

HOSP-1031: FUNDAMENTALS OF CULINARY ARTS

Cuyahoga Community College

Viewing: HOSP-1031 : Fundamentals of Culinary Arts

Board of Trustees:

January 2022

Academic Term:

Fall 2022

Subject Code

HOSP - Hospitality Management

Course Number:

1031

Title:

Fundamentals of Culinary Arts

Catalog Description:

Introduction to food preparation techniques, culinary theory, and equipment used in commercial food service. Basic concepts of kitchen organization and operation, heat transfer, basic terminology, use of standardized recipes, weights and measures, product evaluation, recipe conversion, food composition and introduction to commercial equipment and work methods. American Culinary Federation competency skills included. Field trips may be required.

Credit Hour(s):

3

Lecture Hour(s):

2

Lab Hour(s):

3

Requisites

Prerequisite and Corequisite

MATH-0955 Beginning Algebra, or MATH-0990 Math Literacy for College Students, or appropriate Math placement score; and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; and HOSP-1020 Sanitation and Safety or concurrent enrollment; or departmental approval: industry experience.

Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.

Outcomes

Course Outcome(s):

Use basic preparation and cooking terms.

Objective(s):

1. Define basic preparation and cooking terms.
2. Define and explain basic menu items, equipment, and other key words used in foodservice.
3. Spell and properly use words used in food service, including slang.

Course Outcome(s):

Utilize basic food preparation and cooking techniques to prepare standardized recipes in appropriate portion amounts in a commercial kitchen.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Follow procedural patterns for laboratory sessions.

2. Discuss principles of basic food preparation.
3. Discuss the basic principles of using seasonings, flavoring, herbs, and spices.
4. Discuss need for adjusting recipes to satisfy the health conscious market.
5. Describe the purpose and use of a production schedule.
6. Demonstrate basic food preparation and cooking techniques.
7. Use industry evaluation methods to assess the quality of food products.
8. Describe ways heat is transferred: convection, conduction, radiation, and microwave.
9. Explain various cooking methods using moist heat, dry heat, and dry heat with fat.
10. Describe the basic preparation and cooking techniques used in the commercial kitchen.
11. Identify kitchen equipment and tools for various types of food preparation.
12. Demonstrate basic knife skills and dimensions of cuts.
13. Follow safe and sanitary procedures.
14. Use appropriate temperatures in preparation of various food products.
15. Use reference tables of yields, substitutions, and portioning.
16. Use correct weights and measurements.
17. Utilize product identification knowledge.
18. Follow procedures for production and pre-preparation.
19. Utilize a production schedule.
20. Identify various cheeses by taste, appearance, and texture.
21. Utilize various cooking methods for eggs including omelets, over-easy, poached, and scrambled.
22. Prepare various breakfast foods including waffles, pancakes, and quiche.
23. Identify and prepare a variety of smoked meats and sausage.
24. Select appropriate greens to prepare various appetizer and entrée salads.
25. Prepare a variety of dressings, emulsion and partial emulsion, creamy, and vinaigrette.
26. Prepare a variety of sandwiches including breads, spreads, and proteins/vegetarian, and accompaniments.
27. Define and prepare a variety of classic soups.
28. Write weekly lab reports intended for the hospitality industry that are clear and concise, use standard rules for written language, effectively organize language, and include culinary related terminology.

Course Outcome(s):

Recognize the importance of following a recipe, the limitations for modifying a recipe, and the importance of judgment in cooking.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Discuss factors that determine quality.
2. Describe what happens to the most important components of foods when they are cooked and/or processed.
3. Identify function of ingredients used in recipes.
4. Explain weights, measures and portioning.
5. Write weekly lab reports intended for the hospitality industry that are clear and concise, use standard rules for written language, effectively organize language, and include culinary related terminology.
6. Describe the function of various ingredients; i.e., thickeners, starches, fats, eggs and leavening agents.
7. Interpret, satisfactorily increase/reduce, and calculate yields.
8. Calculate food costs, food cost percentages, and portion cost.
9. Identify components of standardized recipes.
10. List the reasons for the use of standardized recipes.

Methods of Evaluation:

1. Evaluation of final product prepared using industry-standard knife skills
2. Participation: adherence to standard operating laboratory procedures, teamwork, and proper chef's uniform
3. Evaluation of prepared recipes by presentation and flavor.
4. Written Lab reports
5. Quizzes and exams

Course Content Outline:

1. Introduction to fundamentals of foodservice
2. Standard kitchen procedures
 - a. Mis-en-place
 - b. Small kitchen equipment
 - c. Large kitchen equipment

- d. Terminology
 - e. Production schedules
 - f. Brigade, modern and classical
3. Standard recipes
- a. Portion control
 - b. Yield
 - c. Weights and measures
 - i. Scales
 - ii. Weight vs. volume
4. Classical knife cuts for fruits, vegetables, and herbs
- a. Julienne
 - b. Batonnet
 - c. Dice
 - d. Pasayene
 - e. Chiffonade
 - f. Rondelle
 - g. Oblique
 - h. Lozenges
 - i. Brunoise
 - j. Tourn er
 - k. Zesting
 - l. Segmenting
5. Cooking, preparation, and evaluation
- a. Quality factors
 - b. Palatability
 - c. Stocks
 - i. White
 - 1. Fish
 - 2. Chicken
 - ii. Brown
 - 1. Beef
 - 2. Veal
 - iii. Vegetable
 - d. Classification and preparation of soups
 - i. Broth/clear
 - ii. Cream
 - iii. Puree
 - iv. Nationality
 - e. Classification and preparation of sauces
 - i. Thickening Agents
 - 1. Roux/liaison
 - 2. Beurre manie
 - 3. Slurry
 - ii. B chamel
 - iii. Espagnole
 - iv. Tomato
 - v. Veloute
 - vi. Hollandaise
 - vii. Contemporary
 - f. Meat, fish, and poultry
 - i. Dry cooking techniques
 - 1. Broiling
 - 2. Grilling
 - 3. Roasting
 - 4. Deep frying
 - 5. Saut ing
 - a. Pan seared
 - b. Pan roasting
 - ii. Moist cooking techniques

1. Blanching
2. Boiling
3. Poaching
4. Steaming
- iii. Combination cooking techniques
 1. Braising
 2. Stewing
- g. Vegetable cookery
 - i. Dry cooking
 1. Grilling
 2. Roasting
 3. Deep frying
 4. Sautéing
 - ii. Moist cooking
 1. Blanching
 2. Boiling
- h. Starch cookery
 - i. Potatoes
 - ii. Grains & pasta
- i. Cheese and dairy
 - i. Classification of cheeses
 1. Unripened
 2. Ripened
 3. National origin
 4. Cow/sheep/goat/yak
 5. Firm and hard cheeses
 - ii. Milk, cream, and butter
- j. Breakfast cookery
 - i. Eggs
 - ii. Breakfast meats
 - iii. Breakfast foods
- k. Salads and salad dressings
 - i. Vinaigrette
 1. Emulsion
 2. Partial emulsion
 - ii. Creamy
 - iii. Mayonnaise
 - iv. Appetizer salad
 - v. Entrée salad
- l. Sandwiches
 - i. Breads
 - ii. Spreads/fillings
 - iii. Protein/vegetarian

Resources

American Culinary Federation. *Culinary Fundamentals*. Upper Saddle River, Pearson Prentice Hall, 2006.

Baskette, Michael, and Eleanor Mainella. *The Art of Nutritional Cooking*. 3rd ed. Upper Saddle River, N.J. : Pearson/Prentice Hall, 2009.

Culinary Institute of America. *Techniques of Healthy Cooking*. 4th ed. Hoboken, New Jersey: John Wiley Sons, 2013.

Labensky, Sara and Steve, Gaye Ingram. *Webster's New World Dictionary of Culinary Arts*. 5th Ed. New Jersey: Prentice Hall, 2011.

Molt, Mary. *Food for Fifty*. 14th Ed. Upper Saddle River, N.J. : Pearson Prentice Hall, 2018.

Labensky, Sara and Steve, Gaye Ingram. *The Prentice Hall Dictionary of Culinary Arts*. 2nd Ed. Upper Saddle River, Pearson Prentice Hall, 2006.

Gisslen, Wayne. *Professional Cooking*. 9th ed. Hoboken, NJ: John Wiley & Sons, 2018.

Labensky, Sarah, Hause, Alan and Martel, Priscilla. *On Cooking*. 6th. Upper Saddle River, New Jersey: Pearson Education, 2019.

Culinary Institute Of American. *The Professional Chef*. 9th. Hoboken, New Jersey: John Wiley Sons, 2011.

Resources Other

Video Titles (Recommended Videos) Knife Skills

Sharpening: <https://cuyahoga.kanopy.com/video/your-most-essential-tool-knives> (<https://cuyahoga.kanopy.com/video/your-most-essential-tool-knives/>)

Cooking Techniques

Boiling and Poaching - <https://cuyahoga.kanopy.com/video/poach-steam-moist-heat-cooking> (<https://cuyahoga.kanopy.com/video/poach-steam-moist-heat-cooking/>)

Frying -

<https://cuyahoga.kanopy.com/video/frying-dry-heat-cooking-fat> (<https://cuyahoga.kanopy.com/video/frying-dry-heat-cooking-fat/>)

Braise and Stewing - <https://cuyahoga.kanopy.com/video/braising-and-stewing-combination-cooking> (<https://cuyahoga.kanopy.com/video/braising-and-stewing-combination-cooking/>)

Roast and Bake - <https://cuyahoga.kanopy.com/video/roasting-dry-heat-cooking-without-fat> (<https://cuyahoga.kanopy.com/video/roasting-dry-heat-cooking-without-fat/>)

Grilling and Broiling - <https://cuyahoga.kanopy.com/video/grilling-and-broiling-dry-heat-cooking-without-fat> (<https://cuyahoga.kanopy.com/video/grilling-and-broiling-dry-heat-cooking-without-fat/>)

Saute and Pan Fry <https://cuyahoga.kanopy.com/video/saut-dry-heat-cooking-fat> (<https://cuyahoga.kanopy.com/video/saut-dry-heat-cooking-fat/>)

Vegetables/Starches

Grains and Legumes - <https://cuyahoga.kanopy.com/video/grains-and-legumes-cooking-great-flavor> (<https://cuyahoga.kanopy.com/video/grains-and-legumes-cooking-great-flavor/>)

Fresh Pasta -

https://youtu.be/1i_hs2-VYOU (https://youtu.be/1i_hs2-VYOU/)

Sauces

Veloute -

<https://youtu.be/SEkCiuomG7Q> (<https://youtu.be/SEkCiuomG7Q/>)

Brown Sauce -

<https://youtu.be/lkcl4qVfeg4> (<https://youtu.be/lkcl4qVfeg4/>)

Hollandaise - <https://cuyahoga.kanopy.com/video/eggs-classic-contemporary> (<https://cuyahoga.kanopy.com/video/eggs-classic-contemporary/>)

Poultry

Cutting a chicken into Pieces <https://youtu.be/vMINSCIDdWI> (<https://youtu.be/vMINSCIDdWI/>)

Carving Poultry/Trussing Poultry <https://youtu.be/EWlt6G85zC4> (<https://youtu.be/EWlt6G85zC4/>)

Beef & Lamb

Pounding Cutlets <https://youtu.be/y0izkLXcKdQ> (<https://youtu.be/y0izkLXcKdQ/>)

Fish

Filleting Round Fish - <https://youtu.be/mIRUwZIDM9A> (<https://youtu.be/mIRUwZIDM9A/>)

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