

COURSE OUTLINE

Culinary Arts 112
Fundamentals of Professional Cooking 2

I. Catalog Statement

Culinary Arts 112 is a continuation of Culinary Arts 111. It is the introduction and application of the principles of food preparation. The course emphasizes high production standards, attractive service, use of proper equipment, and efficient use of time. The course also stresses work simplification, nutrition requirements, and preparation of specialized food.

Units – 4.0

Lecture Hours – 1.5 hours

Laboratory Hours – 7.5 hours

(Faculty Laboratory Hours 7.5 + Student Laboratory Hours 0.0 = 7.5 Total Laboratory Hours)

Prerequisite: Culinary Arts 111 or equivalent.

II. Course Entry Expectations

Skills Level Ranges: Reading 5; Writing 5; Listening/Speaking 5; Math 3.

Prior to enrollment in the course, the student should be able to:

1. select ingredients, products, tools, and equipment used to prepare classical and contemporary cuisine;
2. describe and demonstrate the basic cooking methods used in a commercial kitchen;
3. analyze how different cooking processes affect food ingredients;
4. achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators;
5. prepare selections in several menu categories using a variety of cooking methods in a sanitary manner;
6. assess prepared recipes using sensory evaluation;
7. follow and modify standard recipes using recommended measuring and preparation methods;
8. describe cooking procedures used to conserve nutritional value and quality of foods.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

1. select ingredients, products, tools, and equipment used to prepare classical and contemporary cuisine;
2. prepare menu category selections according to standardized commercial recipes;
3. analyze how different cooking processes affect food ingredients;
4. achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators;
5. prepare selections in several menu categories using a variety of cooking methods in a sanitary manner;
6. assess prepared recipes using sensory evaluation;
7. follow and modify standard recipes using recommended measuring and preparation methods;
8. describe cooking procedures used to conserve nutritional value and quality of foods;
9. use culinary techniques to add visual appeal to plated foods.

IV. Course Content

Total Contact Hours = 144

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| A. Food Safety and Sanitation | Lecture 2 hours |
| 1. Causes of foodborne illnesses | |
| 2. Handling foods in a safe manner | |
| 3. The Hazard Analysis Critical Control Point (HACCP) system | |
| 4. Creation and maintenance of a safe and sanitary working environment | |
| B. Knife Skills | Lecture 2 hours |
| 1. Proper care of knives | Lab 2 hours |
| 2. Proper use of knives | |
| 3. Creating common shapes of foods | |
| 4. Specialty knives and their use | |
| C. Healthy Cooking | Lecture 1 hour |
| 1. Categories of nutrients and their importance in a healthy diet | Lab 7 hours |
| 2. Characteristics of a nutritious diet | |
| 3. Diet-planning tools available to consumers and chefs | |
| 4. Effects of storage and preparation techniques on the nutritional value of food | |
| 5. Alternative ingredients and substitutes in developing recipes and menus | |
| 6. Use of vegetarian protein products as alternatives to meat, poultry, fish, or dairy | |
| D. Beef | Lecture 1.5 hours |
| 1. Primal, subprimal and fabricated cuts of beef | Lab 7 hours |
| 2. Basic butchering procedures | |
| 3. Cooking methods of common cuts of beef | |

E. Pork	Lecture 1 hour Lab 8 hours
1. Primal, subprimal, and fabricated cuts of pork.	
2. Basic butchering procedures	
3. Cooking methods for common cuts of pork	
F. Poultry	Lecture 1.5 hours Lab 7 hours
1. Structure and composition of poultry	
2. Identification of kinds and classes of poultry	
3. Poultry inspection and grading practices	
4. Purchase of poultry	
5. Poultry storage	
6. Preparation of poultry for cooking	
7. Application of cooking methods to poultry	
G. Fish and Shellfish	Lecture 1 hour Lab 8 hours
1. Structure and composition of fish and shellfish	
2. Identification of various fish and shellfish	
3. Purchase of fish and shellfish	
4. Fish and shellfish storage	
5. Preparation of fish and shellfish for cooking	
6. Cooking methods for fish and shellfish	
H. Veal	Lecture 1 hour Lab 7 hours
1. Primal, subprimal, and fabricated cuts of veal	
2. Basic butchering procedures	
3. Appropriate cooking methods of common cuts of veal	
I. Lamb	Lecture 1 hour Lab 8 hours
1. Primal, subprimal, and fabricated cuts of lamb	
2. Basic butchering procedures	
3. Appropriate cooking methods of common cuts of lamb	
J. Game	Lecture 1.5 hours Lab 7 hours
1. Identification of variety of game	
2. Game inspection practices	
3. Appropriate purchase of game	
4. Game storage	
5. Preparation of game for cooking	
6. Application of various cooking methods to game	

- K. Eggs and Breakfast Lecture 1 hour
Lab 7 hours
1. Composition of eggs
 2. Proper purchasing and storage of eggs
 3. Various cooking methods for eggs
 4. Preparation of pancakes and other griddlecakes
 5. Various beverages typically served at breakfast
 6. Methods to offer customers a variety of breakfast foods
- L. Salads and Salad Dressing Lecture 1 hour
Lab 7 hours
1. Identification of a variety of salad greens
 2. Preparation of a variety of salad dressings
 3. Preparation of composed salads
 4. Attractive presentation of salads
- M. Fruits Lecture 1 hour
Lab 7 hours
1. Identification of a variety of fruits
 2. Appropriate fruit purchasing
 3. Proper fruit storage
 4. How fruits are preserved
 5. Preparation of fruits for cooking or service
 6. Application of various cooking methods to fruits
- N. Sandwiches Lecture 1 hour
Lab 7 hours
1. Selection of high quality sandwich ingredients
 2. Different types and styles of sandwiches
 3. Preparation of sandwiches to order and for later service
- O. Charcuterie Lecture 2 hours
Lab 7 hours
1. Preparation of a variety of forcemeats
 2. The assembly and cooking of a variety of pates, terrines, and sausages
 3. Proper methods for brining, curing, and smoking meats and fish
 4. Identification of several cured pork products
- P. Hors D'oeuvre and Canapés Lecture 1.5 hours
Lab 8 hours
1. Preparation and service of cold and hot hors d'oeuvre and canapés
 2. The selection of hors d'oeuvre and canapés appropriate for meals or events
- Q. Plate Presentation Lecture 1.5 hours
Lab 8 hours
1. The basic principles of plate presentation
 2. Use of techniques to add visual appeal to plated foods
 3. The concept of a small plate menu, and composition of small plates
- R. Buffet Presentation Lecture 1.5 hours
Lab 8 hours
1. The basic principles of buffet presentation
 2. Techniques to create and maintain appealing buffets

V. Methods of Presentation

The following instructional methodologies may be used in the course:

1. lectures/discussions
2. hands-on experience;
3. multi-media presentations.

VI. Assignments and Methods of Evaluation

1. Quizzes.
2. Midterm examination.
3. Final examination.
4. Practical laboratory examination.

VII. Textbook

Labensky, S. On Cooking: A Textbook of Culinary Fundamentals, Current Edition.

Upper Saddle River, NJ: Pearson Education, Inc., 2007.

10th Grade Textbook Reading level. ISBN: 0131713272

VIII. Student Learning Outcomes

1. Students will assess prepared recipes using sensory evaluation.
2. Students will prepare menu category selections according to standardized commercial recipes.
3. Students will follow and modify standard recipes using recommended measuring and preparation methods.