



COURSE OUTLINE : CULIN 111

D Credit – Degree Applicable

COURSE ID 001412

Cyclical Review: July 2020

COURSE DISCIPLINE : CULIN

COURSE NUMBER : 111

COURSE TITLE (FULL) : Fundamentals of Professional Cooking 1

COURSE TITLE (SHORT) : Fund of Professional Cooking 1

CALIFORNIA STATE UNIVERSITY SYSTEM C-ID : HOSP 160 – Culinary Production and Operations

CATALOG DESCRIPTION

CULIN 111 provides an introduction and application of the principles of food preparation for the consumer by professionals. The course emphasizes hands-on cooking, tasting and evaluation to teach professional culinary techniques. The course also stresses how ingredients and culinary processes affect product outcome.

Total Lecture Units: 1.50

Total Laboratory Units: 2.50

Total Course Units: 4.00

Total Lecture Hours: 27.00

Total Laboratory Hours: 135.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 162.00

Total Out-of-Class Hours: 54.00

Recommended Preparation: ENGL 100 or ESL 141, or equivalent.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	ESL	141	Grammar And Writing IV	Compose a 400 to 450-word thesis-based essay which:	Yes
2	ESL	141	Grammar And Writing IV	a. summarizes and cites appropriately a reading passage provided as a prompt;	Yes
3	ESL	141	Grammar And Writing IV	b. includes a clear thesis statement;	Yes
4	ESL	141	Grammar And Writing IV	c. uses evidence to support the thesis;	Yes
5	ESL	141	Grammar And Writing IV	d. shows clear organization into an introduction, body and conclusion;	Yes
6	ESL	141	Grammar And Writing IV	e. uses appropriate rhetorical modes such as comparison/contrast, cause/effect and persuasion in order to support a thesis;	Yes
7	ESL	141	Grammar And Writing IV	comprehend multi-paragraph reading passages in textbooks.	Yes
8	ENGL	100	Writing Workshop	write an argumentative essay that has an introduction, body paragraphs, and a conclusion, demonstrating a basic understanding of essay organization;	Yes
9	ENGL	100	Writing Workshop	write an argumentative essay that integrates the ideas of others (i.e., authors) through paraphrasing, summarizing, and quoting with correct citation techniques;	Yes
10	ENGL	100	Writing Workshop	write compositions (e.g., summaries and argumentative essays) that are easy to read and follow, though some errors in grammar, mechanics, spelling, or diction may exist;	Yes

EXIT STANDARDS

- 1 Analyze how different cooking processes affect food ingredients;
- 2 achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators;
- 3 assess prepared recipes using sensory evaluation;
- 4 follow and modify standard recipes using recommended measuring and preparation methods;
- 5 describe cooking procedures used to conserve nutritional value and quality of foods.

STUDENT LEARNING OUTCOMES

- 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 prepare selections in several menu categories using a variety of cooking methods in a sanitary manner



COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Professionalism <ul style="list-style-type: none"> • Development of the modern food industry • Key historical figures responsible for developing food service professionalism • Organization of classic and modern kitchen brigades • The role of the professional chef in modern food service operations • Attributes a student chef needs to become a professional chef 	1.5	0	1.5
2	Food Safety and Sanitation <ul style="list-style-type: none"> • Causes of foodborne illnesses • Handling foods in a safe manner • The Hazard Analysis Critical Control Points (HACCP) system • Creation and maintenance of a safe and sanitary working environment 	1.5	0	1.5
3	Menus and Recipes <ul style="list-style-type: none"> • Types and styles of menus • Purpose of standardized recipes • Conversion of recipe yield amounts • Cost control in food service operations 	1.5	0	1.5
4	Tools and Equipment <ul style="list-style-type: none"> • Professional kitchen tools and equipment • Selection and care of knives • Organization of a professional kitchen 	1	0	1
5	Knife Skills <ul style="list-style-type: none"> • Proper care of knives • Proper use of knives • Classic shapes to cut foods 	1.5	8	9.5
6	Flavors and Flavorings <ul style="list-style-type: none"> • Physiology of sense and smell • Herbs, spices, oils, vinegars, wines and other flavorings • Use of flavoring ingredients to create, enhance or alter natural flavors • Flavor principles in a variety of international cuisine 	1	4	5



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7	<p>Dairy Products Lecture</p> <ul style="list-style-type: none"> • Identification, storage and use of milk based products • Identification, storage and service of cheese 	1	4	5
8	<p>Mise en Place</p> <ul style="list-style-type: none"> • Developing an efficient work plan • Basic flavoring techniques • Items needed prior to actual cooking • Basic breading procedure 	1	4	5
9	<p>Principles of Cooking</p> <ul style="list-style-type: none"> • How heat is transferred to foods • How heat affects foods • Basic principles of various cooking methods 	1	8	9
10	<p>Stocks and Sauces</p> <ul style="list-style-type: none"> • Preparation of a variety of stocks • Recognizing and classifying sauces • Proper use of thickening agents • Preparation of classic and modern sauces 	1.5	12	13.5
11	<p>Soups</p> <ul style="list-style-type: none"> • Preparation of clear and thick soups • Proper garnish and service of soups 	1.5	10	11.5
12	<p>Principles of Meat Cookery</p> <ul style="list-style-type: none"> • Structure and composition of meats • Meat inspection and grading practices • Proper purchase of meats • Proper storage of meats • Preparation of meats for cooking • Application of cooking methods to meat 	1.5	12	13.5
13	<p>Beef</p> <ul style="list-style-type: none"> • Primal, subprimal, and fabricated cuts of beef • Basic butchering procedures • Cooking methods of common cuts of beef 	1.5	11	12.5
14	<p>Pork</p> <ul style="list-style-type: none"> • Primal, subprimal, and fabricated cuts of pork • Basic butchering procedures • Cooking methods of common cuts of pork 	1.5	11	12.5



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15	Poultry <ul style="list-style-type: none"> • Structure and composition of poultry • Identification of kinds and classes of poultry • Poultry inspection and grading practices • Purchase of poultry • Proper storage of poultry • Preparation of poultry for cooking • Application of cooking methods to poultry 	1.5	9	10.5
16	Vegetables <ul style="list-style-type: none"> • Identification of various vegetables • Purchase of vegetables appropriate for your needs • Proper storage of vegetables • Preservation of vegetables • Preparation of vegetables for cooking or service • Cooking methods of vegetables 	1	10	11
17	Potatoes and Grains <ul style="list-style-type: none"> • Identification of a variety of potatoes • Cooking methods for potatoes • Identification of a variety of grains • Application of various cooking methods of grains • Identification of various cooking methods of grains • Identification of pasta products • Preparation of fresh pasta 8. Cooking methods of pasta 	1	10	11
18	Healthy Cooking <ul style="list-style-type: none"> • Categories of nutrients and their importance in a healthy diet • Characteristics of a nutritious diet • Diet-planning tools available to customers and chefs • Effects of storage and preparation techniques for the nutritional value of food • Alternative ingredients and substitutes in developing recipes and menus • Vegetarian diets and use of protein products as alternatives to meat, poultry, fish or dairy. 	3	12	15



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19	<p>Fruits</p> <ul style="list-style-type: none"> • Identification of a variety of foods • Purchasing fruit appropriate for various needs • Storing fruits properly • How fruits are preserved • Preparation of fruits for cooking or service • Application of various cooking methods to fruits 	2	10	12
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OUT OF CLASS ASSIGNMENTS

- 1 Research assignment (e.g. a research assignment using site visits to retail food vendors to determine the varieties and breadth of selections of food products in different communities)
- 2 reading assignments in the textbook and other articles (e.g. summarize an article describing the three common methods of preparing grains)

METHODS OF EVALUATION

- 1 quizzes;
- 2 midterm examination;
- 3 practical laboratory examination demonstrating accurate measurements, correct knife cuts, basic sauce making techniques and preparation of different meal categories
- 4 final examination;

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations



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TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
On Cooking: A Textbook of Culinary Fundamentals	Required	Pearson	6	Print	S. Labensky	ISBN-13: 978013715 5767	2019