

# HCTM-110: INTRODUCTION TO PROFESSIONAL CULINARY ARTS & KITCHEN OPERATIONS

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**Effective Term**

Fall 2026

**CC Approval**

03/06/2026

**AS Approval**

03/12/2026

**BOT Approval**

03/19/2026

**SECTION A - Course Data Elements****Send Workflow to Initiator**

No

**CB04 Credit Status**

Credit - Degree Applicable

**Discipline****Minimum Qualifications****And/Or**

Culinary Arts/Food Technology (Any Degree and Professional Experience)

**Subject Code**

HCTM - Hospitality, Culinary and Tourism Management

**Course Number**

110

**Department**

Hospitality, Culinary and Tourism Management

**Division**

Career Education and Workforce Development (CEWD)

**Double Coded With**

HOSP-110

**Department**

HOSP

**Division****Full Course Title**

Introduction to Professional Culinary Arts &amp; Kitchen Operations

**Short Title**

Intro Culinary &amp; Kitchen Ops

**CB03 TOP Code**

1307.10 - \*Restaurant and Food Services and Management

**CIP Code**

52.0901

**CB08 Basic Skills Status**

NBS - Not Basic Skills

**CB09 SAM Code**

C - Clearly Occupational

**Rationale**

Updating corequisites.

**SECTION B - Course Description**

**Catalog Course Description**

Through a combination of lecture and lab sessions, students are introduced to fundamental culinary principles, techniques and operations. Students are introduced to and apply skills in product identification, ingredient handling, recipe costing, commercial recipe development, cooking fundamentals and professional standards of commercial kitchen operations.

**SECTION C - Conditions on Enrollment**

**Open Entry/Open Exit**

No

**Repeatability**

Not Repeatable

**Grading Options**

Letter Grade or Pass/No Pass

**Allow Audit**

Yes

**Requisites**

**Prerequisite(s)**

Previous completion of or concurrent enrollment in HCTM-100, or a current ServSafe Manager Certification.

**Corequisite(s)**

Previous completion of or concurrent enrollment in HCTM-100, or a current ServSafe Manager Certification.

**Requisite Justification**

**Requisite Description**

Course in a Sequence

**Subject**

HCTM

**Course #**

100

**Level of Scrutiny**

Requisite Necessary for Health/Safety

**Explanation**

It is necessary for students to understand and be familiar with food-borne pathogens and illnesses to safely prepare food in a professional kitchen environment. By having students be able to take HCTM-100 online for the 16 week semester, concurrently with HCTM-110, HCTM-111 and HCTM-112, then students will be able to complete their lab-classes in a shorter period of time. This enables them to graduate and/or transfer to a 4 year program sooner, as well as increase their employment skills and viability.

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**SECTION D - Course Standards**

**Is this course variable unit?**

No

**Units**

3.00000

**Lecture Hours**

36

**Lab Hours**

54

**Outside of Class Hours**

72

**Total Contact Hours**

90

**Total Student Hours**

162

**Distance Education Approval****Is this course offered through Distance Education?**

No

**SECTION E - Course Content****Student Learning Outcomes**

**Upon satisfactory completion of the course, students will be able to:**

1. Identify and describe professional kitchen standards like mise en place.
2. Identify and utilize commercial cooking tools and equipment.
3. Demonstrate accuracy in following recipes.

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

1. Develop, cost and evaluate the operational implications of recipes and operate in a commercial kitchen.
2. Identify ingredients, products, tools and equipment used in professional cooking.
3. Demonstrate how to use and clean common kitchen tools and equipment safely and efficiently.
4. Explain how cooking and food ingredients affect product outcome and apply this knowledge when producing menu selections.
5. Perform basic professional cooking techniques.
6. Prepare food products using specific cooking methods: roasting, grilling, sauteing, pan frying, steaming, boiling, simmering, poaching and braising.
7. Prepare selections in each category: stocks, soups, mother sauces, green salads, salad dressings, pastas, grains, vegetables, and meat, fish and poultry selections.
8. Evaluate menu selections according to defined product standards.
9. Maintain a clean and sanitary workplace.
10. Work as a team member to achieve common goals/objectives.
11. Identify and practice professional kitchen work standards.

**Course Content**

1. Understand the Commercial Kitchen Environment
2. Ingredient Identification and Product Standards
3. Equipment and Utensils
  - a. Pots, Pans and Containers; Measuring Devices; Knives and Hand Tools; Knife Skills
4. Basic Cooking Principles
  - a. Dry Cooking Methods
  - b. Moist Cooking Methods
5. Stocks
  - a. Understanding Stocks
    - i. Definition of Stock, Judging Quality of Stocks, Use of Stocks
  - b. Ingredients in Stocks

- i. Bones, Meat, Water, Mirepoix, Acid products, Seasonings and Spices
  - c. Procedures for Preparing Stocks
    - i. Brown Stock, White Stock, Fish Fumet
- 6. Sauces
  - a. Understanding Sauces
    - i. Functions of Sauces, Judging Quality of Sauces
  - b. Components of Sauces
    - i. Liquids and Thickening Agents
  - c. Flavoring Agents
  - d. Sauce Families
    - i. Leading Sauces and Small Sauces
- 7. Soups
  - a. Understanding Soup
    - i. Definition of Soup, Examples of Soups, Classifications of Soups, Service of Soups
  - b. Clear Soups
  - c. Thick Soups
    - i. Cream Soups, Puree Soups, Bisques, Chowders
  - d. Specialty and National Soups
- 8. Vegetables
  - a. Color
  - b. Flavor
  - c. Texture
  - d. Nutrition
  - e. Cooking Vegetables
- 9. Grains
  - a. Types of Rice and Handling
  - b. Other Grains Cooked Like Rice
  - c. Cooking Rice and Other Grains
- 10. Pastas
  - a. Commercial Pasta
  - b. Fresh Egg Pasta
  - c. Shapes
  - d. Cooking Pastas
- 11. Salads
  - a. Ingredients
  - b. Parts
  - c. Arrangements and Presentation
  - d. Procedure to Prepare
  - e. Combination Salads
- 12. Salad Dressings
  - a. Ingredients
  - b. Emulsions
  - c. Types
    - i. Oil and Vinegar and Mayonnaise
- 13. Meat
  - a. Principles of Low Heat Cooking
  - b. Breaking Down Connective Tissue
  - c. Other Factors Affecting Cooking Method Choice
  - d. Searing and Sealing
  - e. Doneness
  - f. Cooking Methods
- 14. Poultry
  - a. Types of Poultry
  - b. Maturity and Tenderness
  - c. Light and Dark Meat
  - d. Doneness
  - e. Cooking Methods
- 15. Fish
  - a. Fish
    - i. Composition and Structure, Problems Cooking Fish, Cooking Fish

- b. Shellfish
  - i. Mollusks, Crustaceans, Cooking Shellfish

## Methods of Instruction

### Methods of Instruction

Types	Examples of learning activities
Lab	Demonstrate understanding by executing various professional cooking methods and techniques.
Activity	Student will be required to show ability to use a knife with various knife skills activities.
Group Work	Students will be teamed up with classmates, to read and cook various recipes, to reinforce team building and understanding of cooking techniques.

## Methods of Evaluation

### Methods of Evaluation

Types	Examples of classroom assessments
Lab Activities	Read, scale and execute a recipe.
Exams/Tests	Exam containing short answer questions, multiple choice, recipe conversion equations, and/or essay.
Projects	Students work together to develop a menu and prepare the dishes.

## Assignments

### Reading Assignments

Students are required to read and study designated assignments from handouts and power-points. Examples of appropriate recommended reading may include newspaper articles, trade magazine articles, and internet articles.

### Writing Assignments

Compare and contrast recipes to cooking methods and the outcomes learned.

### Outside-of-Class Assignments

Assigned readings, problem solving exercises, study materials.

## SECTION F - Textbooks and Instructional Materials

### Material Type

Textbook

### Author

Wayne Gisslen

### Title

Professional Cooking

### Edition/Version

9th edition

### Publisher

Wiley

### Year

2018

### ISBN #

978-1-119-39961-2

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## **SECTION G - Diversity, Equity and Inclusivity**

**How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?**

This course promotes a welcoming and inclusive learning environment that values the cultural richness and diverse backgrounds of all students. Instructional methods are designed to accommodate different learning styles through hands-on practice, visual demonstrations, collaborative group work, and individual coaching. Students are encouraged to explore global culinary traditions and develop professional kitchen skills with an emphasis on respect, teamwork, and cultural awareness. The course fosters equity by ensuring that all students have access to the tools, guidance, and support needed to succeed in the culinary industry.

### **Course Codes (Admin Only)**

**CB00 State ID**

CCC000582727

**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

**CB11 Course Classification Status**

Y - Credit Course

**CB13 Special Class Status**

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

Yes

**Only Pass/No Pass**

No