



I. COURSE INFORMATION:

Title: Introduction to Culinary Arts

Division: Technical Education

Course Number: CUL1004

Prerequisites: Safety and Sanitation

Credit Hours: 4

Textbook: Professional Cooking, 8th edition, ISBN-13: 978-1118636725

II. COURSE DESCRIPTION:

This introductory course in food preparation is designed to examine and develop a basic understanding of food principles, techniques, and standards required for optimum food production. This course will focus on safety and sanitation, weights and measures, stocks, sauces, soups, meats, and poultry, with further instruction on vegetables, and potatoes and starches. This is a hands-on course.

III. LEARNING OUTCOMES:

1. Establish and maintain high standards of sanitation and food safety as established by the SERVSAFE® program
2. Demonstrate proficiency in basic terminology and techniques for culinary arts which include food preparation, presentation, and service
3. Identify and demonstrate the concepts of recipe costing, purchasing, receiving, and issuing practices in food service operations
4. Explain the characteristics, functions, and food sources of the major nutrients and understand and demonstrate nutritional cooking methods including how to maximize nutrient retention
5. Identify and operate standard commercial food preparation equipment
6. Demonstrate a teamwork approach to commercial food preparation
7. Develop and organize a food preparation plan with the most efficient methods available
8. Demonstrate the appropriate cooking technique for each recipe and execute it

IV. ASSIGNMENTS: (may include but are not limited to)

1. Chapter exams
2. Practical exams
3. Online discussions relating to culinary topics on Canvas

V. MAJOR CONTENT AREAS:

1. Sanitation and Safety
2. Mise en Place
3. Tools and Equipment
4. Basic Cooking Principles
5. Basic knife skills
6. Recipe formulation
7. Stocks
8. Sauces and Soups
9. Emulsified Sauces and Dressings
10. Meats, Poultry, Vegetables, Starches Grains

VI. EVALUATION METHODS (may include but are not limited to)

1. Attendance and participation
2. Assignments
3. Exams
4. Comprehensive final