



COURSE OUTLINE: CUL100 - CULINARY TECHNIQUES

Prepared: Sarah Birkenhauer

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

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| Course Code: Title | CUL100: CULINARY TECHNIQUES |
| Program Number: Name | 1071: CULINARY SKILLS 2078: CULINARY MANAGEMENT |
| Department: | CULINARY/HOSPITALITY |
| Academic Year: | 2023-2024 |
| Course Description: | 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. This course also introduces students to fundamental concepts and techniques of basic protein, starch and vegetable cookery. |
| Total Credits: | 8 |
| Hours/Week: | 8 |
| Total Hours: | 112 |
| Prerequisites: | There are no pre-requisites for this course. |
| Corequisites: | There are no co-requisites for this course. |
| This course is a pre-requisite for: | CUL150 |
| Vocational Learning Outcomes (VLO's) addressed in this course: | 1071 - CULINARY SKILLS |
| Please refer to program web page for a complete listing of program outcomes where applicable. | VLO 1 provide fundamental culinary preparation and presentation for a variety of food service environments using a range of classical and contemporary techniques. |
| | VLO 2 apply basic food and bake science to food preparation to create a desired end product. |
| | VLO 3 contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations. |
| | VLO 4 ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces and the responsible, efficient use of resources. |
| | VLO 6 apply fundamental business principles and recognized industry costing and control practices to food service operations to promote a fiscally responsible operation |
| | VLO 7 apply basic knowledge of sustainability, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry. |



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- VLO 8 use technology, including contemporary kitchen equipment, for food production and promotion.
- VLO 9 Perform effectively as a member of a food and beverage preparation and service team and contribute to the success of a food-service operation by applying self-management and interpersonal skills.
- VLO 10 develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry.

2078 - CULINARY MANAGEMENT

- VLO 1 provide advanced culinary planning, preparation and presentation for a variety of food service environments using a range of classical and contemporary techniques.
- VLO 2 apply basic and advanced food and bake science to food preparation to create a desired end product.
- VLO 3 contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.
- VLO 4 ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces, responsible kitchen management and efficient use of resources.
- VLO 6 apply business principles and recognized industry costing and control practices to food service operations to manage and promote a fiscally responsible operation.
- VLO 7 apply knowledge of sustainability*, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry.
- VLO 8 select and use technology, including contemporary kitchen equipment, for food production and promotion.
- VLO 9 perform effectively as a member of a food and beverage preparation and service team and contribute to the success of a food-service operation by applying self-management and interpersonal skills.
- VLO 10 develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry.

Essential Employability Skills (EES) addressed in this course:

- 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.
- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 3 Execute mathematical operations accurately.
- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.

| | <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> | | | | | | | | | | | | |
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| Course Evaluation: | <p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p> | | | | | | | | | | | | |
| Books and Required Resources: | <p>Professional Cooking for Canadian Chefs by Wayne Gisslen Publisher: Wiley Edition: 9th ISBN: 9781119424727</p> | | | | | | | | | | | | |
| Course Outcomes and Learning Objectives: | <table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Demonstrate the ability to perform tasks individually in a professional, safe, efficient and ecofriendly manner.</td> <td> 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 Demonstrate the safe and proper use of equipment. 1.4 Show the ability to properly compost organic food waste. 1.5 Identify and practice disposal opportunities that are ecofriendly. </td> </tr> <tr> <th>Course Outcome 2</th> <th>Learning Objectives for Course Outcome 2</th> </tr> <tr> <td>2. Identify time management strategies to employ for personal growth and professional learning.</td> <td> 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. </td> </tr> <tr> <th>Course Outcome 3</th> <th>Learning Objectives for Course Outcome 3</th> </tr> <tr> <td>3. Demonstrate basic culinary techniques by selecting appropriate ingredients to prepare and present.</td> <td> 3.1 Demonstrate knife handling skills and differentiate cutting techniques for various food preparations. 3.2 Apply techniques of basic food preparation for small quantity cooking. 3.3 Use appropriate cooking methods in a variety of applications. 3.4 Practice trimming and de-boning meat, fish and poultry. 3.5 Reproduce recipes as instructed in demonstrations. 3.6 Show the ability to present food on time with appropriate temperature in a clean and balanced manner. </td> </tr> </tbody> </table> | Course Outcome 1 | Learning Objectives for Course Outcome 1 | 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 Demonstrate the safe and proper use of equipment. 1.4 Show the ability to properly compost organic food waste. 1.5 Identify and practice disposal opportunities that are ecofriendly. | Course Outcome 2 | Learning Objectives for Course Outcome 2 | 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. | Course Outcome 3 | Learning Objectives for Course Outcome 3 | 3. Demonstrate basic culinary techniques by selecting appropriate ingredients to prepare and present. | 3.1 Demonstrate knife handling skills and differentiate cutting techniques for various food preparations. 3.2 Apply techniques of basic food preparation for small quantity cooking. 3.3 Use appropriate cooking methods in a variety of applications. 3.4 Practice trimming and de-boning meat, fish and poultry. 3.5 Reproduce recipes as instructed in demonstrations. 3.6 Show the ability to present food on time with appropriate temperature in a clean and balanced manner. |
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Evaluation Process and Grading System:

| Evaluation Type | Evaluation Weight |
|-------------------------|--------------------------|
| Labs - Skill Assessment | 80% |
| Practical Exam | 20% |

Date:

June 23, 2023

Addendum:

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

