

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 3
COURSE NUMBER:	FSD 185
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 and Successful Completion of FSD 175 with a 2.0 or higher; or Instructor Permission

COURSE DESCRIPTION:

1. An advanced course in quantity cookery. Contemporary and Classic culinary methods are refined. Emphasis is placed upon advanced cooking techniques such as braising, stewing and composed food items. Terminology and production techniques are advanced. Organizational and management skills are stressed.
2. An intermediate level course for sauté/line preparation and organization. Coordination and speed development are stressed. Complex garnitures and sauce building are developed. Sanitation and safety standards as per industry guidelines.

3. An intermediate course for Food Servers. Flambé and tableside techniques are developed. Industry performance and opportunities are explored. Continued emphasis on terminology and theory is included. A luncheon orientated menu is studied. Learn to train other students in dining room service. Begin cashier and host responsibilities.
4. This course is designed to provide the student with a basic understanding of restaurant operations from a control viewpoint concentrating on understanding the revenue sources and calculating product cost of each area. Introduction to human relations skills supervisory techniques necessary to function effectively as a supervisor in a business setting.
5. A continuing course in sauce and soup preparation. Compound sauces are introduced. An understanding of the use of flavor enhancers is developed. National and specialty soups are covered. The use of wines and liquors in sauce production is studied and applied. Industry standards for sanitation and safety are covered.

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 3

1. Understand advanced cooking techniques used in quantity cooking.
2. Identification of meat, fish and poultry products.
3. Demonstrate knowledge of advanced cooking methods.
4. Demonstrate skills in braising, stewing, poêler.
5. Demonstrate advanced skills in sauce preparation
6. Demonstrate skill necessary for proper hot food service.
7. Demonstrate proper sanitation and safety practices in kitchen and service stations.
8. Demonstrate proper portion control in kitchen and service stations.

Sauté 2

1. Demonstrate punctual station opening.
2. Dress in professional attire.
3. Utilize professional tools correctly.
4. Meet deadlines.
5. Explain the importance of Mise en Place.
6. Utilized pre-preparation cooking methods.
7. Demonstrate skill in grill and skillet cooking.
8. Demonstrate plate presentation.
9. Apply the standards of food temperatures.
10. Use of cooking equipment correctly.
11. Develop motivation and direction as a self-starter.
12. Demonstrate consistency in plate presentation.
13. Demonstrate a professional work ethic.
14. Project a positive attitude.
15. Practice good team work.

Dining Room Service 2

1. Demonstrate basic table side techniques for Russian, French and American service.
2. Have an understanding of industry expectancies and qualifications for employment.
3. Demonstrate a working knowledge of industry guidelines for sanitation and safety.

Operations

1. Critical Thinking and Problem Solving – Think critically in reading and writing.
2. Computation - – Use quantitative reasoning processes to understand, analyze, interpret and solve quantitative problems.
3. Information Literacy – Access, evaluate and apply information from a variety of sources and contexts.
4. Technology – Apply computer competency appropriate to occupational goals.
5. Human Relations- Work and communicate effectively

Sauce 2

1. Utilizes professional tools correctly
2. Prepare, taste and evaluate all finished soup categories
3. Prepare classical sauces correctly
4. Prepare a variety of contemporary sauces.
5. Demonstrate the importance of proper storage of sauces.
6. Follows formulas and recipes.
- 7..Uses herbs and spices correctly
8. Demonstrate proper knife skills and safety.
9. Practice proper food sanitation and safety standards

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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