South Central College

CULN 1103  Culinary Fundamentals 1

Course Outcome Summary

Course Information

Description
Students will learn basic concepts and principles of cooking. Students will be introduced to mise en place. Students will identify herbs and spices and different cooking methods. They will demonstrate proper knife skills and basic vegetable cuts. Students will make basic stocks, mother sauces and soups. (Corequisites: CULN 1101 and CULN 1104)

Total Credits 4
Total Hours 96

Types of Instruction

Instruction Type Credits/Hours
Lab/Lecture 4/96

Pre/Corequisites

CULN 1104
CULN 1101

Institutional Core Competencies

Civic Engagement and Social Responsibility - Students will be able to demonstrate the ability to engage in the social responsibilities expected of a community member.

Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Cultural Competence - Students will be able to demonstrate an attitude of personal curiosity, a rising knowledge of cultures, and an evolving range of skills for living and working among others with other worldviews and ways of life.

Course Competencies

1. Apply measurement conversions

   Learning Objectives
   Use volume measures
   Use ounce/lb. scales

2. Operate commercial kitchen equipment
Learning Objectives
Use ala carte equipment
Operate batch cooking equipment

3. **Demonstrate sanitary food handling procedures**
   Learning Objectives
   Display proper personal hygiene
   Sanitize kitchen facilities
   Perform sanitary food handling

4. **Demonstrate the use of kitchen utensils.**
   Learning Objectives
   Use cutting tools
   Use pre-preparation/finishing utensils

5. **Demonstrate pre-preparation techniques**
   Learning Objectives
   Perform breading procedures
   Prepare vegetable cuts
   Identify culinary terms

6. **Practice cooking doneness methods**
   Learning Objectives
   Identify heat transfer methods
   Identify cooking time variables
   Identify doneness temperatures
   Perform cooking doneness procedures
   Calculate roasting times

7. **Practice moist heat cooking methods**
   Learning Objectives
   Prepare braised entree
   Prepare steamed food item
   Prepare blanched food item
   Prepare poached item

8. **Apply equipment maintenance/cleaning procedures**
   Learning Objectives
   Clean grill
   Clean broiler
   Identify fryer filtering procedure

9. **Implement station organization methods**
   Learning Objectives
   Stock culinary station
   Perform mise en place preparation

10. **Demonstrate stock preparation methods**
    Learning Objectives
    Prepare chicken stock
    Prepare beef stock
    Prepare fish stock
    Prepare vegetable stock
    Prepare specialty stocks

11. **Identify thickening agents**
    Learning Objectives
    Prepare roux
12. **Demonstrate making of leading sauces**
   Learning Objectives
   - Prepare brown sauce
   - Prepare veloute sauce
   - Prepare tomato sauce
   - Prepare bechamel sauce
   - Prepare hollandaise sauce
   - Prepare butter sauce

13. **Demonstrate the different soup classifications**
    Learning Objectives
    - Prepare vegetable soup
    - Prepare chowder soup
    - Prepare bean soup
    - Prepare lentil soup
    - Prepare consomme
    - Prepare specialty soup
    - Prepare soup garnishes

14. **Identify convenience stocks**
    Learning Objectives
    - Critique convenience stocks

15. **Apply breakfast cooking methods**
    Learning Objectives
    - Identify breakfast foods
    - Prepare breakfast egg dishes
    - Prepare breakfast meats
    - Prepare breakfast wheat based foods

16. **Identify breakfast beverages**
    Learning Objectives
    - Prepare breakfast beverages
    - Evaluate breakfast beverage quality

17. **Produce potato preparation methods**
    Learning Objectives
    - Identify culinary terms

18. **Distinguish the difference between fresh, dried herbs and spices**
    Learning Objectives
    - Identify dried herbs
    - Identify fresh herbs
    - Identify dried spices

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