

SOUTH SEATTLE COMMUNITY COLLEGE
Technical Education Division

COURSE OUTLINE

Origination: Stephen Sparks – October 2009

DEPARTMENT: Hospitality and Service Occupations

CURRICULUM: Culinary Arts

COURSE TITLE: Culinary 1

COURSE NUMBER: FSD 165

TYPE OF COURSE: Vocational Theory

COURSE LENGTH: 1 quarter

CREDIT HOURS: 15

LECTURE HOURS: 55

LAB HOURS: 220

CLASS SIZE: 24

PREREQUISITES: Enrollment in the Culinary Arts Program or
Instructor Permission

COURSE DESCRIPTION:

1. An introductory course to basic quantity cooking. Vegetable and starch cookery are stressed. Knife and hand tool usage, safety and care are covered. Production skills are developed for quantity food preparation. Industry guidelines for sanitation and safety are developed.
2. Designed to familiarize the student with short order breakfast and lunch cookery. Breakfast egg and meat cookery are covered. Hot sandwich and "fast food" production is practiced. Speed and portion control are stressed. Station organization and management are developed. Customer service practices are emphasized. Sanitation and safety guidelines are applied.

3. This course is an exposure to basic salad and sandwich preparation for volume operations. Fresh Produce specifications, storage and usage are covered. Sandwich meats and filling, baked goods and garnish are included. Use of cooks knife and vegetable knife are stressed. Basic vegetable cuts are covered. Safety, care and storage of hand tools are emphasized. Practical laboratory experience is provided.
4. An entry level course in basic sauce station production and organization. Basic stocks, foundation sauces, sauce variations and soup formulas are introduced. Exposure to herb and spice combinations is included.
5. This course is designed to provide the student with an understanding of skills and responsibilities involved in storeroom controls. Receiving, storage, issuing, inventory management, recipe costing, yield determination, storeroom organization and application. HACCP components are covered. Computerized inventory record development in multiple software applications are also a portion of this course.

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Personal Responsibility - Demonstrate the ability to on time daily, responsible assignments; be motivated in learning new and traditional aspects of the culinary arts.
2. Human Relations - Work in groups effectively. Recognize the diversity of cultural influences and values of peers.
3. Critical Thinking and Problem Solving - This course requires students to critically analyze basic mathematic functions and basic techniques of cooking based upon Classical Teachings.
4. Information Literacy - Access and evaluate information from a variety of resources, including research in the library, various website searches, reading textbooks, and from peer discussion.
5. Communication - Read and listen actively to learn and communicate. Speak and write effectively for personal, academic, and career purposes.
6. Technology - Select and apply appropriate technology tools for personal, academic, and career tasks. Students should show proficiency in basic computer skills.

GENERAL COURSE OBJECTIVES:

Food Preparation 1

1. Demonstrate various classic and contemporary vegetable preparations and presentation.
2. Demonstrate various classic and contemporary starch preparations and presentation.
3. Have a foundation of sanitation and safety practices.
4. Have knowledge of production line management and organization.
5. Build upon basic knife skills and safety.
6. Build upon basic skills required to safe use of kitchen equipment.

Short Order Skills

1. Practice of punctual breakfast station opening.
2. Dress appropriately in professional attire.
3. Utilize professional tools correctly.
4. Describe basics of egg cooking.
5. Explain importance of fast working environment.
6. Keep skillets, grill and equipment in clean working order.
7. Practice safe egg and meat cooking temperatures.
8. Explain Mise en Place
9. Explain the importance of portion control.
10. Demonstrate a professional work ethic.
11. Project a positive attitude.
12. Cooperation and the importance of being a team player.
13. Practice proper food sanitation and safety standards.

Pantry Skills

1. Demonstrate entry level skill work for production pantry.
2. Identify produce, meats, and baked goods and their appropriate usage within the pantry station
3. Demonstrate the correct usage of selected hand tools, their care and storage.
4. Use practical industry standards for sanitation and safety.

Sauce 1 Skills

1. Describe basic soup classification.
2. Explain types of stock and basic sauces.
3. Properly store stocks and basic sauces.
4. Follow formulas and recipes.
5. Use herbs and spices correctly.
6. Prepare basic sauces.
7. Prepare basic stocks.
8. Demonstrate proper knife skills and safety.
9. Follow food sanitation and safety standards.

Inventory

1. Explain the organization and function of the receiving clerk's job, the forms, tools, and the procedures used as controls.
2. Provide an understanding of how a storeroom is organized and operated.
3. Show how the personal computer may be used in the food service industry to aid in record keeping and inventory control.
4. Provide an awareness of some dishonest practices that can result in large loses of revenue for the industry; how they occur and how they can be reduced.
5. Perform yield tests and recipe costing.

TOPICAL OUTLINE:	APPROX. HOURS
I. Classical and Continental cooking	75
II. Product Identification	40
III. Organizational and management skills	20
IV. Theory, cost analysis orientation	30
V. Laboratory experience	<u>110</u>
	TOTAL 275

ORIGINATED BY: Stephen Sparks
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