



Syllabus

CUL 100 Culinary Fundamentals

General Information

Date

September 25th, 2017

Department

Business

Course Prefix

CUL

Course Number

100

Course Title

Culinary Fundamentals

Course Information

Credit Hours

3

Lecture Contact Hours

3

Lab Contact Hours

0

Other Contact Hours

0

Catalog Description

This course will be the foundation course for the culinary arts curriculum. The course focuses on developing students' understanding of the history of the culinary industry as well as examining proper identification, preparation, and evaluation of basic culinary ingredients. Students will learn the principles of cooking as well as proper cooking methods for different products. Basic math skills necessary for recipe conversions will be introduced as well as writing standard recipes.

Key Assessment

This course does not contain a Key Assessment for any programs

Prerequisites

None

Co-requisites

CUL 105

Grading Scheme

Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Course Learning Outcomes

Course Learning Outcomes

1. Identify and delineate successful preparation methods for produce items, starch items, and leading sauces, as well as describing the methods of cooking these food items.
2. Compose an original, functional menu using standardized recipes.
3. Articulate the roles of ingredients in a recipe from both a preparatory and a nutritional point of view.
4. Debate and discuss current food trends and how these trends influence consumer behaviors with regard to food consumption.

Program Affiliation

This course is required as a core program course in the following program

AAS Culinary Arts

AAS Hospitality and Tourism Management - Food and Beverage Management

AAS Hospitality and Tourism Management - Hotel and Resort Management

AS Nutrition and Dietetics

Outline of Topics Covered

I. Orientation and Overview of the Foodservice industry

- Introduction to the Principles of Cooking, moist and dry heat, Breakfast cookery including eggs, pancakes, French toast, styles of omelets, and scrambles.
- Weights, Measures, Recipes and Conversions including Metric to English units, conversions of volume measure, mass measurements to volume equivalents, volume measurements of cans, how to measure accurately, temperature measurements.

II. Writing Effective Recipes and Requisitions including usage of appropriate terminology to ensure results, attention to detail, considerations for the end user, specification of product, technique, and cooking methods.

- Menu Engineering and Concepts including styles, considerations for the reader, visual cues and the flow of attention, flaws in menu writing, concept, and /or assessment of target markets.

III. Cooking Vegetables and Potatoes

- Effects of acids and bases on color and texture retention, families of vegetables and potatoes, use and cookery of waxy vs. starchy potatoes, appropriate cooking and preparation methods, definitions and discussion of GMO, selective breeding, and organic produce, market forms of vegetables and potatoes.

IV. Soups

- Consommés, chowders, potages, purees, broths, clear, and cold soups, appropriate ingredients, garnishes, common pitfalls, service temperatures and portion sizes.

V. Pasta, Grains and Legumes

- ingredients, cooking methods, names of pasta cuts, proper use for sauces, grain substitutes for traditional starches, use in gluten free products, use of legumes in a vegetarian diets.

VI. Stocks and Bases

- chemical and physical properties of stocks and bases, ingredients and methodology for production of white chicken, beef, veal stocks, brown chicken, beef, and veal stocks, vegetable stocks, fumets, and remouillages.

VII. Food and Culture, Nutrition and Food Science, Specialized Diets

- Vegetarian, vegan and lifestyle diets, medically necessary diets, cultural norms for food consumption including portion sizes, consumption of well rounded diets, impacts on the modern foodservice industry.

VIII. Salads and Dressings

- Basics of Food Costing including vinaigrettes, dairy based dressings, mayonnaise and mayonnaise based dressing, the process of emulsification, identification of emulsifying ingredients, salad green families, care and flavor profiles, entrée salads bound salads, the role of salads within the meal, complimentary flavor profiles and plating techniques.

VIII. Introduction to Sauces

- The mother or leading sauces, bodies and thickeners, contemporary versus classical sauce making, 10,8,5 rules for roux, the production and use of white, blond, and brown roux, arrowroot versus cornstarch slurries, whitewashes, classical terminology use, and guest expectations.
- Small sauces and Condiments including derivatives, classical garnishes, catsups, relishes, chutneys, salsas, aiolis, and remoulades.