

CUL 253B Course Outline as of Fall 2005**CATALOG INFORMATION**

Dept and Nbr: CUL 253B Title: CULINARY CAFE 2

Full Title: Culinary Cafe 2

Last Reviewed: 3/23/2015

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	6.00	Lecture Scheduled	5.00	8	Lecture Scheduled	40.00
Minimum	6.00	Lab Scheduled	21.00	8	Lab Scheduled	168.00
		Contact DHR	0		Contact DHR	0
		Contact Total	26.00		Contact Total	208.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 80.00

Total Student Learning Hours: 288.00

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 253.3

Catalog Description:

Provides further hands-on experience in a production kitchen. Students assume responsibility for various stations in the production kitchen of a student-run cafe, developing skills in fundamentals of grilling and roasting, sauteeing and panfrying, poaching and steaming, braising and stewing, ware washing, table service, and managing, mentoring and instructing co-workers.

Prerequisites/Corequisites:

Course Completion or Current Enrollment in CUL 253A (or CUL 253.2 or CULT 253.2)

Recommended Preparation:

Eligibility for ENGL 100 or ESL 100

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

Description: Students assume responsibility for various stations in the production kitchen of a student-run cafe, developing skills in fundamentals of grilling and roasting, sauteeing and panfrying, poaching and steaming, and braising and stewing, ware washing, table service, and leadership roles. (Grade Only)

Prerequisites/Corequisites: Course Completion or Current Enrollment in CUL 253A (or CUL

253.2 or CULT 253.2)

Recommended: Eligibility for ENGL 100 or ESL 100

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

Outcomes and Objectives:

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

1. Prepare mise en place for grilling, broiling, and roasting.
2. Cook various kinds of foods on a grill and identify doneness in grilled foods.
3. Finish, garnish, and serve grilled foods to maintain eye appeal, flavor, and overall quality.
4. Trim or butcher all red meats properly to prepare for roasting.
5. Prepare a variety of types of meats and poultry for roasting, and properly roast and test for doneness.
6. Deglaze a roasting pan and make pan gravy that has proper color, desired flavor and thickness.
7. Set up a slicing station, properly carve various types and sizes of meats, and cut all orders within one-fourth ounce of specified weight.
8. Prepare mise en place for sauteeing, panfrying, and deep frying.
9. Prepare and cook kinds and cuts of food best suited to sauteeing, panfrying, and deep frying and identify proper doneness of products.
10. Prepare mise en place for moist heat cooked items.
11. Identify and prepare the kinds and cuts of food best suited for moist heat cooking and determine doneness.
12. Identify and prepare foods suitable for braising and stewing and properly evaluate doneness and quality.
13. Cost out products prepared.
14. Properly set a table for a variety of menu styles.
15. Properly serve and clear a table.
16. Assemble a sidestand to support smooth and timely service.
17. Assume a leadership/management role at various stations in a

professional kitchen.

18. Explain, direct, and perform the skillful completion of food preparation and service activities.

19. Explain, direct, and complete proper assembly of a stand to support smooth and timely service.

20. Identify, clean and maintain large and small kitchen equipment, wares, utensils, floors, and storage areas using proper sanitation and safety practices.

21. Maintain temperature and maintenance logs.

22. Recycle materials and properly dispose of waste.

23. Demonstrate professionalism in the workplace.

Topics and Scope:

I. Fundamentals of Grilling and Roasting

A. Dry-heat cooking techniques

1. grilling
2. broiling
3. sauteeing
4. pan-frying
5. deep-frying

B. Suitable cuts of meat for each technique

C. Mise en place for grilling, broiling, and roasting

II. Preparing meats and poultry for roasting

A. Trimming and butchering red meats

B. Larding and barding and the effects of fat

C. Selecting and preparing pans

D. Marinades and dry rubs

E. Proper seasoning

F. Proper oven temperature

G. Testing for doneness

H. Deglazing a pan and making pan sauce

1. proper choice of liquid
2. proper seasoning
3. proper color
4. desired flavor and thickness

I. Carry over heat

J. Setting time

K. Holding time

III. Grilling

A. Operating a grill

B. Cooking on a grill

C. Identifying doneness in grilled foods

D. Finishing, garnishing and serving grilled foods

IV. Slicing Station

A. Proper set-up

B. Carving types and sizes of meats

C. Cutting orders to size

V. Sauteeing, pan-frying, and deep-frying

A. Mise en place for sauteeing and pan-frying

1. sauteeing
2. pan-frying

- 3. deep-frying
- B. Kinds and cuts of food best suited to sauteeing, pan-frying, and deep frying
 - 1. sauteeing
 - 2. pan-frying
 - 3. deep-frying
- C. Appropriate pans for best results
 - 1. Types of metals
 - 2. Shapes and sizes
 - 3. Weight
- D. Preparation
 - 1. standard breading procedure
 - 2. appropriate sauces
 - 3. proper temperature
 - 4. smoke point
- E. Testing for proper doneness
 - 1. quality
 - 2. color
 - 3. eye appeal
 - 4. flavor
- F. Cost out items

VI. Braising and Stewing

- A. Kinds and cuts of food best suited to braising and stewing
- B. Basic procedures
 - 1. searing
 - 2. braising
 - 3. stewing
- C. Testing for doneness and quality
- D. Cost out items

VII. Moist-heat Cooking Methods

- A. Various techniques
 - 1. poaching
 - 2. steaming
 - 3. simmering
 - 4. boiling
 - 5. equipment used
 - a. convection steamer
 - b. stove top steamer
 - c. steam jacket kettle
 - d. bain maries
 - 6. variations on moist-heat cooking techniques
 - 1. for eggs
 - 2. various grains
 - 3. legumes
 - 4. vegetables
 - 5. fruits
- B. Kinds and cuts of meat best suited to moist-heat cooking
- C. Mise en place for moist-heat cooked items
- D. Sauces that usually accompany moist heat cooked items
 - 1. egg based
 - 2. butter based
 - 3. flour thickened

E. Determine doneness and evaluate quality

F. Plan a menu

G. Cost out items

VIII. Leadership role in various stations in a professional kitchen

A. Directing the completion of food preparation and service activities

1. explaining

2. directing

3. demonstrating by example

B. Cleaning, sanitizing, and maintenance

1. wares

2. equipment

3. food preparation, service, and storage areas

C. Directing line cooks

D. Using and instructing others about plating and presentation techniques

E. Professional skills required of lead positions in a working commercial kitchen

1. teamwork

2. organizing production

3. interpersonal skills

4. attitudes

5. habits

IX. Practical Kitchen Maintenance

A. Types of large and small equipment used in kitchen

B. Types of equipment with food contact surfaces that must be sanitized prior to use

1. cutting boards

2. work tables

3. bowls

4. knives

5. storage containers

6. bain marie inserts

C. Cleaning and sanitizing

1. safety procedures

2. cleaning procedures

3. sanitizing procedures

4. maintaining freezers, floors, and storage areas

5. proper lifting techniques

6. safe practices when using cleaning supplies and solutions

7. proper cleaning tools and materials storage

8. requisitioning supplies

9. maintaining accurate maintenance log

10. recycle materials and properly dispose of waste

D. Proper food storage procedures

1. principles and practices

2. temperature logs

a. for cold storage areas

b. dry storage areas

X. Table Service

A. Efficiency in a working restaurant

1. review of table settings

2. review of service practices

B. Professionalism

1. guest/server relationships
2. work ethic
3. punctuality
4. appearance
5. teamwork

Assignment:

1. Product identification worksheets.
2. Prepare a variety of dishes for a working cafe.
3. Properly determine doneness of a variety of products.
4. Properly set up a station in a working cafe.
5. Demonstrate proper meat and poultry preparation techniques.
6. Plan a menu and cost out items.
7. Complete proper table service and clearing procedures.
8. Perform cleaning and sanitizing procedures.
9. Maintain temperature logs.
10. Weekly written descriptions and evaluation of leadership role(s) performed.
11. Five to seven (5-7) quizzes and one (1) midterm consisting of objective and short answer questions; final performance exam.
12. Adhere to the standards of professionalism:
 - a. teamwork
 - b. well-organized production
 - c. good interpersonal skills
 - d. positive, respectful attitude
 - e. good work habits, including punctuality and professional appearance

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 written, evaluations

Writing
5 - 10%

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

Menu planning; temperature logs; costing items

Problem solving
5 - 10%

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

Class performances, Performance exams

Skill Demonstrations
40 - 50%

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

Multiple choice, True/false, Matching items, Completion, Short answer

Exams
5 - 20%

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

Attendance/Participation/Professionalism

Other Category
10 - 25%

Representative Textbooks and Materials:

On Cooking: A Textbook of Culinary Fundamentals. Labensky, Sarah R., and Alan M. Hause. New Jersey: Prentice Hall, 2003.

Instructor prepared materials.