



## COURSE OUTLINE: KAP203 - CUL TECHNIQUES BASIC

Prepared: Sarah Birkenhauer

Approved: Sherri Smith, Chair, Natural Environment, Business, Design and Culinary

<b>Course Code: Title</b>	KAP203: CULINARY TECHNIQUES - BASIC
<b>Program Number: Name</b>	
<b>Department:</b>	CULINARY/HOSPITALITY
<b>Academic Year:</b>	2022-2023
<b>Course Description:</b>	Building a sound foundation in culinary skills is essential when preparing to enter the culinary industry. This course is an introduction to the application and development of fundamental cooking theories and techniques. Students will develop solid rudimentary culinary techniques and practices through viewing a variety of food demonstrations and recreating these within a lab setting. Topics of study include tasting, kitchen equipment, knife skills, classic vegetable cuts, stock production, thickening agents, soup preparation, mother and derivative sauces, and breakfast cookery. This course also introduces students to fundamental concepts and techniques of basic protein, starch and vegetable cookery.
<b>Total Credits:</b>	6
<b>Hours/Week:</b>	6
<b>Total Hours:</b>	72
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	KAP403, KAP405
<b>Essential Employability Skills (EES) addressed in this course:</b>	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 3 Execute mathematical operations accurately.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
<b>Course Evaluation:</b>	Passing Grade: 50%, D



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	A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.	
<b>Books and Required Resources:</b>	Professional Cooking for Canadian Chefs by Wayne Gisslen Publisher: Wiley Edition: 9th ISBN: 9781119424727	
<b>Course Outcomes and Learning Objectives:</b>	<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
	1. Demonstrate the ability to perform tasks individually in a professional, safe, efficient and ecofriendly manner.	1.1 Employ proper professional uniform, personal hygiene and grooming that meet industry standards. 1.2 Produce product quickly and efficiently while maintaining a clean and orderly work station. 1.3 Implement learned sanitary work habits, systems and strategies in accordance with the Safe Food Handler's Training guidelines. 1.4 Demonstrate the safe, proper use and maintenance of knives, kitchen tools and equipment. 1.5 Show the ability to properly compost organic food waste and practice disposal opportunities that are ecofriendly.
	<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
	2. Identify time management strategies to employ for personal growth and professional learning.	2.1 Demonstrate the ability to work with professionalism under supervision. 2.2 Select and apply time management strategies to achieve established goals. 2.3 Write a daily prep list and work plan based on demonstration notes. 2.4 Recognize personal stress and manage appropriately to remain productive. 2.5 Practice restraint and good judgement when confronted with interpersonal conflict. 2.6 Discuss and reflect on constructive feedback for personal growth and learning.
	<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
	3. Demonstrate basic culinary techniques by selecting appropriate ingredients to prepare finish and present.	3.1 Apply techniques of basic food preparation for small quantity cooking. 3.2 Use appropriate cooking methods in a variety of applications. 3.3 Reproduce recipes as instructed in demonstrations. 3.4 Practice trimming and de-boning meat, poultry and fish. 3.5 Prepare mise en place, flavouring agents, thickening agents, stock, soup, hot sauces, cold sauces and dressings, eggs, breakfast, salads, vegetables, farinaceous and wheat based products, seeds, nuts and legumes, poultry and small game birds, pork, veal, beef, lamb, fish and shellfish. 3.6 Show the ability to present food on time with appropriate temperature in a clean and balanced manner.
<b>Evaluation Process and</b>		

<b>Grading System:</b>	<b>Evaluation Type</b>	<b>Evaluation Weight</b>
	Final Assessment - Practical Exam	30%
	Labs - Skill Assessment	70%

**Date:** June 30, 2022

**Addendum:** Please refer to the course outline addendum on the Learning Management System for further information.