

CULN 120: FUNDAMENTALS OF COOKERY
CRN: [32232] TUE, WED, THU, 8:00AM – 1:00PM
SEP 02, 2014 through DEC. 09, 2014
Classroom: WCCC

Lee Shinsato, Chef Instructor
Office: Ohia 105
E-mail: leess@hawaii.edu
Office Hours: By Appointment

COURSE DESCRIPTION: CULN 120 covers the fundamental concepts, skills and techniques of cookery. It includes the study of culinary terms and ingredients; cooking theories and procedures for making stocks, soups and sauces; basic cooking methods; handling and preparation techniques for fruits, vegetables, and starches; proper use of recipes, tools, and equipment with special emphasis on knife handling skills.
Attendance and participation is mandatory and will be reflected in the final grade for the class.

Disability Statement

"If you are a student with a documented disability and have not voluntarily disclosed the nature of your disability so that we may coordinate the accommodations you need, you are invited to contact the Disability Support Services Office in `Ilima 107, ph.734-9552, or email kapdss@hawaii.edu for assistance. For students whose primary disability is Deaf or hard of hearing, contact the KCC Deaf Center in Manono 102, ph. 734-9210 (V) or 447-1379 (videophone)"

COURSE COMPETENCIES

Upon successful completion of this course, students should be able to:

1. Demonstrate knife skills, hand tool and equipment operation, emphasizing proper safety techniques.
2. Identify the parts/components of a recipe.
3. Describe and use a standardized recipe.
4. Outline the procedure for writing a standardized recipe.
5. Write a standardized recipe.
6. Identify and use utensils, pots and pans and demonstrate safe practices using stoves, mixers, ovens, etc.
7. Define and describe the sautéing process.
8. Prepare a variety of foods using the sauté techniques.
9. Evaluate the quality of sautéed items.
10. Define and describe the processes of pan-frying and deep-frying.
11. Fry a variety of foods to their proper doneness.
12. Evaluate the quality of fried foods.
13. Define and describe the roasting and baking processes.
14. Compare and contrast roasting to baking, poeeling, smoke-roasting and spit-roasting.
15. Roast meats, poultry, and fish to the correct doneness to develop the best flavor and texture in the finished dish.
16. Evaluate the quality of roasted items.
17. Define and describe the barbecue process.
18. Select and prepare meats and seasonings and barbecue them to the appropriate doneness.
19. Evaluate the quality of barbecued items.
20. Define and describe the process of grilling and broiling.
21. Grill and broil foods to the proper doneness.
22. Evaluate the quality of grilled and broiled items.
23. Define and describe the processes of braising and stewing, noting the similarities and differences.

24. Braise and stew foods to the proper doneness.
25. Evaluate the quality of braised and stewed items.
26. Define and describe the process of shallow-poaching.
27. Prepare shallow-poached foods properly and produce a sauce that incorporates the cooking liquid.
28. Evaluate the quality of shallow-poached items.
29. Define poaching and simmering and correctly identify the temperature range at which each occurs.
30. Poach and simmer foods to the proper doneness
31. Evaluate the quality of poached and simmered foods.
32. Define and describe the boiling and steaming process.
33. Prepare boiled and steamed foods to the proper doneness.
34. Evaluate the quality of boiled and steamed items.
35. Utilize standard weights and measures to demonstrate proper scaling and measurement techniques.
36. Identify and use herbs, spices, oils and vinegar, condiments, marinades and rubs.
37. Evaluate the quality of herbs, spices, oils, vinegar, condiments, marinades, and rubs.
38. Perform basic fabrication tasks with meat, poultry, seafood and variety meats.
39. Using the basic cooking methods, prepare meat, seafood, poultry, and variety meats to the proper doneness.
40. Evaluate the quality of prepared meats, seafood, poultry, and variety meats.
41. Define stock and describe its uses.
42. Identify different types of stocks.
43. List the basic ingredients needed for making stocks.
44. Describe the functions of the ingredients.
45. Describe the process of making stocks.
46. Prepare a variety of stocks.
47. Evaluate the quality of a properly made stock.
48. Define, describe and explain the purpose of sauces.
49. Identify and prepare the grand sauces.
50. Prepare a variety of non-grand/classical sauces.
51. List the basic ingredients needed for making grand and non-grand sauces.
52. Describe the functions of the ingredients in sauces.
53. Evaluate the quality of a properly made sauce.
54. Define and describe soup and identify its two basic categories.
55. Prepare a variety of soups from each category.
56. Describe the process of making each category of soup.
57. Evaluate the quality of a properly made soup.
58. Identify a variety of fruits, vegetables, starches, legumes and grains.
59. Prepare a variety of fruits, vegetables, starches, legumes and grains using the basic cooking methods.
60. Evaluate the quality of prepared fruits, vegetables, starches, legumes and grains.
61. Define salad dressing and describe its purposes.
62. Identify, define, and describe the types of salad dressings.
63. Prepare a variety of salad dressings and evaluate the quality of each.
64. Identify a variety of common salad greens.
65. Prepare and dress greens for a salad.
66. Evaluate the quality of properly prepared and dressed green salad.
67. Identify, describe, and prepare a variety of composed salads.
68. Evaluate the quality of composed salads.

69. Identify, and describe the purpose of the elements of a sandwich.
70. Prepare a variety of hot and cold sandwiches.
71. Evaluate the quality of sandwiches.
72. Identify and prepare a variety of breakfast meats.
73. Evaluate the quality of prepared breakfast meats.
74. Describe a variety of preparation techniques used in egg cookery.
75. Cook eggs using a variety of preparation techniques.
76. Evaluate the quality of prepared eggs.
77. Identify and prepare a variety of breakfast batter products.
78. Evaluate the quality of prepared breakfast batter products.

STUDENT LEARNING OUTCOMES (SLO)

Within this CULN 120 course, the following student learning outcomes will have been introduced, practiced or demonstrated:

- Develop skills in knife, tool and equipment handling and apply principles of food preparation to produce a variety of food products.
- Operate equipment safely and correctly.
- Apply knowledge of laws and regulations relating to safety and sanitation in the kitchen.
- Value ethical practices in both personal and professional situations.
- Practice standards in behavior, grooming and dress that reflect the mature work attitude expected of industry professionals.
- Apply the experience of service-learning to both personal and academic development by becoming involved in community service activities.

STUDENT RESPONSIBILITIES & CLASS PROCEDURE

- 1) **Professionalism:** Students are expected to maintain a standard of professionalism in all culinary classes in order to prepare them for industry employment. Professionalism includes on-time arrival, active participation and appropriate behavior, communication, and dress. **Students who do not meet standards may be asked to leave class and/or receive an automatic point deduction.** Professionalism standards may be found in the Culinary Program Student Handbook.
- 2) **Other Professional Requirements:**
 - Cell phones and other electronic devices should be turned off during class.
 - No eating, drinking, and gum chewing in class unless approved by instructor.
 - Violent behavior, including profanity, swearing, physical abuse, verbal abuse, harassment, etc. are forbidden by college and program policy.
 - Demonstrate respect to your classmates, instructor, and guest speakers. Raise your hand for questions and comments; avoid negative attitudes and gossip.
 - **Follow syllabus and know due dates for assignments and daily class activities.**
 - Communicate with instructor on a regular basis with questions/concerns regarding assignments, projects and other issues pertaining to the class.

ATTENDANCE / PARTICIPATION

Attendance is required for culinary courses. Role will be taken at the start of class. If you are late, be sure to see your instructor to ensure you are recorded as present. **Students will start with 20 points each day for attendance/participation. Deductions will be made according to the following scale:**

- **5 Point deduction for late arrival or early departure**
- **5 Point deduction for students who do not meet dress standards**
- **1-15 point deduction for unprofessional behavior or lack of participation (i.e., sleeping, inappropriate use of computers, disruptions, cell phone/electronic use during class, etc...)**

Short breaks will be given when time permits. Students may leave the class at any time for “bathroom breaks” and “emergencies”.

GRADING

Grades are based on a point distribution scale. **It should be noted that a “C” or higher in this course is required for an A.S. Degree or Certificate programs in Culinary Arts.** Grading will be based on a strict scale as outlined below unless the instructor deems it appropriate to change it.

Letter Grade = %	Grading Component	Points Possible
A = 90% above B = 80-89.9% C = 70-79.9% D = 60-69.9% F = <60.0%	Attendance/Participation/Professionalism (40 days x 100 pts)	4000
	Daily Reflections (40 days 20 pts. per/day)	800
	Quiz (10 x 25Pts)	250
	Final Exam: Practical / Written (200 Pts each)	400
	TOTAL:	5450

Academic Grievance and Responsibility: “In instructional activities, students are responsible for meeting all of the instructor’s attendance and assignment requirements. Failure to do so may affect their final grade. In all college-related activities, including instruction, they must abide by the college’s codes and regulations, refraining from behavior that interferes with the rights and safety of others in the learning environment. Finally, if they decide to file a grievance, they are fully responsible for providing proof that they have been wronged.” -UH Academic Policy-

COURSE SCHEDULE

- **2-4 September, 2014:**
 - Module 00: 1st Day Preparation and More
 - Module 01: Mise en Place
- **9-11 September, 2014:**
 - Module 01: Mise en Place
 - Module 02: Stocks
- **16-18 September, 2014:**
 - Module 03: Thickening Agents
 - Module 04: Sauces
- **23-25 September, 2014:**
 - Module 05: Soups
 - Module 06: Vegetable Cookery
- **30 September – October 2 2014:**
 - Module 07: Meat
- **7-9 October, 2014:**
 - Module 08: Poultry
- **14-16 October, 2014:**
 - Module 09: Salads and Dressing
- **21-23 October 2014:**
 - Module 10: Potatoes, Grains and Pasta
 - Daily Reflections
- **28-30 October, 2014:**
 - Module 11: Fish
 - Module 12: Shellfish
- **5-6 November, 2014:**
 - Module 13: Breakfast
 - Module 14: Dairy, Cheese
- **11-13 November, 2014:**
 - Module 15: Plate Presentations and Menus
 - Ala Minute Cooking
 - Discuss Graduation Banquet Menu
- **18-20 November, 2014:**
 - Planning for Practical Exam
 - Review for Written Final Exam
- **25-26 November, 2014:**
 - Written Final Exam
 - Thanksgiving Holiday – No Class
- **2-4 December, 2013:**
 - Recap of exam grades & prep for banquet
 - Graduation Banquet
 - Break down of kitchen for the semester