

COURSE OUTLINE **Culinary Lab I**

Course Description

HM 120. Culinary Lab I. 3 hours credit. This course will enable the student to develop culinary skills in the kitchen environment. The student will learn skills in sanitation, basic cooking principals and methods, knife skills, safe food handling, safe equipment handling, recipe interpretation, and preparing meals for commercial consumption. This course will engage the student in all areas of basic cooking and meal preparations.

Course Relevance

Culinary Lab I is the study of basic food production methods and culinary skills for preparing commercial meals. Courses in professional cooking help the student to develop critical habits of thinking and skill in understanding complex issues managers face in all types of food service operations. Culinary Arts I will provide the student hands-on food production skills relevant to managing culinary operations.

Required Materials

Gisslen, W. (2001). *Professional cooking*. (5th ed.). New York, NY: John Wiley and Sons Inc.

Learning Outcomes

The intention is for the student to be able to:

1. Explain the basic cooking principles and methods
2. Demonstrate HACCP food safety standards
3. Demonstrate skills in food preparation

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Critical Thinking
 - Through a variety of activities conducted in class and written assignments, the student will develop critical thinking and analytical skills
2. Field-Related Technology
 - Through the production of recipes, the student will develop a working knowledge of how to follow recipes, how to prepare the menu item and how to plate the offering

Secondary Skills (developed but not documented)

Self-Concept
Time Management
Teamwork

Valuing Diversity
Leadership
Problem Solving
Reading
Writing
Listening

Major Summative Assessment Tasks

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Planning, preparing, delivery and analysis of a four course meal

Course Content

- I. Themes – Key recurring concepts that run throughout the course:
 - A. Identification of various cooking methods
 - B. Analyzing the costs of menu items
 - C. Setting of standards for culinary operations
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Achieving accuracy in stating costs of menu items
 - B. Achieving customer satisfaction
 - C. Retaining production standards
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Calculating recipe conversions
 - B. Identify best cooking method
 - C. Identifying and setting standards for production to maintain control over quality and costs
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Define, explain, and demonstrate basic cooking methods
 - B. Develop balanced meals within price controls
 - C. Prepare and plate menu items

Learning Units

- I. The food service industry
 - A. The modern food service
 - B. Organization of modern kitchens
 - C. Standards of professionalism
- II. Sanitation and safety
 - A. Food handling and preparation
 - B. Food storage
 - C. Preventing cuts, burns, fires
 - D. Preventing strains and injuries from lifting
- III. Tools and equipment

- A. Quantity food equipment
 - B. Cooking equipment
 - C. Measuring devices
- IV. Basic cooking principles
- A. Heat and food
 - B. Cooking methods
 - C. The art of seasoning and flavoring
- V. The recipe
- A. The written recipe
 - B. Measurement
 - C. Converting recipes
- VI. The menu
- A. Menu forms and functions
 - B. Nutritional considerations
- VII. Mise en Place
- A. Planning and organizing the kitchen
 - B. Using the knife
 - C. Preliminary cooking and flavoring
- VIII. Stocks and sauces
- A. Stocks
 - B. Sauces
- IX. Soups
- A. Understanding soups
 - B. Clear soups
 - C. Thick soups
 - D. Specialty soups
- X. Understanding meats and game
- A. Composition, structure and basic quality factors
 - B. Understanding the basic cuts
 - C. Cooking and handling meats
- XI. Cooking meats and game
- A. Roasting and baking
 - B. Broiling, grilling and pan-broiling
 - C. Simmering
 - D. Braising
- XII. Understanding poultry and game birds

- A. Composition and structure
 - B. Inspection and grading
 - C. Doneness
- XIII. Cooking poultry and game birds
- A. Roasting and baking
 - B. Broiling and grilling
 - C. Braising
 - D. Dressing and stuffing
- XIV. Understanding fish and shellfish
- A. Fin fish
 - B. Shellfish
- XV. Cooking fish and shellfish
- A. Baking
 - B. Broiling
 - C. Deep-frying
 - D. Seafood served raw
- XVI. Understanding vegetables
- A. Controlling quality changes during cooking
 - B. Handling vegetables
- XVII. Cooking vegetables
- A. Boiling and steaming
 - B. Sautéing and pan-frying
 - C. Braising
 - D. Baking
- XVIII. Potatoes and other sauces
- A. Potatoes
 - B. Rice and other grains
 - C. Pasta and dumplings
- XIX. Breakfast preparation, dairy products, and coffee and tea
- A. Eggs
 - B. Breakfast breads, cereals, and meats
 - C. Dairy products
 - D. Coffee and tea
- XX. Bakeshop production: basic principles and ingredients
- A. Basic principles of baking
 - B. Ingredients

- XXI. Cakes and icings
 - A. Understanding cake mixing
 - B. Cake formulas
 - C. Icings: production and application

- XXII. Cookies
 - A. Cookie characteristics
 - B. Mixing methods
 - C. Panning, baking and cooling

Learning Activities

Independent and collaborative learning activities will be assigned to assist the student to achieve the learning outcomes. Learning activities will be geared toward practices and analysis of various cooking techniques and presentations. The student's skills will be expressed by the use of weekly assignments, written assessments, and a final cooking project.

Grade Determination

The student will be graded on completion of assessment tasks, learning activities, projects, adequate participation and discussion.