

Western Technical College

10317155 Vegetables, Starches and Grains

Course Outcome Summary

Course Information

Description	Basic principles of vegetable, starches and grains preparation and presentation are taught. Study is made of various cooking methods/styles/trends and procedures applied to these categories. Scientific principles relating to the physical composition of different foods and the chemical changes involved in the cooking process are analyzed. Principles include: heat transfer, food composition, sanitation practice, personal hygiene, foundation recipes, food processing tools and equipment, state of professionalism, and knife skills.
Career Cluster	Hospitality and Tourism
Instructional Level	Associate Degree Courses
Total Credits	2
Total Hours	72

Textbooks

Professional Cooking + Wileyplus. 9th Edition. Copyright 2019. Gisslen, Wayne. Publisher: John Wiley & Sons, Inc. **ISBN-13:** 978-1-119-40901-4. Required.

317-112, 317-115, 317-156 Lab Manual, Handouts and Recipe Packet. Western. Publisher: Western. Required.

Learner Supplies

Culinary Kit - \$186. **Vendor:** Campus Shop. Required.

Name Pin - \$5.00. **Vendor:** To be discussed in class. Required.

Black Pants - \$25-30. **Vendor:** To be discussed in class. Required.

Black baseball cap with Western's Logo - \$25. **Vendor:** Campus Shop. Required.

Black shoes with non-slip soles (no tennis) - \$35-40. **Vendor:** To be discussed in class. Required.

Chef Coat - \$25. **Vendor:** Campus Shop. Required.

Two potholders - \$5. **Vendor:** Campus Shop. Required.

White apron - \$7. **Vendor:** Campus Shop. Required.

White shirt (short sleeve with button down collar) - \$15-20. **Vendor:** To be discussed in class. Required.

Program Outcomes

1. Apply principles of safety and sanitation in food service operations.
2. Apply principles of nutrition.
3. Demonstrate culinary skills.

Course Competencies

1. Explore the use of vegetables and potatoes in the commercial kitchen.

Assessment Strategies

- 1.1. Written Objective Test or Quiz
- 1.2. Skill Demonstration

Criteria

You will know you are successful when

- 1.1. you ascertain vegetable pigment categories.
- 1.2. you ascertain potato varieties and their uses.
- 1.3. you ascertain appropriate cooking methods for vegetables and potatoes.
- 1.4. you produce a vegetable product to meet industry standards of taste.
- 1.5. you produce a vegetable product to meet industry standards of texture.
- 1.6. you produce a vegetable product to meet industry standards of appearance.
- 1.7. you produce a potato product to meet industry standards of taste.
- 1.8. you produce a potato product to meet industry standards of texture.
- 1.9. you produce a potato product to meet industry standards of appearance.

Learning Objectives

- 1.a. Investigate the use and production of different pigments of vegetables in the commercial kitchen.
- 1.b. Examine the use and production of fresh vegetables in the commercial kitchen.
- 1.c. Examine the use and production of convenience vegetable products in the commercial kitchen.
- 1.d. Examine the use and production of fresh waxy versus mealy potatoes in the commercial kitchen.
- 1.e. Examine the use and production of convenience potato products in the commercial kitchen.
- 1.f. Ascertain vegetables used in a commercial kitchen.
- 1.g. Ascertain key types of potatoes used in a commercial kitchen.

2. Demonstrate vegetable and potato cooking techniques.

Assessment Strategies

- 2.1. Skill Demonstration

Criteria

You will know you are successful when

- 2.1. you produce a sauteed product to industry standards of taste, texture, and appearance.
- 2.2. you produce a broiled product to industry standards of taste, texture, and appearance.
- 2.3. you produce a grilled product to industry standards of taste, texture, and appearance.
- 2.4. you produce a roasted/baked product to industry standards of taste, texture, and appearance.
- 2.5. you produce a steamed product to industry standards of taste, texture, and appearance.
- 2.6. you produce a boiled/simmered/poached product to industry standards of taste, texture, and appearance.
- 2.7. you produce a braised product to industry standards of taste, texture, and appearance.
- 2.8. you produce a pan-fried product to industry standards of taste, texture, and appearance.
- 2.9. you produce a deep-fried product to industry standards of taste, texture, and appearance.
- 2.10. you produce food according to food safety and sanitation requirements.
- 2.11. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 2.a. Produce a sauteed product.
- 2.b. Produce a broiled product.
- 2.c. Produce a grilled product.

- 2.d. Produce a roasted/baked product.
- 2.e. Produce a steamed product.
- 2.f. Produce a boiled/simmered/poached product.
- 2.g. Produce a braised product.
- 2.h. Produce a pan-fried product.
- 2.i. Produce a deep-fried product.

3. Explore the use of grains and legumes in the commercial kitchen.

Assessment Strategies

- 3.1. Written Objective Test or Quiz
- 3.2. Skill Demonstration

Criteria

You will know you are successful when

- 3.1. you ascertain appropriate legume types and their uses.
- 3.2. you ascertain appropriate legume convenience products.
- 3.3. you ascertain appropriate grain types and their uses.
- 3.4. you produce a grain product to meet industry standards of taste.
- 3.5. you produce a grain product to meet industry standards of texture.
- 3.6. you produce a grain product to meet industry standards of appearance.
- 3.7. you produce a dried or canned legume product to meet industry standards of taste.
- 3.8. you produce a dried or canned legume product to meet industry standards of texture.
- 3.9. you produce a dried or canned legume product to meet industry standards of appearance.

Learning Objectives

- 3.a. Ascertain types of grains used in a commercial kitchen.
- 3.b. Ascertain types of legumes used in a commercial kitchen.
- 3.c. Investigate the benefits of using a convenience legume product in the commercial kitchen.
- 3.d. Investigate the benefits of using a convenience grain product in the commercial kitchen.
- 3.e. Examine the cooking methods for cooking different types of legumes in the commercial kitchen.
- 3.f. Examine the cooking methods for cooking different types of grains in the commercial kitchen.
- 3.g. Explore the use of alternative grains in the commercial kitchen.

4. Demonstrate grain and legume cooking techniques.

Assessment Strategies

- 4.1. Skill Demonstration

Criteria

You will know you are successful when

- 4.1. you produce white rice to industry standards of taste, texture, and appearance.
- 4.2. you produce rice pilaf to industry standards of taste, texture, and appearance.
- 4.3. you produce risotto to industry standards of taste, texture, and appearance.
- 4.4. you produce polenta to industry standards of taste, texture, and appearance.
- 4.5. you produce a bean product from dried beans to industry standards of taste, texture, and appearance.
- 4.6. you produce a bean product from canned beans to industry standards of taste, texture, and appearance.
- 4.7. you produce food according to food safety and sanitation requirements.
- 4.8. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 4.a. Produce white rice.
- 4.b. Produce rice pilaf.
- 4.c. Produce risotto.
- 4.d. Produce polenta.
- 4.e. Produce a bean product from dried beans.
- 4.f. Produce a bean product from canned beans.

5. Explore the use of pasta in the commercial kitchen.

Assessment Strategies

- 5.1. Written Objective Test or Quiz
- 5.2. Skill Demonstration

Criteria

You will know you are successful when

- 5.1. you ascertain appropriate pasta forms and their uses.
- 5.2. you ascertain appropriate cooking methods for pasta.
- 5.3. you produce a fresh pasta or convenience pasta product to meet industry standards of taste.
- 5.4. you produce a fresh pasta or convenience pasta product to meet industry standards of texture.
- 5.5. you produce a fresh pasta or convenience pasta product to meet industry standards of appearance.
- 5.6. you produce a dried pasta product to meet industry standards of taste.
- 5.7. you produce a dried pasta product to meet industry standards of texture.
- 5.8. you produce a dried pasta product to meet industry standards of appearance.

Learning Objectives

- 5.a. Examine the shapes and uses of dried pasta in the commercial kitchen.
- 5.b. Investigate the benefits of using a convenience pasta product in the commercial kitchen.
- 5.c. Investigate the benefits of using fresh pasta dough in the commercial kitchen.
- 5.d. Examine the cooking methods for cooking types of pasta in the commercial kitchen.
- 5.e. Ascertain types of pasta used in a commercial kitchen.

6. Demonstrate pasta cooking techniques.

Assessment Strategies

- 6.1. Skill Demonstration

Criteria

You will know you are successful when

- 6.1. you produce fresh pasta dough to industry standards for taste, texture, and appearance.
- 6.2. you produce a fresh pasta product to industry standards for taste, texture, and appearance.
- 6.3. you produce a dried pasta product to industry standards for taste, texture, and appearance.
- 6.4. you produce a convenience pasta product to industry standards for taste, texture and appearance.
- 6.5. you produce food according to food safety and sanitation requirements.
- 6.6. you demonstrate kitchen etiquette to program standards.

Learning Objectives

- 6.a. Produce fresh pasta dough.
- 6.b. Produce a fresh pasta product.
- 6.c. Produce a dried pasta product.
- 6.d. Produce a commercial pasta product.

7. Operate commercial kitchen equipment.

Assessment Strategies

- 7.1. Skill Demonstration

Criteria

You will know you are successful when

- 7.1. you operate the charbroiler/grill to produce food to industry specifications.
- 7.2. you apply cleaning and sanitizing procedures to the charbroiler/grill.
- 7.3. you operate the broiler/salamander to produce food to industry specifications.
- 7.4. you apply cleaning and sanitizing procedures to the broiler/salamander.
- 7.5. you operate the manual steamer to produce food to industry specifications.
- 7.6. you apply equipment maintenance procedures.

Learning Objectives

- 7.a. Operate the charbroiler/grill.
- 7.b. Operate the broiler/salamander.
- 7.c. Operate the manual steamer.
- 7.d. Apply equipment maintenance and cleaning procedures.