

CART 040: CULINARY FUNDAMENTALS

Formerly known as:

CART 003 (or if cross-listed - inactivated courses associated with this course)

Originator

kstruwe

Justification / Rationale

Change prerequisites to co-requisites
Fix typos

Effective Term

Spring 2023

Credit Status

Credit - Degree Applicable

Subject

CART - Culinary Arts

Course Number

040

Full Course Title

Culinary Fundamentals

Short Title

CULINARY FUNDAMENTALS

Discipline**Disciplines List**

Culinary Arts/Food Technology (Food service, meat cutting, baking, waiter/waitressing, bartending)

Modality

Face-to-Face

Catalog Description

Fundamental concepts, skills and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories and preparation of stocks, broths, glazes, soups, thickening agents, grand sauces and emulsion sauces. Lectures and demonstrations teach organizational skills in the kitchen, work coordination and knife skills. The basics of vegetable cookery, starch cookery and meat, fish, and poultry cookery will be covered, as well as basic cooking methods such as sauteing, roasting, poaching, braising and frying. Students must successfully pass a practical cooking examination covering a variety of cooking methods. A Classic Chef uniform is required for this class.

Note: No credit for CART 040 if student has successfully completed CART 003.

Schedule Description

Skills and techniques involved in basic cookery. Emphasis is given to the student on ingredients, cooking theories and preparation of stocks, broths, glazes, soups, thickening agents, grand sauces and emulsion sauces. A Classic Chef uniform is required for this class.

Note: No credit for CART 040 if student has successfully completed CART 003.

Prerequisite: CART 060 or concurrent enrollment

Lecture Units

1

Lecture Semester Hours

18

Lab Units

2

Lab Semester Hours

108

In-class Hours

126

Out-of-class Hours

36

Total Course Units

3

Total Semester Hours

162

Prerequisite Course(s)

CART 060 or concurrent enrollment

Required Text and Other Instructional Materials**Resource Type**

Book (Recommended)

Author

Culinary Institute of America

Title

The Professional Chef ISBN 978-0-470-42135-2

Edition

9th

Publisher

John Wiley Sons, Inc.

Year

2011

For Text greater than five years old, list rationale:

Originally published in 1962, this book has remained the classic reference for the culinary industry.

Class Size Maximum

20

Entrance Skills

Identify basic safety and accident prevention techniques in the kitchen environment.

Requisite Course Objectives

CART 001-Identify and define the basic concepts of safety within a food service operation.

CART 060-Identify basic safety and accident prevention techniques.

Entrance Skills

Demonstrate appropriate cleaning and sanitation procedures including use of sinks and mopping.

Requisite Course Objectives

CART 001-Identify, describe and define the basic concepts of safe food handling within a food service operation.

CART 001-Design a cleaning schedule and develop strategies for implementing it in a foodservice operation.

CART 001-Articulate the importance of maintaining high sanitation standards in foodservice operations.

CART 060-Identify steps to establishing a HACCP Plan.

Course Content

- Pots, Pans and Containers, Measuring Devices, Knives and Hand Tools, Knife Skills
- Basic Cooking Principles: Dry Cooking Methods, Moist Cooking Methods
- Stocks
 - Understanding Stock: Definition of Stocks, Judging Quality of Stocks, Use of Stocks
 - Ingredients in Stocks: Bones, Meat, Water, Mirepoix, Acid Products, Seasonings and Spices
 - Procedures for Preparing Stocks: Brown Stock, White Stock, Fish Fumet
- Sauces
 - Understanding Sauces: Functions of Sauces, Judging Quality of Sauces
 - Components of Sauces: Liquids, Thickening Agents
 - Flavoring Agents
 - Sauce Families: Leading Sauces, Small Sauces
- Soups
 - Understanding Soup: Definition of Soup, Examples of Soups, Classifications of Soups, Service of Soups
 - Clear Soups
 - Thick Soups: Cream Soups, Puree Soups, Bisques, Chowders
 - Specialty and National Soups
- Vegetables: Color, Flavor, Texture, Nutrition, Cooking Vegetables
- Grains: Types of Rice and Handling, Other Grains Cooked Like Rice, Cooking Rice and Other Grains
- Pastas: Commercial Pasta, Fresh Egg Pasta, Shapes, Cooking Pastas
- Salad Dressings
- Meat
 - Principles of Low Heat Cooking
 - Breaking Down Connective Tissue
 - Other Factors Affecting Cooking Method Choice
 - Searing and Sealing
 - Doneness
 - Cooking Methods
- Poultry
 - Types of Poultry
 - Maturity and Tenderness
 - Light and Dark Meat
 - Doneness
 - Cooking Methods
- Fish
 - Fish: Composition and Structure, Problems Cooking Fish, Cooking Fish
 - Shellfish: Mollusks, Crustaceans, Cooking Shellfish

Lab Content

Review of Hand Tools and Small Equipment Identification & Safe Usage

Review of Knife Identification, Selection and Safe Handling Procedures

Review of Safety and Sanitation Basics

Production of Basic Cuts and Shapes: i.e. Chopping, Slicing, Batonnet, Julienne, Fine Julienne, Large Dice, Medium Dice, Small Dice, Brunoise (Regular and Fine)

Composition of Taste

Art of Seasoning and Flavoring

Effects of Heat on Food

Stocks and Broths

Thickening Agents and Sauces

Course Objectives

	Objectives
Objective 1	Apply recipes as a model for further development and adaptation, including substitutions and quantity adjustment.
Objective 2	Demonstrate an understanding of all cooking methods reviewed in class.

Objective 3	Critique the effect of ingredients on the finished culinary dish.
Objective 4	Describe the ingredients of a wide variety of food products.
Objective 5	Demonstrate an understanding of the skills necessary for basic food preparation.
Objective 6	Handle all equipment in a safe, sanitary and efficient manner, from pre-preparation to preparation, serving and finally cleaning and storing.
Objective 7	Identify and utilize wholesome and safe food products.
Objective 8	Demonstrate industry standards in the safe and sanitary practices of preparing, handling and storage of all food products.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1	Evaluate foods in terms of flavor, aroma, appearance and texture and presentation.
Outcome 2	Handle all equipment in a safe, sanitary and efficient manner, from pre-preparation to preparation, serving and finally cleaning and storing.
Outcome 3	Demonstrate an understanding of the skills necessary for basic food preparation.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	Prepare a variety of sauces, stocks, vegetables meats, fish in the Culinary kitchen lab environment.
Supplemental/External Activity	Participation in group culinary events as offered.
Participation	Participate individually and as a member of a team in creating assigned culinary project.
Observation	Observe instructor demonstrations of cooking procedures.
Lecture	Presentation of topic in context.
Laboratory	Prepare a variety of sauces, stocks, vegetables, meats, fish in the Culinary kitchen lab environment.
Discussion	Evaluate culinary projects for appearance, taste and value.
Demonstration, Repetition/Practice	Multiple cooking projects.
Collaborative/Team	Create culinary projects as a team where multiple players are necessary to make the project come together at the same time.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Presentations/student demonstration observations	Students present final cooking projects for evaluation by peers and instructor.	In Class Only
Laboratory projects	Various cooking projects to practice topics covered in class.	In Class Only
Behavior assessment	Students participate safely in all projects, both individually and as a member of a team.	In Class Only
Oral and practical examination	Practical demonstration of knife skills.	In and Out of Class
Self-paced testing	Research recipes and cooking methods on the web and share with class.	Out of Class Only
Student participation/contribution	Active participation in all cooking projects. Attendance at all lectures.	In Class Only
Mid-term and final evaluations	Quizzes on each topic covered.	Out of Class Only
Oral and practical examination	Final presentation of practical cooking demonstration.	In Class Only

Assignments

Other In-class Assignments

1. Attendance of lectures by instructor.
2. Attendance of demonstrations by the instructor.
3. Special reports by students singly or in groups.
4. Participation in class through their demonstration of hands on skills.
5. Examinations of various types including essay, multiple choice and skill practicals.
6. The selection and proper use of equipment and planning production.

Other Out-of-class Assignments

1. Readings in the text and recommended book list.
2. Practice skills taught in class, including knife skills.
3. Examinations of various types including essay, multiple choice.
4. Web research for recipes and procedures.

Grade Methods

Letter Grade Only

Comparable Transfer Course Information**University System**

CSU

Course Number

HOSP 160X

Course Title

Culinary Principles

Rationale

C-ID California

MIS Course Data**CIP Code**

12.0500 - Cooking and Related Culinary Arts, General.

TOP Code

130630 - Culinary Arts

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to CSU only

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

C-ID

HOSP 160

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

04/21/2022

Academic Senate Approval Date

04/28/2022

Board of Trustees Approval Date

06/16/2022

Chancellor's Office Approval Date

06/23/2022

Course Control Number

CCC000632531

Programs referencing this courseBasic Culinary Arts Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=123>)Culinary Management Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=124>)Intermediate Culinary Arts Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=125>)Culinary Management AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=23>)Hospitality Management AS-T Degree (<http://catalog.collegeofthedesert.eduundefined/?key=338>)Hospitality Management AS Degree (transfer preparation) (<http://catalog.collegeofthedesert.eduundefined/?key=59>)Hospitality Management AS Degree (employment preparation) (<http://catalog.collegeofthedesert.eduundefined/?key=60>)