

El Paso Community College

Syllabus

Part II

Official Course Description

SUBJECT AREA	<u>Culinary Arts and Related Sciences</u>
COURSE RUBRIC AND NUMBER	<u>CHEF 1301</u>
COURSE TITLE	<u>Basic Food Preparation</u>
COURSE CREDIT HOURS	<u>3 2 :</u> Credits Lec Lab

I. Catalog Description

A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism. **Corequisites: CHEF 1305 and PSTR 1301. (2:4). Lab fee.**

II. Course Objectives

- A. Unit I. Introduction to the Foodservice Profession
- 1) Discuss the foodservice profession
 - 2) Identify key characteristics of the foodservice professional
 - 3) Evaluate standards of nutrition, safety and sanitation, and food science
 - 4) Apply the basic principles of culinary math as they relate to recipes and food costs
 - 5) Identify tools and equipment common to kitchen operations.
 - 6) Identify functions of various stations.
- B. Unit II. Common Topics/Practices in Food Preparation and Service
- 1) Define the term flavor and identify the elements of flavor
 - 2) Explain the importance of mise en place and how it forms the basis of all kitchen preparations
 - 3) Explain what presentation is and use food presentation techniques to arrange, sauce, and garnish foods appropriately
 - 4) Apply basic plating techniques to a variety of presentations
 - 5) Identify the elements of service
 - 6) Perform basic table setup and service
 - 7) Apply proper kitchen terminology.
- C. Unit III. Knife Skills
- 1) Demonstrate and perform basic knife skills.
 - 2) Demonstrate and perform other knife skills
 - 3) Demonstrate and perform tomato concassé
 - 4) Demonstrate and perform onion piqueé and onion bruleé
 - 5) Identify and explain the appropriate use of the various cuts as well as how they interrelate with cooking methods
 - 6) Demonstrate and perform knife skills to maximize product yield.
 - 7) Demonstrate and perform whole chicken fabrication knife skills.

- D. Unit IV. Fundamentals of Cooking
 - 1) Identify common ingredients used in the professional kitchen
 - 2) Select ingredients common to the professional kitchen based on criteria
 - 3) Apply the principles of vegetable cookery.
 - 4) Apply the principles of farinaceous cookery (grains, legumes, and starches).
- E. Unit V. Stocks, Soups, and Sauces
 - 1) Prepare the different types of basic stocks
 - 2) Evaluate properly made stocks based on criteria.
 - 3) Explain the purpose of sauces
 - 4) Prepare the five Mother sauces
 - 5) Name the two basic categories of soups and prepare a variety of soups from each category
- F. Unit VI. Dry Heat Cooking Methods
 - 1) Prepare a variety of foods using the sauté technique
 - 2) Prepare a variety of foods using the various frying techniques
 - 3) Explain the similarities and differences between roasting, baking (as it relates to meat, poultry, and fish), poêléing, smoke-roasting, and spit-roasting
 - 4) Perform appropriate grilling and broiling techniques as dry heat cooking methods
 - 5) Apply the basic elements of barbecue.
- G. Unit VII. Moist Heat Cooking Methods
 - 1) Prepare a variety of foods using the shallow-poaching technique
 - 2) Prepare a variety of foods using the poaching and simmering methods
 - 3) Prepare a variety of foods using the steaming and boiling methods
- H. Unit VIII. Combination Cooking Methods
 - 1) Prepare a variety of foods using the braising technique
 - 2) Prepare a variety of foods using the stewing technique
 - 3) Identify the similarities and differences between braising and stewing
- I. Unit IX. Basic Garde Manger and Pantry Cookery
 - 1) Prepare a variety of egg dishes and breakfast foods.
 - 2) Define the term emulsion and explain how it relates to dressings and salads
 - 3) Identify the categories of food preparations that form the modern Garde Manger kitchen
 - 4) Prepare a variety of basic garde manger foods.

III. THECB Learning Outcomes (WECM)

- 1. Demonstrate skills in knife, tool and equipment handling, and operate equipment safely and correctly.
- 2. Demonstrate proficiency in dry and moist heat cooking methods.
- 3. Produce a variety of food products applying principles of food handling and preparation.
- 4. Implement professional standards in food production.

IV. Evaluation

A. Pre-assessment

Instructors should check each student's prerequisites the first week of class; those who do not qualify should be sent back to Admissions. Students should pass any applicable safety tests during the first week. The instructor should counsel students regarding specific safety issues.

B. Challenge Exam

Students who wish to challenge the course should contact the Testing Center and the Instructional Dean. Challenges must be accomplished before the census cut-off date. Students who previously have received a W or a letter grade for the course are not eligible to challenge this course.

C. Post-Assessment

- 1) The instructor will maintain a continuous record of each student's progress on an institutionally approved grade sheet or computerized substitute. All instructors must keep records in such a way that information would be clear to a second party having to check grade computation in special cases. An explanatory legend should be provided on the grade sheet.
- 2) The evaluation of the prepared items should be based on the student's mastery of the assigned objectives. In addition to food preparation, the instructor may require quizzes and exercises on cooking methods, terminology, and use of tools. The instructor may also require a researching of recipes.

It is essential that student do assignments throughout the semester. These units are to be seen as overlapping and intertwined with one another.

Any projects will be devised at the instructor's discretion. In addition to basic preparations, the projects may include but are not limited to the following: entrée preparation, starch and vegetable preparation, and dessert plate-ups. Instructors are strongly encouraged to require recipe research be typed or composed on a word processor or computer.

D. Final Examination

A final examination is required in all Culinary and Restaurant Management Classes. The exam should consist of (or at least include) a written test and/or a hands-on preparation given in class/lab during the scheduled final examination period. If the instructor thinks the final prep item and/or written exam do not reflect a satisfactory mastery of the course objectives, the exam may be used as a justification for failing the student for the course. In such cases, it is advisable to have one other instructor confirm the evaluation of the work. If the instructor judges that the final prep item and/or written exam meet the course objectives satisfactorily, the work will be graded and may be averaged in with the other course work to determine the course grade.

E. Grading Percentages

Grade percentages for determining the course grade may be devised by the individual instructor, but the in-class projects will account for at least 70% of the student's grade. At the instructor's discretion, the grade for the final exam may be averaged as part of the 70%.

F. Remediation

At the instructor's discretion, students may be allowed to retest for higher grades. Students seeking additional help may obtain tutoring assistance from the Chef Instructor as time permits.

G. Grading Scale:

A = 90 – 100	I = Incomplete
B = 80 – 89	W = Withdrew/ Withdrawn
C = 70 – 79	
D = 60 – 69	
F = below 60	

V. Disability Statement (Americans with Disabilities Act [ADA])

EPCC offers a variety of services to persons with documented sensory, mental, physical or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm. C-112 (831-2426); TM Rm. 1400 (831-5808); RG Rm. B-201 (831-4198); NWC Rm. M-54 (831-8815); and MDP Rm. A-125 (831-7024).

VI. 6 Drop Rule

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.

VII. Title IX and Sex Discrimination

Title 9 (20 U.S.C. 1681 & 34 C.F.R. Part 106) states the following "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance." The Violence Against Women Act (VAWA) prohibits stalking, date violence, sexual violence, and domestic violence for all students, employees and visitors (male and female). If you have any concerns related to discrimination, harassment, or assault (of any type) you can contact the Assistant to the Vice President for Student and Enrollment Services at 915-831-2655. Employees can call the Manager of Employee Relations at 915-831-6458. Reports of sexual assault/violence may also be reported to EPCC Police at 915-831-2200.