

Food Preparation II

CHEF1400 001

Instructor Information

Course Description

This course is an intermediate level within the Salt Lake Community College Culinary Institutes Food Preparation Lab series, building on prior studies in food preparation. It emphasizes expanding the knowledge and fundamental skills essential for a successful culinary career. The course places special emphasis on proteins, focusing on key competencies like knife skills, meat fabrication, meat cookery, meat sauces, and entrée components.

Course Student Learning Outcomes

- Identify animal anatomy of birds, ungulates, reptiles, fish, shellfish and echinoderms.
- Define and explain fabrication of meats, poultry and fish.
- Define poultry classifications and grading.
- Identify and evaluate quality of poultry.
- Demonstrate safe receiving and storage of raw proteins.
- Demonstrate safe handling and storage of processed or prepared proteins.

- Describe and execute safe butchery of poultry.
- Define and demonstrate dry rubs, stuffings and marinades used with proteins.
- Define and describe protein cooking techniques.
- Execute various poultry cooking methods and evaluate quality.
- Demonstrate proper protein trussing techniques.
- Define and explain degrees of doneness for proteins.
- Define and explain meat classifications and grading.
- Identify and fabricate various meats.
- Describe and explain uses of game meats.
- Define and execute bone stocks and reductions.
- Evaluate quality of meat stocks.
- Define and execute leading (“Mother”) sauces.
- Execute various meat cooking techniques and presentations.
- Evaluate quality of cooked/prepared meats.
- Define and explain processed meats.
- Identify and fabricate fish.
- Execute various fish cooking techniques and presentations.
- Evaluate quality of cooked fish.
- Define and explain processed fish products.
- Identify and fabricate shell fish and echinoderms.
- Execute various shellfish and echinoderm cooking techniques and presentations.
- Evaluate quality of cooked shellfish.
- Evaluate quality of sauces.
- Define and execute small sauces.
- Define and execute raw fish, shellfish and echinoderm preparations and presentations.

- 1. Acquire substantive knowledge in their intended major.
- 2. Communicate effectively.
- 3. Develop quantitative literacies necessary for their chosen field of study.
- 4. Think critically and creatively.
- 5. Develop civic literacy and the capacity to be community-engaged learners who act in mutually beneficial ways.
- 6. Develop the knowledge and skills to work with others in a professional and constructive manner.
- 7. Develop computer and information literacy.
- 8. Develop attitudes and skills for lifelong wellness.

Course Prerequisites

To enroll in this course, students must possess a valid ServSafe Certificate or passed an NRAEF endorsed ServSafe class or a valid health department food handler permit. Additionally, students must successfully complete CHEF1300.

Communication Plan

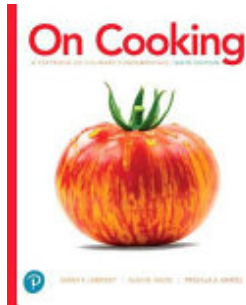
Example language:

I will respond to email within 48-hours.

I will offer feedback on major assignments as requested and throughout the life of the project.

The best way to contact me is via the Canvas Inbox, as I will prioritize this email over other modes of communication.

Required Text or Materials



Title: On Cooking: A Textbook of Culinary Fundamentals

ISBN: 9780134441900

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

Publisher: Pearson

Publication Date: 2018-01-01

Edition: Sixth Edition

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

Brief Description of Assignments/Exams

This course covers a comprehensive range of skills and knowledge essential for culinary professionals, with a focus on the anatomy, preparation, and cooking of various proteins. Students will learn to identify the anatomy of birds, ungulates, reptiles, fish, shellfish, and echinoderms, and master the fabrication of meats, poultry, and fish. Key competencies include understanding poultry classifications, assessing quality, and performing safe butchery techniques.

The course emphasizes safe practices for handling and storing both raw and processed proteins, as well as the preparation and application of dry rubs, stuffings, and marinades. Students will explore various protein cooking techniques, including poultry, meat, fish, and shellfish, and will develop expertise in protein trussing, evaluating degrees of doneness, and preparing stocks, reductions, and sauces.

Through practical exercises, students will gain proficiency in fabricating and cooking a variety of meats, fish, shellfish, and echinoderms. They will also learn to assess the quality of prepared dishes, understand the uses of game meats, and execute both leading and small sauces, ensuring they are well-prepared to evaluate and present high-quality culinary creations.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Chapter 10 - Principles of Cooking Quiz	Quiz	115
	Chapter 13 - Principles of Meat Cookery Quiz	Quiz	160
	Chapter 14 - Beef Quiz	Quiz	100
	Chapter 17 - Pork Quiz	Quiz	95
	Chapter 18 - Poultry Quiz	Quiz	130
	Chapter 20 - Fish and Shellfish Quiz	Quiz	140
	Chapters 15 & 16 - Veal, Lamb, & Goat Quiz	Quiz	50
	Chicken Fabrication	Assignment	50
	Final Practical Examination	Assignment	500
	Final Written Examination	Quiz	300
	Midterm Practical Examination	Assignment	400
	Midterm Written Examination	Quiz	250
	Roll Call Attendance	Assignment	100

Due Date	Assignment Name	Assignment Type	Points
10/7	Herb & Spice Identification Quiz	Assignment	50
12/9	Deep Cleaning Attendance & Participation	Assignment	100

Grading Scale

GRADING

All assignments must be turned in before the scheduled completion of the class. No late assignments will be accepted for any work turned in after the stated due date unless there is a legitimate reason, and it will be accepted at the instructor's discretion. All assignments will be graded on a "Percentage/ Point System". The following table displays the assignment as a percentage of specific areas of evaluation.

Assessment Criteria

Professionalism, Participation, & Production	35%
Assignments, Homework, & Projects	30%
Written Assessments, Practical Assessments, & Quizzes	35%
Total	100%

A	94-100%	B-	80-82.9%	D+	67-69.9%
A-	90-93.9%	C+	77-79.9%	D	63-66.9%
B+	87-89.9%	C	73-76.9%	D-	60-62.9%
B	83-86.9%	C-	70-72.9%	E	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](#)