

CATALOG INFORMATION

Dept and Nbr: CUL 225.1 Title: BASIC MEXICAN CUISINE
Full Title: Basic Mexican Cuisine 1
Last Reviewed: 6/18/2001

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.50	8	Lecture Scheduled	12.00
Minimum	1.00	Lab Scheduled	2.00	4	Lab Scheduled	16.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.50		Contact Total	28.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 24.00

Total Student Learning Hours: 52.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 39 - Total 2 Times
Also Listed As:
Formerly: CULT 225.1

Catalog Description:
Selection of ingredients and preparation of Mexican foods. Introductory class in the use of peppers and spices and the preparation of tortilla dishes, soups, stews, breads, and pastries.

Prerequisites/Corequisites:

Recommended Preparation:
Basic cooking knowledge.

Limits on Enrollment:

Schedule of Classes Information:
Description: Selection of ingredients and preparation of Mexican foods. Introductory class in the use of peppers and spices, and the preparation of tortilla dishes, soups, stews, breads, and pastries. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Basic cooking knowledge.
Limits on Enrollment:
Transfer Credit:

Repeatability: Total 2 Times

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

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

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Effective:	Inactive:
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UC Transfer:	Effective:	Inactive:
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CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Students will

1. Identify food habits and history of the peoples of Mexico.
2. Prepare a wide variety of meals based on Mexican cuisine.
3. Discuss and practice techniques and methods of food preparation particular to Mexico.
4. Recognize and identify authentic flavors of typical Mexican meals and the spices, herbs and native ingredients which provide them.
5. Repeat the vocabulary associated with Mexican cuisine and the pronunciation of the names of the native foodstuffs.
6. Practice additional experiences in the enjoyment and preparation of foods of Mexico.

Topics and Scope:

1. Lecture
 - A. History and culture
 - a. anecdotes
 - b. history of cultures and foodstuffs
 - c. evolution and development of the cuisine
 - d. regional differences and influences on the national cuisine
 - B. Food Preparation
 - a. vocabulary specific to ingredients and finished dishes
 - b. explanation and guidance in the use of the recipes and forms of preparation, including roasting of chiles and processing of unusual foodstuffs and spices
2. Food Preparation: use of traditional recipes in prep of typical meals:
 - A. appetizers
 - B. soups
 - C. main courses
 - D. salads

- E. breads
- F. desserts
- G. service of the meals and clean-up

3. Lesson Evaluation

Students and instructor will sample prepared foods, and discuss the success of the meal in terms of appearance, taste, nutrition and execution.

Assignment:

In class:

1. Prepare the dishes assigned by the instructor.
2. Evaluate methods of preparation of assigned dishes.
3. Taste and evaluate the success of each dish in discussion with the instructor and other class members.

Outside of class:

1. Preparation of at least one dish from the previous lesson at home.
2. Students will evaluate in writing the previous class, recipes they prepared, dishes they tasted, lecture by the instructor, their understanding of the materials and topics covered in class, and their performance on food preparation at home.

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.

Evaluation of recipes, classwork, etc.

Writing
10 - 20%

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

Lab reports

Problem solving
10 - 20%

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

Class performances

Skill Demonstrations
20 - 40%

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.

DISCUSSION WITH TEACHER, ORAL EVALUATION
ALONE AND WITH OTHER CLASS MEMBERS,
SAMPLING OF PREPARED DISHES

Other Category
20 - 40%

Representative Textbooks and Materials:

AUTHENTIC MEXICAN, Rick Bayliss

THE CUISINES OF MEXICO, Diana Kennedy

Recipes and handouts prepared by instructor