

CA A149: PANTRY

| Item | Value |
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| Curriculum Committee Approval Date | 03/10/2021 |
| Top Code | 130630 - Culinary Arts |
| Units | 2 Total Units |
| Hours | 72 Total Hours (Lecture Hours 18; Lab Hours 54) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | Yes |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | No |
| Grading Policy | Standard Letter (S) |

Course Description

Methods of pantry and breakfast preparation, including proper use of cook's knife, preparation and presentation of salad and salad dressings, proper vegetable and fruit cuts, and vegetable and fruit identification. Basic cooking methods applied in breakfast service will be covered. Students will also learn to use standardized recipes and practice quantity food preparation. Students will be required to follow hospitality department dress standards. PREREQUISITE: FBM A102 or FSM A160 or concurrent enrollment. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Prepare a variety of items including basic emulsion sauces and dressings and quality salad production.
2. Identify fruits and vegetables and additional fundamentals included in breakfast cookery.
3. Conclude the course with the production of sandwiches, while following safety standards.

Course Objectives

- 1. Identify and apply principles of proper techniques of sanitation, safety, and work simplification, which relate to food production and service.
- 2. Demonstrate the basic cooking methods in the preparation of dressings, cold sauces, salads, sandwiches, egg dishes, breakfast meats and breakfast entrees.
- 3. Demonstrate proper care and use of equipment, utensils and tools used in food preparation.
- 4. Cite criteria and standards of quality for the preparation of and presentation of food.
- 5. Define terminology used in food preparation.
- 6. Demonstrate skill to use given recipes and to plan and organize laboratory assignments.
- 7. Demonstrate safe and sanitary use of the equipment.
- 8. Properly prepare salad greens for use in salad preparation.
- 9. Identify a variety of fruits and vegetables commonly used commercial kitchens.
- 10. Demonstrate ability to clean and chop parsley.
- 11. Properly prepare and store basic salad dressings, emulsions, and cold sauces.
- 12. Demonstrate ability to properly prepare appetizer type salads.

- 13. Demonstrate ability properly prepare accompaniment type salads.
- 14. Demonstrate ability properly prepare main course salads.
- 15. Demonstrate ability to properly prepare and cut fruits and vegetables.
- 16. Properly set up and organize a breakfast cooking station prior to service.
- 17. Demonstrate proper egg cooking techniques applying basic cooking methods.
- 18. Demonstrate proper cooking of breakfast meats by applying the basic cooking methods.
- 19. Demonstrate proper cooking of breakfast batters and warm cereals by applying the basic cooking methods.
- 20. Demonstrate proper preparation techniques in the making of cold sandwiches.
- 21. Demonstrate proper preparation techniques in the making of hot sandwiches.

Lecture Content

1. Explain principles regarding sanitation, safety, and work simplification, which relate to food production and service in the Pantry area. 2. Discuss high standards of quality food production with maximum nutrient retention. 3. Explain methods for the preparation of dressings, cold sauces, salads, sandwiches, egg dishes, breakfast meats and breakfast entrees. 4. Explain and demonstrate (in lab) to students the proper care and use of equipment, utensils and tools used in Pantry station. 5. Cite criteria and standards of quality for the preparation of and presentation of food prepared in the Pantry station. 6. Explain and provide definitions of terminology used in food preparation as related to the Pantry station. 7. Explain techniques and methods for the proper preparation of salad greens for use in salad preparation. 8. Show a variety of fruits and vegetables commonly used commercial kitchens. Explain quality standards. 9. Explain and demonstrate to class proper preparation and storage of basic salad dressings, emulsions, and cold sauces. 10. Explain concepts in the proper preparation of appetizer type salads, accompaniment type salads, main course salads. 11. Explain concepts in the preparation of properly prepared and cut fruits and vegetables. 12. Explain key components of a properly set up and organized breakfast cooking station prior to service. 13. Explain sequential steps involved egg cookery and basic cooking methods, related to eggs in the breakfast station. 14. Explain steps to properly cook breakfast meats. 15. Explain the concepts of proper cooking of breakfast batters and warm cereals. Point out the parallels to similar items prepared in the Bakery. 16. Explain techniques of hot and cold sandwich preparation.

Lab Content

Safe and sanitary equipment use Knives Electric Slicer Food Processor Quantity Mixer Refrigeration - walk in freezer and cooler Prepare salad greens for use in salad preparation Fruits and vegetables commonly used commercial kitchens Cleaning and chopping fresh herbs chop and chiffonade herbs for use in various recipes Prepare and store basic salad dressings, emulsions, and cold sauces: Infusion of oils and vinegars Vinaigrette variations Mayonnaise and mayonnaise-based cold sauces Cooked dressings Hollandaise Prepare appetizer type salads Prepare accompaniment type salads Prepare main course salads: Chef salad Nicoise Cobb salad Greek salad Caesar salad Prepare and cut fruits and vegetables: Citrus fruits - peeling and sectioning Melons Apples Stone fruits Tropical fruits Berry varieties Grape varieties Vegetables for use in salads Set up and organize a breakfast cooking station prior to service

Egg cooking techniques applying the basic cooking methods to prepare the following: Fried eggs: sunny side up, over easy, over medium, over hard, and basted Scrambled eggs Basic omelet techniques (American and French) and variations: Denver, cheese Poached eggs Coddled eggs Soft and hard cooked eggs in the shell Shirred or baked eggs En cocotte eggs Eggs in savory custard and casserole dishes – quiche for example Cooking of breakfast meats by applying the basic cooking methods to the following: Bacon Ham and Canadian style Bacon Pork sausage - links and patty Corned Beef Hash The student is to demonstrate proper cooking of breakfast batters and warm cereals by applying the basic cooking methods to the following: Pancakes Waffles Crepes French Toast Boiled cornmeal Preparation techniques in the making of cold sandwiches Club Cold meat, sliced meat Cold meat, salad (tuna, chicken) Preparation techniques in the making of hot sandwiches Hamburger Fried sandwich (Monte Cristo) Grilled sandwich (Rueben) French Dip

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

Instructional Techniques

Lecture, video, demonstration, group discussion, practical application in lab.

Reading Assignments

Students will complete a series of weekly reading assignments from class text, which will support and reinforce the theory and concepts presented in lecture and lab. - 1.5 hours per week (24 hours total).

Writing Assignments

Book Review: a research based, written, essay assignment. A written review of a "print" culinary book. The book to be reviewed will be related to the concepts and theory covered in class and the written review will include source formatting and adherence to the M.L.A. format. - 2 hours total

Out-of-class Assignments

Students will complete a research based project focusing on the creation of a "Pantry" themed menu. Supporting elements include recipe creation, organization/presentation of the items in a restaurant menu format, a concept statement and an oral presentation of the final project. 1 hour per week for 10 weeks (10 hours total).

Demonstration of Critical Thinking

Quizzes and exams will require students to recognize and understand the methods and techniques discussed in lecture and lab assignments. Written assignments will allow students to observe and evaluate culinary principles.

Required Writing, Problem Solving, Skills Demonstration

Problem solving and skills proficiency will be evaluated during lab work and practical cooking tests. Written assignment will be evaluated on the students ability to analyze a published culinary book and reflect on the information learned and how it related to lessons presented in lecture.

Eligible Disciplines

Culinary arts/food technology (food service, meat cutting, baking, waiter/ w...: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience.

Textbooks Resources

1. Required The Culinary Institute of America. The Professional Chef. , 9TH ed. Hoboken:: John Wiley and Sons, 2011 Rationale: Authors have not updated this text since 2011. The basic concepts and cooking methodology have not changed since that time. The current version is highly detailed, well organized, accurate and satisfies the CSLOs of the class.