

CA A122: CULINARY PRINCIPLES 2

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

Focus on the basic cooking methods as they apply to the major cuts of beef, veal, lamb, pork, poultry, and seafood. Portion control and proper boning techniques will be demonstrated and practiced. Quality standards of food presentation and achieving proper flavor through the correct application of the principles and processes of modern cookery will be practiced. High standards of professionalism, sanitation, and proper work habits will also be emphasized. Course requires purchase of a set of knives. Students will be required to follow hospitality department dress standards. PREREQUISITE: CA A120. Lecture/Lab. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate proficiency selecting the proper cut of protein (meat, poultry, and seafood) to use for a specific cooking method and then be able to use professional tools and equipment to properly cook and present the product.

Course Objectives

- 1. Identify and practice proper techniques of sanitation, safety and work habits which relate to commercial food production and service.
- 2. Explain and demonstrate the steps in the processes of the dry heat cooking methods, including roasting, pan frying, saut ing, grilling, broiling, and deep frying.
- 3. Explain and demonstrate the steps in the processes of the moist heat cooking methods including braising, stewing, poaching, simmering, steaming, and boiling.
- 4. Demonstrate the skill necessary to prepare and present entrees, meats, poultry, and fish.
- 5. Demonstrate proper care and use of equipment, utensils and tools used in food preparation.
- 6. List and explain the factors of proper food presentation.
- 7. Define terminology used in food preparation.
- 8. Demonstrate skill to use recipes and plan and organize laboratory assignments.
- 9. Demonstrate high standards of professionalism as defined in course lecture.

Lecture Content

Safety and Sanitation Identify proper techniques of sanitation, safety, which relate to the preparation of meats, poultry and seafood. Explain basic understanding of personal sanitation including proper work habits and personal grooming Identify common and accepted safety principles when working with tools related to the preparation of protein items (meats, poultry and seafood) 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 the preparation of meats, poultry and seafood Meat grinder Food slicer Food processor Ovens and broilers Deep fat fryer Blender 12/20 quart mixer Boning Knife, butcher s scimitar, oyster knife General Information Equipment and uniform requirements Cooking terms Meat grading and inspection Aging of beef Use of recipes, specific to this course Laboratory procedures The Composition of food, handling and proper cooking application Beef, Veal, lamb and pork Skeletal Structure Composition of Meat Bones Muscle Connective tissue Major and Minor Primal cuts Application of proper cooking methods to specific cuts of meat Poultry Types of Poultry Grading and inspection Classifications and weight ranges Skeletal Structure Parts of the bird Application of proper cooking methods to specific parts (breast, thigh, leg) Seafood Types of seafood Flat Fish Round Fish Shellfish Sourcing and Handling Selection of the proper cooking methods for specific types of seafood Presentation of Food Taste Temperature Color Height Balance Practical Elements of Presentation Styles Vegetables, starch, and sauce accompaniments Development of Plate Sketch/Diagram Preparation Techniques (Step by Step) Dry Heat Cooking methods Roasting Grilling/broil Dry Heat Cooking Methods Using Fat Saut Pan Fry Deep Fry Moist Heat (combination) Braising Stewing Moist Heat (traditional) Poaching Simmer Boil Steam

Lab Content

Safety and Sanitation Practice proper techniques of sanitation, safety, which relate to the preparation of meats, poultry and seafood. Demonstrate basic understanding of personal sanitation including proper work habits and personal grooming Demonstrate common and accepted safety principles when working with tools related to the preparation of protein items (meats, poultry and seafood) Demonstrate preparing the work and the work station prior to commencement of the work Demonstrate work simplification techniques to a given job assignment Demonstrate proper steps in the safe use of equipment generally used in the preparation of meats, poultry and seafood Meat grinder Food slicer Food processor Ovens and broilers Deep fat fryer Blender 12/20 quart mixer Boning Knife, butcher s scimitar, oyster knife Demonstrate and practice food preparation techniques and cooking methods Beef Identification of specific cuts Grinding and preparation of ground meats Stewing of Beef Braising of Beef Roasting of Beef Trussing of a roast Trimming and portioning Sauce accompaniments Au Jus Jus Li# Offal and Variety Meats Trimming and portioning Saut (liver) Poach (sweetbreads) Simmer (tripe) Veal Identification of specific cuts Stewing of Veal (Blanquette) Pan Fry- Cutlet Grilling Braising Trimming and portioning Sauce accompaniments Lamb Identification of specific cuts Grilling of lamb (kabab) Braising of lamb (shank) Boning of lamb leg trimming and portioning Sauce accompaniments Pork Identification of specific cuts Deep Fry Saut Pork Medallion Boning of pork loin, trimming and portioning Sauce accompaniments Chicken Roasting Trussing whole chicken Pan-fry Cutting of a whole Chicken into 1/8ths Sauce accompaniments Pan gravy Poultry Duck boning, trimming Pan-roast breast Braising Identification Seafood Flat and Round Fish Shellfish Vegetable and Starch Accompaniments Prepare a variety of vegetable

dishes to accompany assigned entr e dishes Green Red Yellow/Orange
Prepare a variety of starches to accompany assigned entr e dishes Pasta
Rice Potato Presentation Techniques and Basic Elements of Proper
Food Presentation Taste Proper seasonings Fresh and dry herbs Use
of complementary sauces Temperature Service temperature Use of the
plate warmer Portioning Height, Color, Balance Functional Garnish Use of
common ingredients to prepare Elements of the functional garnish

Method(s) of Instruction

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

Instructional Techniques

Lecture, videos, demonstration, lab practice

Reading Assignments

Students are required to read text and related materials each week to enable them to participate in in class discussion and gain a deeper understanding of theory presented. 2 hours per week

Writing Assignments

Students will complete a written assignment which could include organizing recipes into a highly detailed recipe notebook. .5 hours per week

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 1 hour per week

Demonstration of Critical Thinking

Given assignments and constraints of limited equipment, space and time, students must organize daily assignments and solve lab challenges as they arise.

Required Writing, Problem Solving, Skills Demonstration

Quizzes, written and practical cooking tests, daily demonstration of lab techniques, practical cooking evaluations, organization of daily assignments and solving lab challenges. Students will complete a written assignment which could include organizing recipes into a highly detailed recipe notebook.

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 John Wiley and Sons. The New Professional Chef, ed. Hoboken: The Culinary Institute of America, 0 Rationale: - 2. Required North American Meat Processors Association. . The Meat Buyers Guide, ed. Hoboken: : John Wiley and Sons, 2007