

Culinary Arts

Active as of Summer Session 2021

I. General Information

1. Course Title:
Culinary Techniques and Terminology

2. Course Prefix & Number:
CULA 1101

3. Course Credits and Contact Hours:
Credits: 1

Lecture Hours: 1

Lab Hours: 0

4. Course Description:
This course provides an overview of basic kitchen skills, such as knife handling, culinary terms, and equipment identification.

5. Placement Tests Required:
Accuplacer (specify test): No placement tests required

6. Prerequisite Courses:
There are no prerequisites for this course.

7. Other Prerequisites
must be accepted into the Culinary Arts program

9. Co-requisite Courses:

CULA 1104	Applied Food Safety and Sanitation	1
CULA 1107	Culinary Math and Spreadsheet Analysis	2
CULA 1110	Food Production Lab I	3
CULA 1119	Garde and International Flavors	2
CULA 1122	Food Identification and Purchasing	1
CULA 1128	Internship I	

II. Transfer and Articulation

3. Prior Learning - the following prior learning methods are acceptable for this course:

- Advanced Standing
- Military Experience
- Specialty Schools
- Demonstration

III. Course Purpose

1. Program-Applicable Courses – This course is required for the following program(s):
Culinary Arts Certificate

IV. Learning Outcomes

1. College-Wide Outcomes

College-Wide Outcomes/Competencies	Students will be able to:
Demonstrate reading and listening skills	Define culinary terms Define Culinary History
Analyze and follow a sequence of operations	Follow and scale a recipe.

2. Course Specific Outcomes - Students will be able to achieve the following measurable goals upon completion of the course:

- Understand the various jobs/roles in the culinary business;
- Identify culinary equipment;
- Define culinary terms; and
- Demonstrate proper knife handling skills.

V. Topical Outline

Listed below are major areas of content typically covered in this course.

1. Lecture Sessions

1. Culinary Business

- Understanding kitchens
- The brigade concept
- Importance of team work
- Importance of communication
- Roles within the kitchen
- Station organization

2. Culinary Equipment

- Utensils
- Preparation equipment
- Holding equipment
- Types of pots and pans
- Refrigeration equipment
- Heat transfer equipment
- Serving dishes
- Cutting boards

3. Culinary Terms

- Mise en place
- Mother sauces
- Roux
- Flavors
- Seasoning
- Flavor balance

- Heat, salt, acid, fat
- Heat transfer techniques
 - Saute
 - Braising
 - Frying
 - Broiling
 - Stewing
 - Poaching
 - Grilling
 - Standard recipe components
- 4. Knife Handling
 - Types of knives
 - Proper holds
 - Cut types
 - Proper cleaning and storage techniques
 - Cutting boards

VI. Textbook and Supplemental Reading Materials

Essentials of Professional Cooking

Study Guide to Essentials of Professional Cooking