

CA A245: CULINARY PRINCIPLES 3

Item	Value
Curriculum Committee Approval Date	12/02/2020
Top Code	130630 - Culinary Arts
Units	3 Total Units
Hours	108 Total Hours (Lecture Hours 27; Lab Hours 81)
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

Students will prepare a variety of American Regional Cuisine for service to customers in the OCC Captain's Table Restaurant. Cuisines from around the United States will be explained and discussed. Focus for the class will be on station readiness and implementation of the basic cooking methods in a volume, banquet style format while emphasizing the elements of quality presentation. Students will be required to follow hospitality department dress standards. PREREQUISITE: CA A122, CA A124, and CA A149. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Identify and prepare a variety of American Regional dishes while practicing proper sanitation habits in a banquet style format.

Course Objectives

- 1. Identify and practice proper techniques of sanitation, safety and work habits which relate to commercial food production and service.
- 2. List and demonstrate the organizational skills required to serve food in a banquet style setting.
- 3. Demonstrate the ability to cook a variety of American regional foods by sautéing for service to customers in a banquet style format.
- 4. Demonstrate the ability to cook a variety of American regional foods by grilling for service to customers in a banquet style format.
- 5. Demonstrate the ability to cook a variety of American regional foods by roasting for service to customers in a banquet style format.
- 6. Demonstrate the ability to cook a variety of American regional vegetables and starches, for service to customers in a banquet style format.
- 7. Demonstrate the ability to cook a variety of American regional foods by frying for service to customers in a banquet style format.
- 8. Demonstrate the ability to cook a variety of American regional dessert items, for service to customers in banquet style format.
- 9. List and demonstrate the elements of proper food presentation.
- 10. List the factors that lead to the development of American Regional Cuisine
- 11. Identify and explain classical dishes from a particular region in the United States.

- 12. Demonstrate proper care and use of equipment, utensils and tools used in food preparation.
- 13. Define specific terminology used in food preparation.
- 14. Demonstrate skill to use recipes and plan and organize laboratory assignments.
- 15. Demonstrate high standards of professionalism as defined in course lecture.

Lecture Content

Sanitation, Safety, Professionalism Review proper techniques of sanitary work habits which relate to commercial food production and service.

Avoid cross contamination Use of tasting spoons Gloves on ready to eat foods Proper handwashing Sanitizer Control food temperature Cold food cold Hot food hot review of proper heating and chilling of foods Station cleanliness Clean as you go Organization of tools and equipment use of hot Baine Marie for utensils sanitizer use on equipment Review of Safe Operating Procedures Equipment Avoiding slips and falls Clean up spills Dishroom Avoiding Burns Overview of kitchen space MSDS Booklet and Proper use of Chemicals Review Professional Aspects of working in a commercial kitchen Proper Uniform and Dress Code Timely Arrival Consistent Attendance Attitude of Respect and Helpfulness Principles of Cooking Foods in a Banquet Style Format (all customers are served at once) Stations of the kitchen Pantry/Garde Manger Seafood Grill Roasting Vegetable and Starch Soup and Sauce Fry Dessert Sous Chef Sanitation Steward Station readiness by service time Use of recipes Production schedule checklist Plate drawings of finished dishes Preparation of sample plates before service Station mise en place (organization) Set-up for quantity plate assembly Maintaining quality product and basic elements of presentation Taste Temperature Color Balance Height Proper application of cooking methods American Regional Cuisine Overview of major culinary regions New England Mid Atlantic Southern Florida and the Caribbean Mid-West Southwest Tex-Mex California Pacific Northwest Hawaii Cajun-Creole Identify factors that lead to the development of regional cuisine for each of the major culinary regions Indigenous ingredients and geographic location Influence of migrant populations Socio-economic considerations Religious influences Native American influence Identify key historical figures that have helped to develop American Regional Cuisine Explain classical dishes and cooking methods from each region Identify historical background of classical dishes List examples of cooking methods commonly used in American Regional Cuisine Pit cooking Barbecue Planking Sustainability Explain concepts of sustainability in restaurant operations Community Employees Environment composting buy local farmers markets developing your relationship with local sources Organics define organic explanation of the benefits/challenges Cooking Demonstration and Techniques of a Cooking Presentation Assignment/selection of the theme Research of cuisine and topic Inclusion of a local ingredient Organization of ingredients Safety when cooking in front of a group

Lab Content

Sanitation, Safety, Professionalism Practice proper techniques of sanitary work habits which relate to commercial food production and service.

Avoid cross contamination Use of tasting spoons Gloves on ready to eat foods Proper handwashing Sanitizer Control food temperature Cold food cold Hot food hot Review of proper heating and chilling of foods Station cleanliness Clean as you go Organization of tools and equipment Use of hot Baine Marie for utensils Sanitizer use on equipment Practice Safe Operating Procedures Equipment Avoiding slips and falls Clean

up spills Dishroom Avoiding Burns Overview of kitchen space MSDS Booklet and Proper use of Chemicals Practice Professional Aspects of working in a commercial kitchen Proper Uniform and Dress Code Timely Arrival Consistent Attendance Attitude of respect and helpfulness Principles of Cooking Foods in a Banquet Style Format (all customers are served at once) Practical Application of Working the Stations of the kitchen, running the restaurant kitchen Pantry/Garde Manger Seafood Grill Roasting Vegetable and Starch Soup and Sauce Fry Dessert Sous Chef Sanitation Steward Demonstrate of Station readiness by service time Use of recipes Production schedule checklist Plate drawings of finished dishes Preparation of sample plates before service Station mise en place (organization) Set-up for quantity plate assembly Maintaining quality product and basic elements of presentation Taste Temperature Color Balance Height Proper application of cooking methods Daily Practice and Cooking of Classical Dishes and Foods from the Major Culinary Regions in the United States serving actual customers in a banquet style format New England Mid Atlantic Southern Florida and the Caribbean Mid-West Southwest Tex-Mex California Pacific Northwest Hawaii Cajun-Creole

Method(s) of Instruction

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

Instructional Techniques

Lecture, Demonstration, Video, Practical Demonstration

Reading Assignments

Students are required to read text and related materials each week to enable them to participate in in class discussion and gain a deeper understanding of theory presented. Students must read, convert and record recipes from text and lab packet and bring to class each week. Total Time for Reading - 3 hours per week

Writing Assignments

Students will complete a written assignment which could include a research paper on the cultural influences that helped to shape American Regional Cuisine and make that presentation to the class in the form of a cooking demonstration 6 hours total

Out-of-class Assignments

Students must also prepare for class quizzes, midterm written test. Students must ensure out of class preparation for their weekly dishes. 2 hours per week

Demonstration of Critical Thinking

Written Tests/quizzes Evaluation of Daily Performance Solving lab daily challenges that arise as well as implementation of given menus.

Required Writing, Problem Solving, Skills Demonstration

Students will complete a written research assignment on the cultural influences that helped to shape American Regional Cuisine Students will solve the problems of producing food for a large number of people Students will demonstrate cooking skills on a daily basis

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 Culinary Institute of America. Professional Chef, latest ed. , 9th ed. Hoboken: John Wiley and sons, 2011 Rationale: -This is the latest edition of this text