



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 misen 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

Prepare cornstarch slurry
Prepare arrowroot slurry
Prepare colored rouxs

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
Prepare 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
Prepare breakfast potatoes

18. Distinguish the difference between fresh, dried herbs and spices

Learning Objectives

Identify dried herbs
Identify fresh herbs
Identify dried spices

SCC Accessibility Statement

South Central College strives to make all learning experiences as accessible as possible. If you have a disability and need accommodations for access to this class, contact the Academic Support Center to request and discuss accommodations. North Mankato: Room B-132, (507) 389-7222; Faribault: Room A-116, (507) 332-7222.

Additional information and forms can be found at: www.southcentral.edu/disability

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