



Western Technical College

# 10317172 Culinary Fundamentals I

## Course Outcome Summary

### Course Information

<b>Description</b>	Students learn basic kitchen principles of food safety, kitchen organization, knife skills, recipe proficiency, equipment, and small wares identification and usage. Basic principles of vegetables, starches, and grains preparation and presentation are taught. Study is made of various cooking methods/styles/trends and procedures applied to these categories.
<b>Career Cluster</b>	Agriculture, Food and Natural Resources
<b>Instructional Level</b>	Associate Degree Courses
<b>Total Credits</b>	4
<b>Total Hours</b>	144

### Textbooks

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

*Lab Manual Handouts and Recipe Packet*. Western. Publisher: Western. Required.

### Learner Supplies

Culinary Kit - \$225. **Vendor:** Campus Shop. 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.

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

### Course Competencies

1. **Demonstrate sanitation procedures in a professional kitchen.**

Assessment Strategies

- 1.1. Skill Demonstration
- 1.2. Sanitation Self Assessment

#### **Criteria**

*You will know you are successful when*

- 1.1. you use terms accurately.
- 1.2. you apply concepts correctly.
- 1.3. you apply safety procedures according to industry standards.
- 1.4. you apply sanitation procedures according to industry standards.
- 1.5. you apply personal hygiene standards according to industry standards.
- 1.6. you produce food that is safe to consume.

#### **Learning Objectives**

- 1.a. Demonstrate proper cleaning techniques.
- 1.b. Demonstrate proper sanitizing.
- 1.c. Demonstrate proper sanitation principles relating to food storage techniques.
- 1.d. Demonstrate proper sanitation principles relating to food preparation.
- 1.e. Demonstrate proper sanitation principles relating to food handling.
- 1.f. Produce food to proper internal temperatures.
- 1.g. Apply a high level of personal hygiene.

## **2. Demonstrate technical proficiency in knife skills.**

#### **Assessment Strategies**

- 2.1. Skill Demonstration

#### **Criteria**

*You will know you are successful when*

- 2.1. you produce diced food products to industry standards and specifications.
- 2.2. you produce rough chopped food products to industry standards.
- 2.3. you produce sliced food products to industry standards.
- 2.4. you produce a paste of food products to industry standards.
- 2.5. you produce brunoise to industry standards.
- 2.6. you produce oblique cut to industry standards.
- 2.7. you produce julienne to industry standards.
- 2.8. you produce batonnet to industry standards.
- 2.9. you produce chopped herbs to industry standards.
- 2.10. you produce chiffonade to industry standards.
- 2.11. you produce food according to food safety requirements.
- 2.12. you produce food according to proper food sanitation procedures.
- 2.13. you demonstrate kitchen etiquette to program standards.

#### **Learning Objectives**

- 2.a. Produce large, medium, and small dice to industry standards.
- 2.b. Produce large, medium, and small rough chop to industry standards.
- 2.c. Produce a large, medium, and small slice to industry standards.
- 2.d. Produce a paste to industry standards.
- 2.e. Produce oblique to industry standards.
- 2.f. Produce julienne to industry standards.
- 2.g. Produce batonnet to industry standards.
- 2.h. Produce chopped herbs to industry standards.
- 2.i. Produce chiffonade to industry standards.

## **3. Demonstrate mise en place techniques.**

#### **Assessment Strategies**

- 3.1. Skill Demonstration

#### **Criteria**

*You will know you are successful when*

- 3.1. you assemble smallwares required for given recipes.

- 3.2. you assemble measuring devices in advance of cooking.
- 3.3. you assemble knives in advance of cooking.
- 3.4. you assemble pots and pans in advance of cooking.
- 3.5. you assemble processing equipment in advance of cooking.
- 3.6. you utilize a neat, orderly work station.
- 3.7. you demonstrate knife skills proficiency.
- 3.8. you measure liquids with accuracy.
- 3.9. you measure solids with accuracy.

#### **Learning Objectives**

- 3.a. Assemble smallwares in advance of cooking.
- 3.b. Assemble measuring devices in advance of cooking.
- 3.c. Assemble knives in advance of cooking.
- 3.d. Assemble pots and pans in advance of cooking.
- 3.e. Assemble processing equipment in advance of cooking.
- 3.f. Utilize a neat, orderly work station.
- 3.g. Demonstrate knife skills proficiency.
- 3.h. Measure liquid and solid ingredients with accuracy.

### **4. Demonstrate recipe proficiency.**

#### **Assessment Strategies**

- 4.1. Skill Demonstration
- 4.2. Written Product

#### **Criteria**

*You will know you are successful when*

- 4.1. you write a paper that examines a common herb or spice according to assignment guidelines.
- 4.2. you customize recipe yields.
- 4.3. you determine information given in a recipe.
- 4.4. you use the correct knife cuts to produce a product to industry standards.
- 4.5. you use measuring tools and equipment appropriate to the food product.
- 4.6. you apply procedures listed in the recipes.
- 4.7. you use correct mise en place techniques to produce a product to industry standards.
- 4.8. you season your products according to industry standards for taste, texture, and appearance.

#### **Learning Objectives**

- 4.a. Examine the use of kitchen staples in the pantry, cooler, and freezer.
- 4.b. Examine the use of fresh and dried herbs and whole or ground spices.
- 4.c. Determine the difference between flavoring and seasoning.
- 4.d. Customize recipe yields.
- 4.e. Determine information given in a recipe.
- 4.f. Apply procedures listed in recipes.
- 4.g. Produce a product that meets industry standards for taste, texture, and appearance.

### **5. Explore the use of vegetables and potatoes in the commercial kitchen.**

#### **Assessment Strategies**

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

#### **Criteria**

*You will know you are successful when*

- 5.1. you ascertain vegetable pigment categories.
- 5.2. you ascertain potato varieties and their uses.
- 5.3. you ascertain appropriate cooking methods for vegetables and potatoes.
- 5.4. you produce a vegetable product to meet industry standards of taste.
- 5.5. you produce a vegetable product to meet industry standards of texture.
- 5.6. you produce a vegetable product to meet industry standards of appearance.
- 5.7. you produce a potato product to meet industry standards of taste.
- 5.8. you produce a potato product to meet industry standards of texture.
- 5.9. you produce a potato product to meet industry standards of appearance.

### **Learning Objectives**

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

## **6. Demonstrate vegetable and potato cooking techniques.**

### **Assessment Strategies**

- 6.1. Skill Demonstration

### **Criteria**

*You will know you are successful when*

- 6.1. you produce a sauteed product to industry standards of taste, texture, and appearance.
- 6.2. you produce a broiled product to industry standards of taste, texture, and appearance.
- 6.3. you produce a grilled product to industry standards of taste, texture, and appearance.
- 6.4. you produce a roasted/baked product to industry standards of taste, texture, and appearance.
- 6.5. you produce a steamed product to industry standards of taste, texture, and appearance.
- 6.6. you produce a boiled/simmered/poached product to industry standards of taste, texture, and appearance.
- 6.7. you produce a braised product to industry standards of taste, texture, and appearance.
- 6.8. you produce a pan-fried product to industry standards of taste, texture, and appearance.
- 6.9. you produce a deep-fried product to industry standards of taste, texture, and appearance.
- 6.10. you produce food according to food safety and sanitation requirements.
- 6.11. you demonstrate kitchen etiquette to program standards.

### **Learning Objectives**

- 6.a. Produce a sauteed product.
- 6.b. Produce a broiled product.
- 6.c. Produce a grilled product.
- 6.d. Produce a roasted/baked product.
- 6.e. Produce a steamed product.
- 6.f. Produce a boiled/simmered/poached product.
- 6.g. Produce a braised product.
- 6.h. Produce a pan-fried product.
- 6.i. Produce a deep-fried product.

## **7. Explore the use of pasta in the commercial kitchen.**

### **Assessment Strategies**

- 7.1. Written Objective Test or Quiz
- 7.2. Skill Demonstration

### **Criteria**

*You will know you are successful when*

- 7.1. you ascertain appropriate pasta forms and their uses.
- 7.2. you ascertain appropriate cooking methods for pasta.
- 7.3. you produce a fresh pasta or convenience pasta product to meet industry standards of taste.
- 7.4. you produce a fresh pasta or convenience pasta product to meet industry standards of texture.
- 7.5. you produce a fresh pasta or convenience pasta product to meet industry standards of appearance.
- 7.6. you produce a dried pasta product to meet industry standards of taste.
- 7.7. you produce a dried pasta product to meet industry standards of texture.
- 7.8. you produce a dried pasta product to meet industry standards of appearance.

### **Learning Objectives**

- 7.a. Examine the shapes and uses of dried pasta in the commercial kitchen.
- 7.b. Investigate the benefits of using a convenience pasta product in the commercial kitchen.
- 7.c. Investigate the benefits of using fresh pasta dough in the commercial kitchen.

- 7.d. Examine the cooking methods for cooking types of pasta in the commercial kitchen.
- 7.e. Ascertain types of pasta used in a commercial kitchen.

## **8. Demonstrate pasta cooking techniques.**

### **Assessment Strategies**

- 8.1. Skill Demonstration

### **Criteria**

*You will know you are successful when*

- 8.1. you produce fresh pasta dough to industry standards for taste, texture, and appearance.
- 8.2. you produce a fresh pasta product to industry standards for taste, texture, and appearance.
- 8.3. you produce a dried pasta product to industry standards for taste, texture, and appearance.
- 8.4. you produce a convenience pasta product to industry standards for taste, texture and appearance.
- 8.5. you produce food according to food safety and sanitation requirements.
- 8.6. you demonstrate kitchen etiquette to program standards.

### **Learning Objectives**

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

## **9. Operate commercial kitchen equipment.**

### **Assessment Strategies**

- 9.1. Skill Demonstration

### **Criteria**

*You will know you are successful when*

- 9.1. you use the 3-compartment sink to clean and sanitize smallwares and pots and pans.
- 9.2. you apply proper cleaning and sanitizing procedures to the 3-compartment sink.
- 9.3. you operate the deep fryer to produce food to industry specifications.
- 9.4. you apply proper cleaning and sanitizing procedures to the deep fryer.
- 9.5. you operate stove burners and convection oven combo to produce food to industry specifications.
- 9.6. you apply proper cleaning and sanitizing procedures to the stove burners and convection oven combination.
- 9.7. you operate the charbroiler/grill to produce food to industry specifications.
- 9.8. you apply cleaning and sanitizing procedures to the charbroiler/grill.
- 9.9. you operate the broiler/salamander to produce food to industry specifications.
- 9.10. you apply cleaning and sanitizing procedures to the broiler/salamander.
- 9.11. you operate the manual steamer to produce food to industry specifications.
- 9.12. you apply cleaning and sanitizing procedures to the manual steamer.
- 9.13. you apply proper equipment maintenance procedures.

### **Learning Objectives**

- 9.a. Use 3-compartment sink.
- 9.b. Operate deep fryer.
- 9.c. Operate stove burners and convection oven combination.
- 9.d. Operate the charbroiler/grill.
- 9.e. Operate the broiler/salamander.
- 9.f. Operate the manual steamer.
- 9.g. Apply equipment maintenance and cleaning procedures.