

CULIN112 : Fundamentals of Professional Cooking 2

General Information

Author:	<ul style="list-style-type: none">Andrew Feldman
Course Code (CB01) :	CULIN112
Course Title (CB02) :	Fundamentals of Professional Cooking 2
Department:	CULIN
Proposal Start:	Fall 2024
TOP Code (CB03) :	(1306.30) Culinary Arts
CIP Code:	(12.0500) Cooking and Related Culinary Arts, General.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000578456
Curriculum Committee Approval Date:	06/12/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	06/12/2024
Course Description and Course Note:	CULIN 112 is a continuation of CULIN 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.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	No value
Author:	<ul style="list-style-type: none">Andrew Feldman
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Cullnary Art/Food Technology (Food service, meat cutting, baking, waiter/waitressing, bartending)
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07)	4
Maximum Credit Units (CB06)	4
Total Course In-Class (Contact) Hours	162
Total Course Out-of-Class Hours	54
Total Student Learning Hours	216

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1.5	3
Laboratory Hours	7.5	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	27
Laboratory	135
Studio	0

Total 162

Course Out-of-Class Hours

Lecture	54
Laboratory	0
Studio	0
Total	54

Time Commitment Notes for Students

Out of class hours are for course reading, homework, projects and quizzes

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Prerequisite

CULIN111 - Fundamentals of Professional Cooking 1 (in-development)

Objectives

- Analyze how different cooking processes affect food ingredients.
- Achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators.
- Follow and modify standard recipes using recommended measuring and preparation methods.
- Describe cooking procedures used to conserve nutritional value and quality of foods.

Entry Standards

Entry Standards	Description
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Select ingredients, products, tools, and equipment used to prepare classical and contemporary cuisine.	No Value
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Describe and demonstrate the basic cooking methods used in a commercial kitchen.	No Value
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Prepare selections in several menu categories using a variety of cooking methods in a sanitary manner.	No Value
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Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Laboratory

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Methods of Instruction

Collaborative Learning

Methods of Instruction

Demonstrations

Methods of Instruction

Guest Speakers

Methods of Instruction

Presentations

Out of Class Assignments

- Site visit (e. g. student will interview a local chef to learn of their culinary background and style)

Methods of Evaluation

Rationale

Exam/Quiz/Test

Final examination

Exam/Quiz/Test

Quizzes

Exam/Quiz/Test

Midterm examination

Exam/Quiz/Test

Practical laboratory examination

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
Labensky, S.	On Cooking: A Textbook of Culinary Fundamentals	Pearson	2024	9780138091163

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Utilize specialized equipment (sous vide thermalizer, cryovac machine, etc.) to prepare menu items.

Prepare menu category selections based on molecular gastronomy techniques.

Analyze how different cooking processes affect food ingredients.

Achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators.

Follow and modify recipes of notable chefs to achieve desired results.

Describe cooking procedures used to conserve nutritional value and quality of foods.

Use culinary techniques to add visual appeal to plated foods.

SLOs

Assess prepared recipes using sensory evaluation.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;
Core cultivate creativity that leads to innovative ideas.

ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Prepare complex menu category selections according to the recipes of notable chefs.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;
Core cultivate creativity that leads to innovative ideas.

ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Describe modern culinary styles with examples from contemporary chefs.

Expected Outcome Performance: 70.0

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
Core methodologies to solve unique problems.

ILOs

Course Content

Lecture Content

Food Safety and Sanitation (2 hours)

- Causes of foodborne illnesses
- Handling foods in a safe manner
- The Hazard Analysis Critical Control Point (HACCP) system
- Creation and maintenance of a safe and sanitary working environment

Knife Skills (2 hours)

- Proper care of knives
- Proper use of knives
- Creating common shapes of foods
- Specialty knives and their use

Healthy Cooking (2 hours)

- Categories of nutrients and their importance in a healthy diet
- Characteristics of a nutritious diet
- Diet-planning tools available to consumers and chefs
- Effects of storage and preparation techniques on the nutritional value of food
- Alternative ingredients and substitutes in developing recipes and menus
- Use of vegetarian protein products as alternatives to meat, poultry, fish, or dairy

Beef (2 hours)

- Primal, subprimal and fabricated cuts of beef
- Basic butchering procedures
- Cooking methods of common cuts of beef

Pork (1 hour)

- Primal, subprimal, and fabricated cuts of pork.
- Basic butchering procedures
- Cooking methods for common cuts of pork

Poultry (2 hours)

- Structure and composition of poultry
- Identification of kinds and classes of poultry
- Poultry inspection and grading practices
- Purchase of poultry
- Poultry storage
- Preparation of poultry for cooking
- Application of cooking methods to poultry

Fish and Shellfish (1 hour)

- Structure and composition of fish and shellfish
- Identification of various fish and shellfish
- Purchase of fish and shellfish

- Fish and shellfish storage
- Preparation of fish and shellfish for cooking
- Cooking methods for fish and shellfish

Veal (1 hour)

- Primal, subprimal, and fabricated cuts of veal
- Basic butchering procedures
- Appropriate cooking methods of common cuts of veal

Lamb (1 hour)

- Primal, subprimal, and fabricated cuts of lamb
- Basic butchering procedures

Game (2 hours)

- Identification of variety of game
- Game inspection practices
- Appropriate purchase of game
- Game storage
- Preparation of game for cooking
- Application of various cooking methods to game

Eggs and Breakfast (1 hour)

- Composition of eggs
- Proper purchasing and storage of eggs
- Various cooking methods for eggs
- Preparation of pancakes and other griddlecakes
- Various beverages typically served at breakfast
- Methods to offer customers a variety of breakfast foods

Salads and Salad Dressing (1 hour)

- Identification of a variety of salad greens
- Preparation of a variety of salad dressings.
- Preparation of composed salads
- Attractive presentation of salads

Fruits (1 hour)

- Identification of a variety of fruits
- Appropriate fruit purchasing
- Proper fruit storage
- How fruits are preserved
- Preparation of fruits for cooking or service
- Application of various cooking methods to fruits

Sandwiches (1 hour)

- Selection of high quality sandwich ingredients
- Different types and styles of sandwiches
- Preparation of sandwiches to order and for later service

Charcuterie (2 hours)

- Preparation of a variety of forcemeats
- The assembly and cooking of a variety of pates, terrines, and sausages
- Proper methods for brining, curing, and smoking meats and fish
- Identification of several cured pork products

Hors D'oeuvre and Canapés (2 hours)

- Preparation and service of cold and hot hors d'oeuvre and canapés
- The selection of hors d'oeuvre and canapés appropriate for meals or events

Plate Presentation (1.5 hours)

- The basic principles of plate presentation
- Use of techniques to add visual appeal to plated foods
- The concept of a small plate menu, and composition of small plates

Buffet Presentation (1.5 hours)

- The basic principles of buffet presentation
- Techniques to create and maintain appealing buffets

Total hours: 27

Laboratory/Studio Content

Knife Skills (2 hours)

- Proper care of knives
- Proper use of knives

- Creating common shapes of foods
- Specialty knives and their use

Healthy Cooking (8 hours)

- Categories of nutrients and their importance in a healthy diet
- Characteristics of a nutritious diet
- Diet-planning tools available to consumers and chefs
- Effects of storage and preparation techniques on the nutritional value of food
- Alternative ingredients and substitutes in developing recipes and menus
- Use of vegetarian protein products as alternatives to meat, poultry, fish, or dairy

Beef (7 hours)

- Primal, subprimal and fabricated cuts of beef
- Basic butchering procedures
- Cooking methods of common cuts of beef

Pork (8 hours)

- Primal, subprimal, and fabricated cuts of pork.
- Basic butchering procedures
- Cooking methods for common cuts of pork

Poultry (7 hours)

- Structure and composition of poultry
- Identification of kinds and classes of poultry
- Poultry inspection and grading practices
- Purchase of poultry
- Poultry storage
- Preparation of poultry for cooking
- Application of cooking methods to poultry

Fish and Shellfish (8 hours)

- Structure and composition of fish and shellfish
- Identification of various fish and shellfish
- Purchase of fish and shellfish
- Fish and shellfish storage
- Preparation of fish and shellfish for cooking
- Cooking methods for fish and shellfish

Veal (7 hours)

- Primal, subprimal, and fabricated cuts of veal
- Basic butchering procedures
- Appropriate cooking methods of common cuts of veal

Lamb (8 hours)

- Primal, subprimal, and fabricated cuts of lamb
- Basic butchering procedures

Game (7 hours)

- Identification of variety of game
- Game inspection practices
- Appropriate purchase of game
- Game storage
- Preparation of game for cooking
- Application of various cooking methods to game

Eggs and Breakfast (7 hours)

- Composition of eggs
- Proper purchasing and storage of eggs
- Various cooking methods for eggs
- Preparation of pancakes and other griddlecakes
- Various beverages typically served at breakfast
- Methods to offer customers a variety of breakfast foods

Salads and Salad Dressing (9 hours)

- Identification of a variety of salad greens
- Preparation of a variety of salad dressings.
- Preparation of composed salads
- Attractive presentation of salads

Fruits (9 hours)

- Identification of a variety of fruits
- Appropriate fruit purchasing
- Proper fruit storage
- How fruits are preserved

- Preparation of fruits for cooking or service
- Application of various cooking methods to fruits

Sandwiches (9 hours)

- Selection of high-quality sandwich ingredients
- Different types and styles of sandwiches
- Preparation of sandwiches to order and for later service

Charcuterie (9 hours)

- Preparation of a variety of forcemeats
- The assembly and cooking of a variety of pates, terrines, and sausages
- Proper methods for brining, curing, and smoking meats and fish
- Identification of several cured pork products

Hors D'oeuvre and Canapés (10 hours)

- Preparation and service of cold and hot hors d'oeuvre and canapés
- The selection of hors d'oeuvre and canapés appropriate for meals or events

Plate Presentation (10 hours)

- The basic principles of plate presentation
- Use of techniques to add visual appeal to plated foods
- The concept of a small plate menu, and composition of small plates

Buffet Presentation (10 hours)

- The basic principles of buffet presentation
- Techniques to create and maintain appealing buffets

Total hours: 135

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No

GCC Major Requirements

No Value

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liason?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value