rotating through stations of a student-run restaurant, developing organizational skills. Emphasis in this course 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 EMLS 100 (formerly ESL 100) or appropriate placement in AB705 mandates.
Limits on Enrollment:
Transfer Credit:
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Effective:	Inactive:
UC Transfer:	Effective:	Inactive:

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:
At the conclusion of this course, the student should 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. Prepare a variety of salads and dressings.
10. Prepare a variety of desserts.
11. Utilize proper holding and reheating techniques.
12. Prepare a variety of breakfast items.
13. Demonstrate plate presentation techniques.
14. Employ principles of station inventory
15. Analyze and evaluate finished products.
16. Practice and apply food waste control principles.
17. Apply proper scullery procedures for washing, sanitizing, drying, and storing equipment,

wares, and utensils in a working kitchen.
18. 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 workstation
C. Preparing ingredients to cook
D. Cleaning and maintaining a kitchen workstation
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. Pantry Station
A. Salad types
B. Dressings and garnishes
C. Proper holding techniques
D. Plate presentation
IX. Dessert Station
A. Menu design
B. Sauces and garnishes
C. Proper holding techniques
D. Plate presentation
X. Sensory Evaluation
XI. 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. Weekly reading (10-20 pages)
2. Weekly planning and completing prep lists, menu descriptions (written)
3. Writing assignment(s) such as a restaurant critique or farmers market visit (1-2)
4. Quizzes (3-4)

Lab-Related Assignments:
1. Daily cooking and baking assignments
2. Daily product assessment
3. Self-assessment and critique

Exams:
1. Practical final exam (written portion included)

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.

Weekly planning and completing prep lists, menu descriptions; writing assignment(s)	Writing 5 - 10%

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

Cooking and baking assignments; 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 final exam; daily product assessments	Skill Demonstrations 40 - 60%

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

Quizzes; final exam (written portion)	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.