

CULIN111 : Fundamentals of Professional Cooking 1**General Information**

Author:	<ul style="list-style-type: none"> Andrew Feldman
Course Code (CB01) :	CULIN111
Course Title (CB02) :	Fundamentals of Professional Cooking 1
Department:	CULIN
Proposal Start:	Spring 2025
TOP Code (CB03) :	(1306.30) Culinary Arts
CIP Code:	(12.0500) Cooking and Related Culinary Arts, General.
SAM Code (CB09) :	Possibly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000527615
Curriculum Committee Approval Date:	06/12/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	06/12/2024
Course Description and Course Note:	CULIN 111 provides an introduction and application of the principles of food preparation for the consumer by professionals. The course emphasizes hands-on cooking, tasting and evaluation to teach professional culinary techniques. The course also stresses how ingredients and culinary processes effect product outcome.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"> Credit
Mode of Delivery:	No value
Author:	<ul style="list-style-type: none"> Andrew Feldman
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"> Cullnary Art/Food Technology (Food service, meat cutting, baking, waiter/waitressing, bartending)
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

C-ID	Area	Status	Approval Date	Comparable Course
HOSP (Management)	Hospitality Management	Not Transferable	08/30/2021	HOSP 160 - Culinary Production and Operations

Units and Hours

Summary

Minimum Credit Units (CB07)	4
Maximum Credit Units (CB06)	4
Total Course In-Class (Contact) Hours	162
Total Course Out-of-Class Hours	54
Total Student Learning Hours	216

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1.5	3

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0

Laboratory Hours	7.5	0
Studio Hours	0	0

Course In-Class (Contact) Hours	
Lecture	27
Laboratory	135
Studio	0
Total	162

Course Out-of-Class Hours	
Lecture	54
Laboratory	0
Studio	0
Total	54

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards	Description
Comprehend multi-paragraph reading passages in textbooks.	No Value

Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Discussion

Methods of Instruction

Laboratory

Methods of Instruction

Demonstrations

Methods of Instruction

Multimedia

Out of Class Assignments

- Research assignment (e.g. a research assignment using site visits to retail food vendors to determine the varieties and breadth of selections of food products in different communities)
- reading assignments in the textbook and other articles (e.g. summarize an article describing the three common methods of preparing grains)

Methods of Evaluation

Rationale

Exam/Quiz/Test

Final exam

Exam/Quiz/Test

Quizzes

Exam/Quiz/Test

Midterm examination

Exam/Quiz/Test

Practical laboratory examination demonstrating accurate measurements, correct knife cuts, basic sauce making techniques and preparation of different meal categories

Textbook Rationale

No Value

Textbooks

Author

Title

Publisher

Date

ISBN

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives**Course Objectives**

Analyze how different cooking processes affect food ingredients.

Achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators.

Assess prepared recipes using sensory evaluation.

Follow and modify standard recipes using recommended measuring and preparation methods.

Describe cooking procedures used to conserve nutritional value and quality of foods.

SLOs

Select ingredients, products, tools, and equipment used to prepare classical and contemporary cuisine. Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;
Core cultivate creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Describe and demonstrate the basic cooking methods used in a commercial kitchen. Expected Outcome Performance: 70.0

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
Core methodologies to solve unique problems.
ILOs

Prepare selections in several menu categories using a variety of cooking methods in a sanitary manner. Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;
Core cultivate creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Professionalism (1.5 hours)

- Development of the modern food industry
- Key historical figures responsible for developing food service professionalism
- Organization of classic and modern kitchen brigades
- The role of the professional chef in modern food service operations
- Attributes a student chef needs to become a professional chef

Food Safety and Sanitation (1.5 hours)

- Causes of foodborne illnesses
- Handling foods in a safe manner
- The Hazard Analysis Critical Control Points (HACCP) system
- Creation and maintenance of a safe and sanitary working environment

Menus and Recipes (1.5 hours)

- Types and styles of menus
- Purpose of standardized recipes
- Conversion of recipe yield amounts
- Cost control in food service operations

Tools and Equipment (1 hour)

- Professional kitchen tools and equipment
- Selection and care of knives
- Organization of a professional kitchen

Knife Skills (1.5 hours)

- Proper care of knives
- Proper use of knives
- Classic shapes to cut foods

Flavors and Flavorings (1 hour)

- Physiology of sense and smell
- Herbs, spices, oils, vinegars, wines and other flavorings
- Use of flavoring ingredients to create, enhance or alter natural flavors
- Flavor principles in a variety of international cuisine

Dairy Products Lecture (1 hour)

- Identification, storage and use of milk-based products
- Identification, storage and service of cheese

Mise en Place (1 hour)

- Developing an efficient work plan
- Basic flavoring techniques
- Items needed prior to actual cooking
- Basic breading procedure

Principles of Cooking (1 hour)

- How heat is transferred to foods
- How heat affects foods
- Basic principles of various cooking methods

Stocks and Sauces (1.5 hours)

- Preparation of a variety of stocks
- Recognizing and classifying sauces
- Proper use of thickening agents
- Preparation of classic and modern sauces

Soups (1.5 hours)

- Preparation of clear and thick soups
- Proper garnish and service of soups

Principles of Meat Cookery (1.5 hours)

- Structure and composition of meats
- Meat inspection and grading practices
- Proper purchase of meats
- Proper storage of meats
- Preparation of meats for cooking
- Application of cooking methods to meat

Beef (1.5 hours)

- Primal, subprimal, and fabricated cuts of beef
- Basic butchering procedures
- Cooking methods of common cuts of beef

Pork (1.5 hours)

- Primal, subprimal, and fabricated cuts of pork
- Basic butchering procedures
- Cooking methods of common cuts of pork

Poultry (1.5 hours)

- Structure and composition of poultry
- Identification of kinds and classes of poultry
- Poultry inspection and grading practices
- Purchase of poultry
- Proper storage of poultry
- Preparation of poultry for cooking
- Application of cooking methods to poultry

Vegetables (1 hour)

- Identification of various vegetables
- Purchase of vegetables appropriate for your needs
- Proper storage of vegetables
- Preservation of vegetables
- Preparation of vegetables for cooking or service
- Cooking methods of vegetables

Potatoes and Grains (1 hour)

- Identification of a variety of potatoes
- Cooking methods for potatoes
- Identification of a variety of grains
- Application of various cooking methods of grains
- Identification of various cooking methods of grains
- Identification of pasta products
- Preparation of fresh pasta
- Cooking methods of pasta

Healthy Cooking (3 hours)

- Categories of nutrients and their importance in a healthy diet
- Characteristics of a nutritious diet
- Diet-planning tools available to customers and chefs
- Effects of storage and preparation techniques for the nutritional value of food
- Alternative ingredients and substitutes in developing recipes and menus
- Vegetarian diets and use of protein products as alternatives to meat, poultry, fish or dairy

Fruits (2 hours)

- Identification of a variety of foods
- Purchasing fruit appropriate for various needs
- Storing fruits properly
- How fruits are preserved
- Preparation of fruits for cooking or service
- Application of various cooking methods to fruits

Laboratory/Studio Content

Knife Skills (8 hours)

- Proper care of knives
- Proper use of knives
- Classic shapes to cut foods

Flavors and Flavorings (4 hours)

- Physiology of sense and smell
- Herbs, spices, oils, vinegars, wines and other flavorings
- Use of flavoring ingredients to create, enhance or alter natural flavors
- Flavor principles in a variety of international cuisine

Dairy Products Lecture (4 hours)

- Identification, storage and use of milk-based products
- Identification, storage and service of cheese

Mise en Place (4 hours)

- Developing an efficient work plan
- Basic flavoring techniques
- Items needed prior to actual cooking
- Basic breading procedure

Principles of Cooking (8 hours)

- How heat is transferred to foods
- How heat affects foods
- Basic principles of various cooking methods

Stocks and Sauces (12 hours)

- Preparation of a variety of stocks
- Recognizing and classifying sauces
- Proper use of thickening agents
- Preparation of classic and modern sauces

Soups (10 hours)

- Preparation of clear and thick soups
- Proper garnish and service of soups

Principles of Meat Cookery (12 hours)

- Structure and composition of meats
- Meat inspection and grading practices
- Proper purchase of meats
- Proper storage of meats
- Preparation of meats for cooking
- Application of cooking methods to meat

Beef (11 hours)

- Primal, subprimal, and fabricated cuts of beef
- Basic butchering procedures
- Cooking methods of common cuts of beef

Pork (11 hours)

- Primal, subprimal, and fabricated cuts of pork
- Basic butchering procedures
- Cooking methods of common cuts of pork

Poultry (9 hours)

- Structure and composition of poultry
- Identification of kinds and classes of poultry
- Poultry inspection and grading practices
- Purchase of poultry
- Proper storage of poultry
- Preparation of poultry for cooking
- Application of cooking methods to poultry

Vegetables (10 hours)

- Identification of various vegetables
- Purchase of vegetables appropriate for your needs
- Proper storage of vegetables
- Preservation of vegetables
- Preparation of vegetables for cooking or service
- Cooking methods of vegetables

Potatoes and Grains (10 hours)

- Identification of a variety of potatoes
- Cooking methods for potatoes
- Identification of a variety of grains
- Application of various cooking methods of grains
- Identification of various cooking methods of grains
- Identification of pasta products
- Preparation of fresh pasta
- Cooking methods of pasta

Healthy Cooking (12 hours)

- Categories of nutrients and their importance in a healthy diet
- Characteristics of a nutritious diet
- Diet-planning tools available to customers and chefs
- Effects of storage and preparation techniques for the nutritional value of food
- Alternative ingredients and substitutes in developing recipes and menus
- Vegetarian diets and use of protein products as alternatives to meat, poultry, fish or dairy

Fruits (10 hours)

- Identification of a variety of foods
- Purchasing fruit appropriate for various needs
- Storing fruits properly
- How fruits are preserved
- Preparation of fruits for cooking or service
- Application of various cooking methods to fruits

Total hours: 135**Additional Information**

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No Value

GCC Major Requirements

No Value

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liason?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value