

Food Preparation I

CHEF1300 251

Instructor Information

Course Description

This course is designed to develop the fundamental skills necessary to perform as a culinary professional. The student will learn about the materials and techniques necessary for a safe and productive food service establishment.

Prereq: CHEF 1110 w/C grade or better (can be taken concurrently) or valid ServSafe Certificate.

Semester: All

Course Student Learning Outcomes

- Describe the infrastructure and protocol of a professional kitchen.
- Explain history of the Culinary Arts.
- Define and describe the five primary flavors.
- Demonstrate proper note taking within a laboratory classroom.

- Define, explain and demonstrate Mise en Place.
- Identify and utilize the tools and equipment of the modern kitchen.
- Demonstrate safe knife handling and sharpening techniques.
- Explain and demonstrate proper labeling and rotation guidelines.
- Identify, evaluate quality and explain use of pantry items both perishable and non perishable.
- Demonstrate proper storage of pantry items.
- Define terminology of methods and techniques used in food preparation.
- Define and explain key temperatures and times of food preparation.
- Define and demonstrate safe cleaning and sanitizing procedures of tools and equipment in the laboratory.
- Define and explain food grading and evaluation of food quality.
- Explain safe receiving and storage of pantry items.
- Calculate inventory.
- Define and explain food science terminology.
- Identify, determine quality of and prepare grains both processed and unprocessed.
- Define and explain common dietary restrictions.
- Describe safe, sustainable and professional food procurement business practices.
- Identify and determine quality of edible plants and fungus.
- Define and execute the production of mire poix.
- Demonstrate ability to write and execute a standardized recipe.
- Define and demonstrate various edible plant and fungi food preparations.
- Define, determine quality of and execute the production of vegetarian stocks, soups and sauces.
- Identify and utilize starch thickeners.
- Demonstrate safe receiving and storage of raw or prepared vegetarian foods.
- Define and explain the various types of menus for food service.
- Define and explain the components of an entrée.
- Define and explain common spice blends and aromatic combinations.

- Execute deep fat frying techniques.
- Execute various tuber and root vegetable cooking techniques.
- Identify, evaluate quality and explain use of dairy food items.
- Demonstrate safe receiving and storage of dairy foods.
- Define, describe and execute batters and breading techniques.
- Define and execute cream sauces.
- Execute various egg cooking techniques and evaluate quality.
- Define and execute emulsions.
- Define and execute various pastas, noodles and dumplings.

Course Prerequisites

Students must have ServSafe Certification or passed an NRAEF endorsed ServSafe class with a “C” or better or be concurrently enrolled in the CHEF 1110 Class and CHEF 1300 Class.

Transfer/Certification/Licensure/Employment Information

NA

Communication Plan

Example language:

- I will respond to email within [insert your timeline]. I will offer feedback on major assignments within [insert your timeline]. The best way to contact me is via the Canvas Inbox, as I will prioritize this email over other modes of communication.
- In this course I will be posting interactive announcements which will offer specific opportunities for class questions and extra credit every other week.
- Additionally, I will be participating in the discussion forums with you to share my perspective within the discipline and to offer some nuances of interpretation that may not be present in your textbook.

- Lastly, we'll be holding small group Q & A sessions, where we can learn from our peers (and faculty) on some of the more difficult units within the course.

Keys for Success (how to succeed in the course)

1. Be respectful to your coworkers, equipment, and craft.
2. Pay attention to the risks around you. Maintain focus and awareness. Be present. Safety 1st.
3. Communicate clearly.
4. Come prepared. Proper hygiene. Take notes. Be ready to perform.
5. Do not distract fellow peers while observing demonstrations.
6. Sense of urgency. Complete assignments in a timely manner.

Course Content Warnings/Trigger Warnings

NA

Required Text or Materials



Title: On Cooking

ISBN: 9780134441900

Authors: Sarah R. Labensky, Alan M. Hause, Priscilla Martel

Publication Date: 2018-01-01

For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Brief Description of Assignments/Exams

This syllabus contains the policies and expectations that have been established for this course. It is my intent that these policies and expectations will create, promote and foster a safe, productive, and mutually beneficial learning environment for all students from diverse backgrounds and perspectives. In this inclusive learning environment where diverse perspectives are recognized, respected, and seen as a source of strength, students will be well served. The materials and activities presented will be mindful of diversity, including but not limited to gender and gender identity, sexuality, disability, age, socioeconomic status, ethnicity, national origins, race, religion, and culture. Learning needs will be addressed both in and out of class, and the diversity that students bring to this class be viewed as a resource, strength, and benefit.

Should you have any concerns or anxieties regarding the coursework, please bring them to my attention immediately. Students who have a disability or other condition requiring modifications are also urged to discuss their needs with me. Your suggestions are encouraged and appreciated. Please let me know ways to develop the effectiveness of the course for you personally or for other students or student groups. In addition, if any of our class meetings conflict with your religious events, please let me know so that we can plan for accommodation.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Introduce Yourself	Discussion	0
	Introduce Yourself	Discussion	0
	Introduce Yourself - Discussion Board	Discussion	100
	Oral Presentation: Culinary Media/Book Report	Assignment	100
	Roll Call Attendance	Assignment	100

Due Date	Assignment Name	Assignment Type	Points
	Upload ServSafe Certificate or Utah Food Handlers Permit *UNLESS YOU ARE CURRENTLY ENROLLED IN THE SANITATION SERVESAFE COURSE	Assignment	100
9/12	Equipment Safety Sign Off Sheet	Assignment	100
9/15	Professionalism (Ch 1)	Quiz	100
9/15	Tools & Equipment (Ch 5)	Quiz	100
9/24	Mise en Place (Recipe: Rice Pilaf)	Assignment	60
9/29	Knife Skills (Ch 6) & Mise en Place (Ch 9)	Quiz	70
9/29	Potatoes, Grains & Pasta (Ch 23)	Quiz	120
9/29	Principles of Cooking (Ch 10)	Quiz	115
10/10	Midterm Practical Exam Prep List	Assignment	100
10/11	CHEF 1300 FP1 MIDTERM - WRITTEN/CANVAS	Quiz	250
10/13	Stocks & Sauces (Ch 11)	Quiz	100

Due Date	Assignment Name	Assignment Type	Points
11/29	Soup, Eggs & Plants (Ch. 12, 21, & 22)	Quiz	100

Grading Scale

A	94-100%	B-	80-83.9%	D+	67-69.9%
A-	90-93.9%	C+	77-79.9%	D	64-66.9%
B+	87-89.9%	C	74-76.9%	D-	60-63.9%
B	84-86.9%	C-	70-73.9%	F	59.9% or less

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

You can access the document by clicking on the following link:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, please visit the Institutional Syllabus under the Tutoring and Learning Support tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, please visit the Institutional Syllabus under the Advising and Counseling Support Services tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

Additional Policies

Student Uniform Policy

Chefs will inspect uniforms at the beginning of each lab class. Students not in compliance will be asked to correct the issue and return to class.

Required Clothing:

The following apparel must be clean, wrinkle-free, and in good repair: No holes, no tears, hemmed properly, and no frayed edges.

Chef Pants - Basic baggy black chef pants.

Chef Jacket - White, double-breasted, completely buttoned at all times. Only clean tee shirts or long sleeves are permitted under the jacket.

Shoes - Must be a sturdy, closed-toe, and solid color. The sole is to be non-slip, non-scuffing, and the heel no higher than 1 ½ inches.

Undergarments and socks - Worn at all times.

Hat - White commis/skull cap. Optional, a black cap may be worn once a student completes 30 credits as a recognition of their efforts. No other type at any time.

Apron and two side towels – CLEAN white apron to be worn at knee length.

Required Tools

9" chef's knife

Swivel Peeler – plastic handle

6" boning knife

3" pairing knife

10" steel

Pocket thermometer

Corkscrew

8" offset serrated bread knife

Knife roll – 7 pockets