

COURSE OUTLINE

Culinary Arts 212 Commercial Food Preparation

I. Catalog Statement

Culinary Arts 212 is designed for students pursuing a career in the hotel and restaurant industry. Students will be working in a commercial hotel kitchen where they will learn large scale food preparation and production.

Units – 5.0

Lecture Hours – 3.0

Lab Hours – 6.0

(Faculty Lab Hours 6.0 + Student Lab Hours 0 = 6.0 Total Laboratory Hours)

Prerequisite: Culinary Arts 111

Recommended Preparation: Culinary Arts 112

II. Course Entry Expectations

Skills Level Ranges: Reading 3; Writing 3; Listening/Speaking 3; Math 2.

Prior to enrolling in the course, the student should be able to:

1. use basic kitchen equipment and measurements;
2. read and duplicate recipes;
3. integrate different cooking methods in relation to different kinds of food.

III. Course Exit Standards:

Upon successful completion of the required course work, the student will be able to:

1. identify and operate commercial tools and equipment;
2. discuss and apply basic knowledge of nutrition and menu planning.
3. compare and contrast the application of heat dynamics with different methods of moist, dry heat;
4. list the different cooking methods and applications for cooking meat, poultry, fish, pork, vegetables/legumes;
5. identify the proper usage of seasonings and sauces to quantity food preparation;
6. apply HACCP (Hazard Analysis Critical Control Point) to sanitation and safety while retaining quality and palatability standards;

7. compare and contrast quantity food preparation to determine recipe conversion and control.

IV. Course Content

A. Introduction to Commercial Food Preparation	14 hours
1. History of food service, kitchen brigade, and standards of professionalism	
2. Sanitation and safety	
3. Nutrition and menu planning, recipe conversions	
4. Importance of pre-preparation, terminologies, scoops, ladles and measurements	
5. Understanding hot thermodynamics	
6. Proper usage of herbs, spices, seasonings	
B. Mis en place and Basic Cooking Techniques	13 hours
1. Stocks, sauces, soups	
2. Dairy products and cheeses	
3. Salads and dressings	
4. Cream sauces	
C. Principles of Food Cookery	14 hours
1. Meat	
2. Poultry	
3. Fish	
4. Pork	
5. Egg cookery	
6. Vegetables, starches, legumes	
D. Desserts	3 hours
E. Reception Food	4 hours
1. Sandwiches and Hors D'ouvres	
2. Garnishes and presentation	
F. Laboratory	96 hours

V. Methods of Presentation

The following instructional methodologies may be used in the course:

1. lectures;
2. guest speakers/purveyors;
3. case studies;
4. individual/group projects.

VI. Assignments and Methods of Evaluation

1. Quizzes.
2. Class assignments.
3. Special events participation.
4. Final Exam.

VII. Textbook

Labensky, S. On Cooking, Third Edition
Upper Saddle River, N.J.: Prentice Hall, 2003
10th Grade Textbook Reading Level. ISBN: 0-13-045241-6.