

CA A265: ALA MINUTE CONTINENTAL COOKING

Item	Value
Curriculum Committee Approval Date	02/26/2025
Top Code	130630 - Culinary Arts
Units	2 Total Units
Hours	108 Total Hours (Lab Hours 108)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

Course Description

Students prepare menu offerings in the college's Captain's Table restaurant for the dining public. Emphasis is on station readiness (under strict time constraints), implementation of basic cooking methods, quality of presentation, and an exploration of a variety of cuisines from around the world in a cook-to-order format. Student will be required to follow hospitality department dress standards. PREREQUISITE: CA A245 or concurrent enrollment. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Identify and prepare a variety of dishes from international cuisine while practicing proper sanitation habits in a cook-to-order format.

Course Objectives

- 1. Demonstrate proper techniques of sanitation, safety in a practical, cook-to-order format.
- 2. Define and use culinary terminology from specific countries.
- 3. Identify particular foods indigenous to a given cuisine.
- 4. Explain key factors which lead to the development of a country's cuisine.
- 5. Explain ?Ala Minute Cookery? and identify its benefits and limitations.
- 6. Demonstrate ability to formulate a menu, given a specific country.
- 7. Organize and set up cooking station prior to meal period.
- 8. Demonstrate ability to saut and serve a variety of international foods in a cook-to-order format, throughout meal period.
- 9. Demonstrate ability to grill and serve a variety of international foods in a cook-to-order format, throughout meal period.
- 10. Demonstrate ability to prepare and serve a variety of international salads in a cook-to-order format, throughout meal period.
- 11. Demonstrate ability to prepare and serve a variety of international desserts in a cook-to-order format, throughout meal period.
- 12. Demonstrate ability to prepare and serve a variety of international soups and vegetable dishes in a cook-to-order format, throughout meal period.
- 13. Demonstrate ability to prepare a variety of hot and cold international appetizers, in a cook-to-order format, throughout meal period.

- 14. Demonstrate proper care and use of equipment, utensils and specialty equipment used to prepare foods.
- 15. Properly utilize kitchen management tools, such as: recipes, station assignment checklists, plate sketches.

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 and Challenges of Cooking Foods Principles of Cooking Foods Ala Minute (to order) Stations of the kitchen Modification of recipes to match Ala Minute cooking Typical Ala Minute cooking methods Station organization and readiness Training tools Prep list Recipes Photos or plate sketches Timing and coordination Ordering system Firing of ordered items Pick-up and service Ticket Times International Cuisine Overview of the major culinary regions Latin American Asia Mediterranean Europe American Regional Factors that lead to the development of a cuisine Geographical (indigenous ingredients) Political Religious Historical Social Identify key figures (chefs) which have had major impact on the development of the cuisine of specific countries Menu Development 1. Research of a theme Indigenous Ingredients Typical cooking methods Identify classical dishes for specific country/region Building the menu Kitchen limitations of equipment Service limitations Staff Price point of menu items Avoidance of duplication of major ingredients

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 Cooking of foods from countries in the major culinary regions. Latin American Mexico Asia China Japan India Thailand Mediterranean/Europe France Greece Italy Spain American Regional Examples Northeast Cajun/Creole California Principles of Cooking Foods Ala Minute (to order) Practice typical Ala Minute cooking methods Saut Grill Pan-Fry De ep Fry Poach Station organization and readiness Use of Production Schedule Following Recipes Follow photos and plate sketches for proper presentation Timing and coordination with other stations Working with ordering system Pick-up and service Practice Duties of the Different Stations of the Kitchen Sous-Chef Leadership styles Implementation of Menu Assign recipes to specific stations Monitoring preparation and quality Line check - ensure all stations are ready for service Production and Cooking of

Foods to Order Prep station Prepares vegetable and starch of the day Prepares soup of the day Prepares basic mise en place items Assists other stations throughout meal period Practices proper techniques of sanitation and safety Pantry Organizes station prior to service Prepares cold salad items for service Presents and serves salads throughout meal period Cleans station and stores leftover foods at the end of service Practices proper techniques of sanitation and safety Saut Organizes station prior to service Prepares ingredients for saut ed items Cooks and serves saut ed items throughout meal period Cleans station and stores leftover foods at the end of service Practices proper techniques of sanitation and safety Grill Organizes station prior to service Prepares ingredients for grilled items Cooks and serves grilled items throughout meal period Cleans station and stores leftover food s at the end of service Practices proper techniques of sanitation and safety Appetizer Organizes station prior to service Prepares hot and cold appetizer ingredients for service Cooks and serves a variety of appetizers throughout meal period Cleans station and stores leftover foods at the end of service Practices proper techniques of sanitation and safety Pastry Organizes station prior to service Prepares dessert and bakery items ingredients prior to service Plate and serve desserts throughout meal period. Cleans station and stores leftover foods at the end of service Practices proper techniques of sanitation and safety Sanitation Steward Organizes kitchen Monitors and maintains proper sanitation conditions Washes pots and pans Cleans major pieces of equipment Organizes storerooms and ensures proper storages of all pots and pans Monitors all stations during clean-up and ensures kitchen is cleaned to standard The Use of Specialty Equipment Particular to a Specific Cuisine (examples) Pasta machine Wok Ravioli cutter Sushi mat Rice cooker

Method(s) of Instruction

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

Instructional Techniques

Lecture, videos, demonstration, practice in lab

Reading Assignments

Students will be required to read approximately 1-2 hours from text and related materials each week to enable them to participate in in class discussion and gain a deeper understanding of theory presented.

Writing Assignments

Students will spend approximately 1 hour per week on written assignments including the development of a menu for a given country.

Out-of-class Assignments

Students will spend approximately 2 hours per week on out-of-class assignments, including reading assignments and writing assignments.

Demonstration of Critical Thinking

Daily demonstration of lab techniques, organization of daily assignments, solving daily challenges in lab

Required Writing, Problem Solving, Skills Demonstration

Students will complete a writing assignment which could include developing a menu for a given country. Daily lab assignments and skills demonstration

Eligible Disciplines

Culinary arts/food technology (food service, meat cutting, baking, waiter/ w...: Any bachelor's 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 New Professional Chef,, Latest ed. John Wiley and Sons, 2012 Rationale: -

Other Resources

1. Student supplied knife kit to include cooks knife, boning knife, paring knife, vegetable peeler, measuring spoons, wire whisk, black marking pen, sharpening steel, and carrying case. 2. Student supplied uniform: chef coat, checkered pants, neckerchief, apron, side towel, hat, and work shoes.