

CUL 140 : CULINARY FOUNDATIONS II

Transcript title

Culinary Foundations II

Credits

4

Grading mode

Standard letter grades

Total contact hours

80

Other hours

80

Prerequisites

CUL 110.

Course Description

Learn about and prepare classical mother sauces, contemporary sauces, small sauces, vegetables, grains, starches, pasta, and eggs. Use food science principles related to primary cooking techniques, show station organization, workflow and overall time management. Practice proper use of commercial equipment and reinforcement of understanding of ingredients, measurement, formulas, and techniques.

Course learning outcomes

1. Demonstrate a variety of knife cuts with speed and accuracy.
2. Conduct recipe scaling and conversions with accuracy.
3. Demonstrate stock, soup and sauce cookery with accuracy and adherence to the designated technique.
4. Identify, prepare, and cook a variety of vegetables and grains accuracy and adherence to the designated technique.
5. Present knowledge of eggs and demonstrate egg cookery with accuracy and adherence to the designated technique.
6. Demonstrate professionalism standards relating to appearance and conduct.
7. Demonstrate appropriate knowledge and applied practices for controlling food time/temperature abuse, proper food handling procedures and personal hygiene practices.
8. Demonstrate knowledge and applied skill relating to the step-by-step process for the primary cooking techniques.
9. Demonstrate consistent knowledge and usage of ratios.
10. Demonstrate the function of mise en place in a professional kitchen.
11. Demonstrate safe knife sharpening and handling techniques and execute classical cuts.
12. Describe and demonstrate proper step-by-step process for preparing classical and emulsion sauces.
13. Describe and display the elements of taste and flavor development as it relates with the cooking process.