



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 veloute 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

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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