



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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## Course Outline

**COURSE:** CUL 701      **DIVISION:** 90      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Spring 2025

**CURRICULUM APPROVAL DATE:** 11/12/2024

**SHORT TITLE:** CULINARY SKILLS

**LONG TITLE:** Culinary and Kitchen Skills

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	0	0
		Lab:	.89	48.06
		Other:	0	0
		Total:	.89	48.06

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Out of Class Hrs: 00.00

Total Learning Hrs: 48.06

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### COURSE DESCRIPTION:

This course will prepare a student to work in a professional kitchen environment. Students will be trained in kitchen safety and preparation of meat, starches, vegetables, sauces, and baked goods. Students will learn how to follow and adapt recipes and to use decision-making in the kitchen. This course is paired with CUL 702, which together make up an Introductory Culinary Arts Certificate.

### COREQUISITES:

CUL 702

**CREDIT STATUS:** N - Non Credit

### GRADING MODES

N - Non Credit

**REPEATABILITY:** N - Course may not be repeated

### SCHEDULE TYPES:

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Demonstrate the application of primary standards and regulations for safe food handling and sanitation practices.
2. Plan and follow a food production schedule, including timing and prioritizing of tasks and activities
3. Illustrate and apply the basics of baking, pastry, and dessert preparation

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Practice the basic procedures for the safety of employees and guests, including the procedures for emergency situations.
2. Apply the procedures for cleaning and maintaining facilities and equipment and the importance of preventive maintenance and the use of nontoxic and less toxic materials
3. Design plating techniques, including accurate portioning and aesthetic presentation skills.

**COURSE CONTENT:**

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Unit 1 (6hrs): Recipes and Equipment

Adjust standard recipes & using correct computational skills

Apply the principle of mise en place (set in place) in assembling ingredients, tools and supplies

Demonstrate the ability to blanch, par cook & create a marinade

Measure & weigh ingredients according to a recipe's specifications 3

Knife Skills

Large and Small Equipment

Unit 2 (6hrs): Sanitation and Safety

Explain the role of California Occupational Safety & Health Administration (CALOSHA) in regulating practices in food service & hospitality industry

Describe specific principles of Hazard Analysis Critical Control Point (HACCP)

Demonstrate food safety & sanitation procedures in all food handling activities

Demonstrate understanding of safe work habits & emergency procedures

Safety regulations & emergency procedures

Unit 3 (6hrs): Cold Food Preparation and Fruits, Vegetables and Starches

Prepare & evaluate a variety of cook rice products (boiled, steamed & fried)

Prepare & evaluate cooked vegetables using the various cooking methods

Prepare & evaluate a variety of cooked potatoes (boiled, steamed, pureed, sauteed, pan-fried, & deep fried)

Unit 4 (6hrs): Bakery Products

Demonstrate a mastery of basic baking principles in bakery production

Identify and compare types of flour, shortening and leavening agents

Prepare quality yeast-raised products, quick breads, cakes and icings, pastries, pies, cookies, fillings, and meringues

Incorporate standardized recipe adjustments into bakery production 3

**COURSE CONTENT(CONTINUED):**

Unit 5 (6hrs): Stocks, Sauces and Hot Soups

Introduction to hot foods

Prepare roux, glazes & miscellaneous hot & cold sauces & pan gravies

Use a sachet or spice bag for flavoring liquids

Unit 6 (6hrs): Meats, Poultry and Seafood

Unit 7 (6hrs): Breakfast Foods

Demonstrate the ability to prepare egg items

Demonstrate the ability to prepare pancakes

Unit 8 (6.06hrs): Receiving and Storage and Nutritional Values

Explain the importance of pre-preparation 3

Nutritional Values

**METHODS OF INSTRUCTION:**

A variety of instructional methods will be used. The class will be taught in a culinary lab setting, which will allow for instruction and applied practice. Students will be presented information and will practice in groups and later independently. Students will also practice skills by working alone and in groups on more complex projects which will be guided and assessed by the instructor.

**METHODS OF EVALUATION:**

Objective examinations

Evaluation Percent 20

Evaluation Description

A written exam on food handling and preparation will be used and scored.

Skill demonstrations

Evaluation Percent 40

Evaluation Description

A demonstration of skills will be assessed by observing and rating of practice activities.

Other methods of evaluation

Evaluation Percent 40

Evaluation Description

Projects will be monitored and rated.

**REPRESENTATIVE TEXTBOOKS:**

Course instructional packet, .

Rationale: A compilation of materials is provided for each student. The packet is composed of safety information, equipment operational instructions, and instructions and illustrations of cooking and food preparation techniques.

**ARTICULATION and CERTIFICATE INFORMATION**

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: J

Noncredit Category: J

Cooperative Education: N

Program Status: 1 Program Applicable

Special Class Status: N

Prior to College Level: Y

Non Credit Enhanced Funding: Y

Funding Agency Code: A

In-Service: N

Occupational Course: C

Course Control Number: CCC000647633

Sports/Physical Education Course: N

Taxonomy of Program: 120500