

Syllabus

Course Prefix and Number: CULA140

Credit Hours: 7

Course Title: Food Preparation Fundamentals

Prerequisites: CULA 100, 110, 115, 120,130

Course Description: Students will learn fundamentals of baking science, production of rolls, folded dough, pies, cookies, breads, cakes, icings, creams, tortes, and meringues. Emphasis is placed on the principles of baking, chemistry, formulas, the use of weights and measures, and identification of equipment. Whole dessert presentations and creative plate presentations are also emphasized. Principles of meat, vegetable and breakfast cookery are also explored.

Text: On Cooking 4th edition.

Learning Outcomes: At the end of this course the student will be able to:

- A. Identify and prepare canapé's and hot and cold hors d'oeuvre.
- B. Identify and prepare hot and cold sandwiches.
- C. Identify and prepare a variety of beverages, including coffees and teas.
- D. Identify and prepare breakfast meats, eggs, cereals and battered products.
- E. Define baking terms and identify equipment and utensils used in baking.
- F. Identify ingredients used in baking and describe properties and list the functions of various ingredients
- G. Demonstrate proper scaling and measurement techniques.
- H. Apply basic math skills to recipe conversions.
- I. Prepare yeast dough, quick breads, pies, cookies, cakes and icings.
- J. Prepare a variety of types of cakes and describe techniques used in mixing, panning, baking and basic decorating.
- K. Prepare laminated dough's.
- L. Prepare Choux pastries.
- M. Prepare the three basic meringue types.
- N. Prepare creams, custards, puddings and related sauces.
- O. Prepare a variety of dessert sauces.
- P. Identify and prepare different types and cuts of meat, poultry and seafood.
- Q. Identify and prepare charcuterie and garde manger items.
- R. Identify and prepare different types of vegetables, potatoes, grains and pasta.

To achieve the learning outcomes, the student will

- 1. Identify and explain baking terms, ingredients and tools and discuss proper use and care of equipment. (E,F)
- 2. Employ safe food handling practices.(A,B,C,D,I,J,K,L,M,N,O,P,Q.R,S)
- 3. Scale and measure ingredients. (G)
- 4. Prepare quick-breads.(I)

5. Produce a variety of types of pies and tarts. (I)
6. Produce a variety of types of cookies.(I)
7. Prepare crusty, soft and specialty baked products. (I,K,L)
8. Prepare a variety of breakfast foods and beverages. (C,D)
9. Discuss basic principles of baking. (E,F,I,J,K,L,M,N,O)
10. Demonstrate dough formulas and techniques. (I,J,K,L)
11. Demonstrate basic icing and decorating techniques.(I, J)
12. Prepare a variety of pies, pastries, meringues and fruit desserts.
(I,L,M,N,O)
13. Prepare a variety of Creams, custards, puddings, frozen desserts and sauces. (M,N,O)
14. Describe the composition and structure of meats.(P)
15. Define terms related to meat specifications. (P)
16. Explain the aging, curing and smoking of meats. (P)
17. Describe various cooking methods of meats and degree of doneness. (P)
18. Demonstrate techniques to include: trussing, carving and cutting various types of meats. (P)
19. Select fabricated cuts. (P)
20. Demonstrate various cooking methods of meats and degree of doneness.
(P)
21. Demonstrate how to prepare sausages and cured foods, pâté's terrines and other cold foods. (Q)
22. Compare the composition, structure and basic quality factors of meat and game. (P)
23. Compare and contrast poultry and game birds. (P)
24. Describe various cooking methods for poultry and game birds.(P)
25. Describe types of fish and shellfish.(P)
26. Discuss cooking fish and shellfish. (P)
27. Describe varieties of vegetables. (R)
28. Demonstrate a variety of cooking techniques for vegetables.(R)
29. Discuss the preparation of potatoes, rice and other grains, pasta and dumplings. (R)
30. Discuss sandwich and hors d` oeuvres varieties and preparations. (A,B)

Course Requirements: If a student misses more than four lab classes the student is required to make up time missed or be subject to suspension. Students are required to be in complete uniform for all lab classes.

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Course Grading: The grade for this course is based on attendance, assignments, quizzes, daily grades and a written and practical examination.

Grading Scale

90-100	A
80-89	B
70-79	C
60-69	D
0- 59	F

June 06