



COURSE OUTLINE: CUL100 - CULINARY TECHNIQUES

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Course Code: Title	CUL100: CULINARY TECHNIQUES
Program Number: Name	1071: CULINARY SKILLS 2078: CULINARY MANAGEMENT
Department:	CULINARY/HOSPITALITY
Academic Year:	2025-2026
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.
Substitutes:	FDS144
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 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.

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 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.

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 3 Execute mathematical operations accurately.
- EES 4 Apply a systematic approach to solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Other Course Evaluation & Assessment Requirements:

Academic success is directly linked to attendance. Missing more than 1/3 of the course hours in a semester shall result in an 'F' grade for the course.

The following resources will be required and used in this course:
Full computer, internet and LMS access

Books and Required Resources:

Professional Cooking for Canadian Chefs by Wayne Gisslen
Publisher: Wiley Edition: 9th
ISBN: 9781119424727

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Demonstrate the ability to perform tasks individually in	1.1 Employ proper professional uniform, personal hygiene and grooming that meet industry standards.



	a professional, safe, efficient and ecofriendly manner.	1.2 Produce product quickly and efficiently while maintaining a clean and orderly work station. 1.3 Demonstrate the safe and proper use of knives, tools and equipment. 1.4 Use proper manual and mechanical procedures for cleaning and sanitizing utensils and equipment. 1.5 Identify and practice disposal opportunities that are ecofriendly. 1.6 Show the ability to properly compost organic food waste.
	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.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Lab Preparation	20%
Lab Skills Assessment	60%
Practical Exam	20%

Date:

July 8, 2025

Addendum:

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

