

SOUTH SEATTLE COMMUNITY COLLEGE  
Technical Education Division

### COURSE OUTLINE

Origination: Stephen Sparks – October 2009

|                 |   |
|-----------------|---|
| DEPARTMENT:     | Hospitality and Service Occupations   |
| CURRICULUM:     | Culinary Arts   |
| COURSE TITLE:   | Theory 2 – Advanced Culinary Fundamentals   |
| COURSE NUMBER:  | FSD 170   |
| TYPE OF COURSE: | Vocational Theory   |
| COURSE LENGTH:  | 1 quarter   |
| CREDIT HOURS:   | 5   |
| LECTURE HOURS:  | 55  |
| LAB HOURS:      | 0   |
| CLASS SIZE:     | 24  |
| PREREQUISITES:  | Enrollment in the Culinary Arts Program and Successful Completion of FSD 160 with a 2.0 or higher; or Instructor Permission |

#### COURSE DESCRIPTION:

This is a theory class that will serve as an continuing study of the culinary fundamentals for the intermediate level students. Students will be taught through lecture and discussion. The student will be introduced and study subjects that include stocks and sauces, soups, sauces, meat and poultry cookery, meat, poultry and game identification.

#### 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:

1. Identify a variety of stocks
2. Recognize and classify sauces
3. Indentify a variety of clear and thick soups
4. Understand the structure and composition of meats
5. Understand meat inspection and grading practices
6. Identify the primal, subprimal and fabricated cuts of beef
7. Identify the primal, subprimal and fabricated cuts of veal
8. Identify the primal, subprimal and fabricated cuts of lamb
9. Identify the primal, subprimal and fabricated cuts of pork
10. Understand the structure and composition of poultry
11. Recognize various cooking methods to poultry
12. Identify a variety of game
13. Understand the structure and composition of fish and shellfish
14. Understand the range of vegetarian diets and motivations supporting vegetarianism

| TOPICAL OUTLINE:                                 | APPROX. HOURS |
|--|---------------|
| I. Stocks, Sauces, and Soups                     | 10            |
| II. Structure and Composition of Meat            | 10            |
| III. Inspection and Grading Practices            | 10            |
| IV. ID of Primal, Subprimal, and Fabricated Cuts | 10            |
| V. ID, Structure, and Cooking Poultry            | 10            |
| VI. Fish, Shellfish, and Vegetarianism           | <u>5</u>      |
| Total  | 55            |

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