South Central College

CULN 1104  Culinary Fundamentals 2

Course Outcome Summary

Course Information

Description
Students will be introduced to all conventional and non-conventional cooking methods. They will convey knowledge and perform proper cooking of meats, poultry, fish, starches, and vegetables. They will expand their knowledge and skills in creation of sauces, from mother sauces to small sauces. In addition, they will create relishes, flavored oils, salsas, compotes, coulis, and purees. (Corequisite: CULN 1103)

Total Credits 4
Total Hours 96

Types of Instruction

Instruction Type Credits/Hours
Lecture/Lab 4/96

Pre/Corequisites

CULN 1103

Institutional Core Competencies

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

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Course Competencies

1. Demonstrate dry heat cooking methods

   Learning Objectives
   Prepare roasted entree
   Prepare sauteed entree
   Prepare broiled entree
   Recall broiled color chart
   Prepare deep-fried food
   Prepare pan-fried entree
   Prepare grilled entree
2. **Apply sanitary food handling procedures**
   Learning Objectives
   Display proper personal hygiene
   Sanitize kitchen facilities
   Perform sanitary food handling

3. **Prepare secondary sauces**
   Learning Objectives
   Prepare secondary brown sauces
   Prepare secondary velouté sauces
   Prepare secondary tomato sauces
   Prepare secondary bechamel sauces
   Prepare secondary hollandaise sauces

4. **Describe convenience sauces**
   Learning Objectives
   Critique convenience sauces
   Prepare convenience sauces

5. **Utilize different cooking methods of vegetables**
   Learning Objectives
   Prepare steamed, blanched, roasted, and baked vegetables
   Identify the best cooking method for different kinds of vegetables

6. **Utilize different cooking methods of potatoes**
   Learning Objectives
   Identify the types of cooking methods used for potatoes
   Prepare fried, baked, boiled, and sautéed potatoes

7. **Demonstrate different cooking methods of legumes, grains, pastas, and other starches**
   Learning Objectives
   Identify the best cooking methods for legumes, grains, pastas, and starches
   Prepare legumes, grains, pastas, and other starches using a variety of cooking methods and recipes

8. **Practice different cooking methods for meats, poultry, and seafood**
   Learning Objectives
   Identify the best cooking methods for meats, poultry, and seafood
   Prepare meats, poultry, and seafood using a variety of cooking methods and recipes

9. **Apply classic mother sauce making.**
   Learning Objectives
   Prepare basic brown sauces.
   Prepare classic white sauces.

10. **Demonstrate building flavor profiles.**
    Learning Objectives
    Prepare a starch with no recipe.
    Prepare a vegetable with no recipe.

11. **Prepare a three course meal.**
    Learning Objectives
    Make a three course menu.
    Make a prep list for your menu.

12. **Demonstrate plating technique.**
    Learning Objectives
    Arrange a classic style plate.
Arrange a modern style plate.

**SCC Accessibility Statement**

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