

# CA A170: CULINARY TEAM COMPETITION

Item	Value
Curriculum Committee Approval Date	12/02/2020
Top Code	130630 - Culinary Arts
Units	1-4 Total Units
Hours	36-180 Total Hours (Lecture Hours 9-18; Lab Hours 27-162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Grading Policy	Standard Letter (S)

## Course Description

Team members are selected through an application process arranged by the Program Coordinator for Culinary Arts. Students will participate in weekly and bi-weekly practice sessions and ultimately compete in the American Culinary Federation's Student Team Competition. PREREQUISITE: CA A120, CA A124, and CA A149. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Students will be able to compete in an American Culinary Federation Student Hot Food Team Competition.

## Course Objectives

- 1. List and work within the rules for the American Culinary Federations Student Team Competition.
- 2. Butcher a chicken, according proper sanitary handling of protein in 12 minutes.
- 3. Butcher a fish, according proper sanitary handling of protein in 10 minutes.
- 4. Demonstrate specific vegetable cuts (julienne, tourné, small dice) according to the standard, in 35 minutes.
- 5. Prepare pastry cream, according to proper sanitary guidelines for eggs and dairy in 5 minutes
- 6. Roll out a 10" tart shell using short dough, to a 1/8" thickness, with no holes in 5 minutes.
- 7. Demonstrate the organizational ability to complete equipment, food and production checklists to 100% accuracy.
- 8. Demonstrate the ability to work as team to plan a menu according to a theme, without duplication in cooking methods or ingredients and working within parameters of time and equipment available.
- 9. Demonstrate the ability to cook a variety of foods by the proper execution of classical cooking methods.
- 10. Demonstrate the ability to prepare foods according to proper sanitary guidelines, in a competition format
- 11. Demonstrate the ability to properly manage time throughout a practice session and complete each class session with a kitchen cleaned and equipment properly organized and stored according to specifications.

- 12. Demonstrate the ability to achieve proper taste, according to customer preferences.
- 13. Demonstrate the ability to utilize and properly store bi-products of production with 100% accuracy.
- 14. Demonstrate the ability to maintain high standards of professionalism while cooking in a competition format.
- 15. Perform critiques of food presented and then works within guidelines of the critique to implement changes and improvements to the menu.

## Lecture Content

State and National Level Level Competition, Theory Principles of Basic Kitchen Skills Organization of Equipment Chicken Butchery Fish Butchery Vegetable Cuts Pastry Skill Principles of Menu Development Menu Planning Importance of a theme Template for a winning plate Selection of a variety of cooking methods and ingredients (avoid duplication) Nutritional Balance Working Within Parameters of Time and Equipment Breakdown of skills to work within time allowed Selection of cooking methods to reflect equipment available Set-up up of kitchen to work within confines of space available Regional Level Competition, Theory Planning the Classical Buffet Platter Importance of a theme Template for a winning platter Selection of a variety of cooking methods to reflect cold food and garde manger skill Nutritional balance Cooking the Classical Buffet Platter Mise en Place and organization Production schedules (time line) Ingredients lists Equipment lists Execution of the cooking methods for the garde manger Aspic and gelee application Presentation and Display Elements of design and platter layout Presentation of a themed table for display

## Lab Content

Skills Demonstration Chicken Butchery Fish Butchery Vegetable Cuts Pastry Skill Cooking the Signature Meal Mise en Place and Organization Write a Production Schedules Development of Ingredients List Execute Cooking Methods Prepare the Classical Dish Flavor Development Plate-up and Service Serve foods within the time allotted Proper presentation Sanitation Proper Food handling and Work Habits Observe proper temperatures in food handling Avoid cross-contamination Work clean Work efficiently as a team Utilize bi-product of production Maximize time in the kitchen Proper clean-up Cooking the Buffet Platter Organization of ingredients and equipment Execution of a variety cooking techniques Poaching, Smoking, Roasting, Pate, Terrine Presentation and Display Platter Layout Proper presentation of a themed table

## Method(s) of Instruction

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

## Instructional Techniques

Lecture, Demonstration, Observation and Correction, Critique of Skills Demonstrated

## Reading Assignments

Read and study the Manual for competition published by the American Culinary Federation.

## **Writing Assignments**

Prepare Production Schedules, Equipment Lists, Food Lists and written menu descriptions. Write a personal biography.

## **Out-of-class Assignments**

Research and plan specific menu items. Practice specific vegetable cuts, weekly Practice recipe revisions on a weekly basis Shop and secure weekly mise en place for specific menu items assigned

## **Demonstration of Critical Thinking**

Students will work as a team to resolve problem issues pointed out in weekly critiques of the signature meal and basic skills.

## **Required Writing, Problem Solving, Skills Demonstration**

Students will demonstrate their ability to execute skills discussed in course objectives. Students will be required to solve problems such as maximizing the potential for high quality dishes while at the same time working within the confines of strict time limitations and limited equipment.

## **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.

## **Manuals Resources**

1. Federation, American Culinary. ACF Student Culinary Competition Manual, American Culinary Federation , 08-01-2013

## **Other Resources**

1. Link to the ACF Competition Manual: <http://www.acfchefs.org/download/documents/Competitions/StudentTeamManual.pdf>