



CLA 1305

Division: Career and Technical Education

Department: Culinary Arts

Course: CLA 1305

Title: Hot Food Preparation I

Catalog Description:

This course covers basic preparation of stocks, sauces, soups, meats, poultry, fish, vegetables, and starches.

General Education Requirements: N/A

Semesters Offered: TBA

Credit/Time Requirement: Credit: 3; Lecture: 1; Lab: 4

Clock/Hour Requirements: 75

Offered for Non-Credit: No

Prerequisites: N/A

Corequisites: N/A

Justification:

Students in Culinary Arts must pass the competencies associated with stock, sauces, soups, meats, poultry, fish, vegetables, and starches to become a qualified Food Service worker.

Student Learning Outcomes:

- Describe procedures used to prepare stocks and sauces.
- Understand basic soup-making techniques.
- Identify the different grades and cuts of meat.
- Identify types and parts of poultry.
- Compare different types of fish and shellfish.
- Describe general cooking principles and procedures for vegetables.
- Understand the methods for cooking potatoes, rice, pasta, and dumplings.

Content:

- Preparation of basic *mirepoix* and *roux*.
- Preparation of clear, cream, and vegetable soups.
- Identification of meat cuts and appropriate cooking methods.
- Learning cooking techniques for poultry.
- Selecting appropriate cooking methods for fat or lean fish.
- Judging quality in cooked vegetables based on color, appearance, texture, and flavor.
- Distinguishing the major types of potatoes and rice and the major kinds and shapes of pasta.

General Education Outcomes:

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1) Read effectively, constructively, and critically.

Students receive important content for this course from the selected text. They are required to read and respond to questions from individual modules throughout the course.

6) Apply computational skills to a variety of contexts.

The baking process requires measurement of ingredients and proportionally increasing or decreasing recipe requirements. This course also focuses on manipulation of the weights and measurements inherent in commercial baking.

Key Performance Indicators:

Students will be evaluated on the production of foods they prepare and by unit quizzes, exams, class participation, and the final exam.

Representative Text and/or Supplies:

Professional Cooking, current edition, by Wayne Gisslen.

Optimum Class Size: 15

Maximum Class Size: 20

Signatures:

I hereby submit this course syllabus:

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I hereby find this course consistent with the goals and resources of the Culinary Arts Department:

Richard Harris, , , Chair

I hereby find this course consistent with the goals and resources of the Career and Technical Education Division:

Michael P. Medley, MBA, Assistant Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)