

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 673

COURSE TITLE

CULINARY ARTS III

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

This course provides an introduction to the principles of cooking. The identification and preparation of protein sources will be studied. Techniques used in the preparation of stocks and sauces will be explored, with special emphasis on Garde Manger (cold food preparation). (FT)

LECTURE/LABORATORY HOURS

108

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

Eighth grade reading level; ability to communicate effectively in the English language, knowledge of general math and basic computation skills; basic computer skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

The goals of this course are to allow for mastery of the basic principles of cooking. The goals also include identification and preparation of protein sources, stocks, sauces and Garde Manger.

COURSE OBJECTIVES

Upon successful completion of this course, the student will be able to:

1. Discuss and demonstrate basic cooking principles.
2. Identify and prepare stocks and sauces.
3. Classify and prepare protein items such as meats, seafood, poultry, and soy protein.
4. Define Garde Manger and prepare items in this category.

SECTION II

COURSE CONTENT AND SCOPE

The following topics may be included in the framework of the course but are not intended as limits on content. The order of the presentation and relative emphasis may vary with each instructor.

1. Principles of Food Preparation and Execution
 - 1.1. Proteins
 - 1.1.1. Meats
 - 1.1.1.1. Preparation
 - 1.1.1.2. Composition, identification and selection
 - 1.1.1.3. Primal, sub-primal and fabricated cuts
 - 1.1.1.4. Marinating, barding and larding
 - 1.1.1.5. Cooking meats
 - 1.1.1.5.1. Procedures and techniques
 - 1.1.1.5.2. Temperatures
 - 1.1.2. Methods of doneness
 - 1.1.2.1. Preparation
 - 1.1.2.1.1. Composition, identification and selection
 - 1.1.2.1.2. Butchery
 - 1.1.2.1.2.1. Trussing methods
 - 1.1.2.1.2.2. Sectioning
 - 1.1.2.1.2.3. Carving
 - 1.1.2.1.3. Marinating
 - 1.1.2.2. Cooking poultry

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.1.2.2.1. Procedures and techniques
- 1.1.2.2.2. Temperatures
- 1.1.2.2.3. Methods of doneness
- 1.1.2.2.4. Cooking methods
- 1.1.3. Fish and shellfish
 - 1.1.3.1. Preparation
 - 1.1.3.1.1. Composition, identification and selection
 - 1.1.3.1.2. Types and forms
 - 1.1.3.1.3. Shell fish
 - 1.1.3.1.4. Seafood cutting preparation
 - 1.1.3.1.4.1. Market forms
 - 1.1.3.1.4.2. Dressing and filleting
 - 1.1.3.1.5. Cooking methods
- 1.2. Stock and sauces
 - 1.2.1. Stock reductions and glazes
 - 1.2.1.1. Types of stocks and uses
 - 1.2.1.1.1. Preparation and ingredients
 - 1.2.1.2. Thickening agents
 - 1.2.1.2.1. Types and uses
 - 1.2.1.2.2. Preparation and application
 - 1.2.2. Sauces
 - 1.2.2.1. Sauces families
 - 1.2.2.1.1. Leading and mother sauces
 - 1.2.2.1.1.1. Béchamel
 - 1.2.2.1.1.2. Veloute
 - 1.2.2.1.1.3. Espagnole
 - 1.2.2.1.1.4. Tomato
 - 1.2.2.1.1.5. Hollandaise
 - 1.2.2.1.2. Small and compound sauces
 - 1.2.2.1.3. Production of Sauces
 - 1.2.2.1.3.1. Finishing sauces
 - 1.2.2.1.4. Coulis, beurre's, relish and contemporary sauces
- 1.3. Cold preparation (garde manger)
 - 1.3.1. Sandwiches and hors d'oeuvres
 - 1.3.1.1. Sandwiches
 - 1.3.1.1.1. Types
 - 1.3.1.1.2. Breads
 - 1.3.1.1.3. Spreads
 - 1.3.1.1.4. Fillings
 - 1.3.1.2. Hors d'oeuvres
 - 1.3.1.2.1. Canapés
 - 1.3.1.2.2. Cocktails
 - 1.3.1.2.3. Relish
 - 1.3.1.2.4. Dips
 - 1.3.1.2.5. Presentation and uses
 - 1.3.1.3. Charcutere
 - 1.3.1.3.1. Introduction and types

APPROPRIATE READINGS

Reading assignments may include but not limited to the following:

Professional Cooking, 6th Edition, Chapters 4, 8, 9, 10, 11, 12, 13, 14, 15, 19, 20, 22, 23, 24,
Wayne Glisslen, Wiley and Sons Publishing, New York

On Cooking, Techniques From Expert Chefs, 3rd Edition, Chapters 2, 5, 6, Sarah R.
Labensky, Alan M Hause, Prentice Hall Publishing, New Jersey

Cooking Essentials For The New Professional Chef, 8th Edition, Chapters 2, 4, Wiley and Sons
Publishing, New York

The Professional Chefs Knife Kit, The Culinary Institute of America Wiley and Sons Publishing,
New York

Information obtained on the Internet.

V.E.S.L. Food Service Training Manuals, San Diego Community College District.

WRITING ASSIGNMENTS

Writing assignments may include but are not limited to the following:

1. A summary of waste in butchery procedures.
2. A statement on the importance of the correct temperature of protein cookery.
3. Projects that illustrate standard cuts of the butchery of meat products.

OUTSIDE ASSIGNMENTS

Outside assignments may include but are not limited to the following:

Create a collection of menus reflecting menu items that include protein sources, stocks, sauces, sandwiches and other cold foods.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Critical thinking assignments may include but are not limited to the following:

1. Evaluate the differences between mother sauces.
2. Critique cooking methods for different types of proteins.
3. Evaluate the importance of Garde Manger.

EVALUATION

Evaluation methods may include but are not limited to:

1. Attendance.
2. Class participation.
3. Lab Projects and demonstrations.
4. Quizzes and exams.

EVALUATION (CONTINUED)

5. Field trip.
6. Project papers.
7. Term projects.

Upon successful completion of each individual course a Certificate of Course Completion will be issued. Upon successful completion of all 6 courses in the program a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Methods of instruction may include, but are not limited to:

1. Lectures.
2. Demonstrations.
3. Laboratory.
4. Field trips.
5. Audiovisual presentations.
6. Textbooks.
7. Computer assisted instruction.

TEXTS AND SUPPLIES

Texts:

Professional Cooking, 6th Edition, Wayne Glisslen, Wiley and Sons Publishing, New York
Professional Cooking, 6th Edition Study Guide, Wayne Glisslen, Wiley and Sons Publishing,
New York

PREPARED BY: Donna Namdar DATE: 05-01-02

DATA REVISED BY: Lee Blackmore DATE: 02-14-07

DATA REVISED BY: Instructional Services, SLOs Added DATE: February 2, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog