

CA A120: CULINARY PRINCIPLES 1

Item	Value
Curriculum Committee Approval Date	12/02/2020
Top Code	130630 - Culinary Arts
Units	3 Total Units
Hours	108 Total Hours (Lecture Hours 27; Lab Hours 81)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

Course Description

The class focus is on the fundamentals of food preparation, emphasizing quality standards of production and the basic cooking methods as used in the modern commercial kitchen. Laboratory work includes knife skill, vegetable cuts, and preparation of vegetables, soups, stocks, and sauces. High standards of professionalism, sanitation, and proper work habits will also be emphasized. Class requires purchase of a set of knives. Students will be required to follow hospitality department dress standards. PREREQUISITE: FBM A102 or FSM A160 or concurrent enrollment. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate proficiency using professional tools and equipment in the proper preparation of stocks, sauces, soups and vegetables.

Course Objectives

- 1. Identify and apply principles of proper techniques of sanitation, safety, and work simplification which relate to food production and service.
- 2. Demonstrate high standards of quality food production with maximum nutrient retention.
- 3. Demonstrate the basic cooking methods in the preparation of stocks, including white and brown stock.
- 4. Demonstrate the basic cooking methods in the preparation of the five leading sauces.
- 5. Demonstrate the basic cooking methods in the preparation of clear and thick soups.
- 6. Demonstrate the basic cooking methods in the preparation of green, red, white and yellow vegetables.
- 7. Demonstrate proper care and use of equipment, utensils and tools used in food preparation.
- 8. Cite criteria and standards of quality for the preparation of and presentation of food.
- 9. Define terminology used in food preparation.
- 10. Demonstrate skill to use given recipes and to plan and organize laboratory assignments.

Lecture Content

Safety and Sanitation Identify proper techniques of sanitation, safety, which relate to food production and the responsibilities of food the production area and personnel Explain basic understanding of personal sanitation through work habits and personal grooming Identify common and accepted safety principles Explain the importance of a properly organized work station Explain the necessity of preparing the work and the work station prior to commencement of the work Explain how to apply work simplification techniques to a given job assignment List proper steps in the safe use of equipment generally used in quantity food preparation Food slicer Food processor Ovens and broilers Deep fat fryer Blender Mixer Blender Small tools General Information Equipment and uniform requirements History of the profession French Culinary tradition Certification and professional organizations Objectives of quality food preparation and station organization Taste, Temperature, proper cooking Mise en Place Vegetable Cuts Cooking terms Weights and measures Use of recipes The parts of a recipe yield, quantity, method Recipe conversion Laboratory procedures Preparation and Combination of Ingredients Methods of preparation Dicing/chopping Whisking/beating Cooking methods: Dry Heat Roasting/Baking Broiling/Grilling Moist heat Steam Poach, simmer, boil Braise Stew Dry heat with fat Saut Pan-fry Deep-fry Stir fry

Lab Content

A. Identify and practice proper techniques of sanitation, safety, and work simplification which relate to food production and service 1. Responsibilities of food production area and personnel a. Demonstrate basic understanding of personal sanitation follow course requirements pertaining to personal grooming b. Demonstrate basic understanding of safety principles i. Proper Knife use ii. Avoiding burns, spills, slips and falls c. Demonstrate ability to organize work station i. Explain the necessity of preparing the work and the work station prior to commencement of the work ii. Demonstrate ability to apply work simplification techniques to a given job assignment iii. Demonstrate ability to maintain a clean and organized work station d. Demonstrate ability to finish lab assignments within given time frame.2. Demonstrate ability to safely use all equipment generally used in quantity food preparation a. Assemble, disassemble and clean all large equipment items: i. Food slicer ii. Food processor iii. Blender iv. Ovens and broilers v. Deep fat fryer iv. Mixer b. Demonstrate ability to properly use all small tools and small equipment items: i. Measuring devices ii. Scales and weighing equipment iii. Knives, parers, corers, etc. a. vegetable cuts julienne, batonette, brunoise, small dice, medium dice, large dice, tourn , paysanne b. basic vegetable preparations - chopped parsley, minced garlic, tomato concass# iv. Forks, spatulas, spreaders v. Spoons vi. Scoops vii. Ladles viii. Food Mill3. Demons trate ability to prepare food following proper sanitary guidelines a. Avoid Cross-contamination i. tasting spoon ii. gloves iii. hand-washing iv. sanitizer v. Pot and pan washing b. Control temperature, avoid the "danger-zone" i. Quick heating of foods ii. quick chilling of food and proper use of the ice-bathB. Demonstrate and practice food preparation techniques and cooking methods 1. Stock a. Work with ingredients and practice method for preparation i. Chicken ii. Veal/beef iii. Vegetable 2. Thickening Agents a. Specific ingredients: butter, fats, starches i. Roux a.prepare white, blonde, brown ii. Slurry a. prepare a cornstarch slurry b. prepare and arrowroot slurry 3. Sauces a. 5 leading sauces, ingredients and practice method of preparation i. Hollandaise, emulsion sauces ii. Espagnole iii. Tomato iv. B chamel v. Velout 4. Soups a. Work with ingredients and practice preparation methods i. Clear a. Consomm# b. Clear vegetable ii. Thick a. Cream Method b. Puree Method c. Chowder d. Bisque e. Specialty

and National Soups5. Vegetable color categories and practice cooking methods a. Red i. braising ii. roast iii. saut b. Green i. blanch and hold method ii. butter finish iii. boiling to finishc. White i. boiled, demonstrate how to preserve colord. Orange/Yellow i. fried ii. roasting6. Starches, practice cooking methods a. Potatoes i. Potato puree preparations ii. Fried preparations iii. Casserole style preparations b. Rice i. Pilaf ii. Risotto c. Pasta i. Fresh egg fettuccini ii. Cooking dry (small shells) d. Other Grains i. Barley

chef coat, checkered pants, neckerchief, apron, side towel, hat, and work shoes.

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

Instructional Techniques

Lecture, demonstration, group discussion, lab practice

Reading Assignments

Students are required to read text and related materials each week to enable them to participate in class dicussion and gain a deeper understanding of theory presented in lecture and lab. Approximatley 1 hour per week = 16 hours 1 hour

Writing Assignments

Students will complete a research project related to the course. Proficiency is evaluated during laboratory as well as in practical cooking tests. Approximatley 6 total hours = 6 hours

Out-of-class Assignments

Students must read, convert and record recipes from text and lab packet and bring to class each week. Students must also prepare for an on-line quiz as well as in class quizzes, midterm and final practical and written tests. Approximatley 2 hours per week = 32 hours

Demonstration of Critical Thinking

Quizzes, written and practical cooking tests, daily demonstration of lab techniques, organization of daily assignments and solving lab challenges.

Required Writing, Problem Solving, Skills Demonstration

Students will complete a research project. Proficiency is evaluated during laboratory as well as in practical cooking tests.

Eligible Disciplines

Culinary arts/food technology (food service, meat cutting, baking, waiter/w...: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. Culinary arts/food technology (food service, meat cutting, baking, waiter/w...: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience.

Textbooks Resources

1. Required The Culinary Institute of America (CIA). The Professional Chef, 9th ed. Hoboken: The Culinary Institute of America, 2011 Rationale: -Most Current Edition of this text

Other Resources

1. Student supplied knife kit to include cooks knife, boning knife, paring knife, vegetable peeler, measuring spoons, wire whisk, black marking pen, sharpening steel, and carrying case. 2. Student supplied uniform: