

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

Effective Term

Fall 2023

CC Approval

3/3/2023

AS Approval

3/14/2023

BOT Approval

3/16/2023

COCI Approval

5/14/2023

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 (HCTM)

Division

Career Education and Workforce Development (CEWD)

Double Coded With

HOSP-110

Department

HOSP

Division
Full Course Title

Introduction to Professional Culinary Arts & Kitchen Operations

Short Title

Intro Culinary & Kitchen Ops

CB03 TOP Code

1307.10 - *Restaurant and Food Services and Management

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

C - Clearly Occupational

Rationale

The proposed name change to HCTM-110 will reflect the expanded scope of the students taking this course. It is no longer solely for Hospitality Management students, but also includes the new Culinary Arts majors. The name of the class should be based on the topics that are being taught, not the audience.

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)

Completion of HCTM-100 or a current ServSafe Manager Certification.

Corequisite(s)

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.

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	Kitchen Skills, Cooking, Sanitation, Operations

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.

Other 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

Proposed General Education/Transfer Agreement

Do you wish to propose this course for a Local General Education Area?

No

Do you wish to propose this course for a CSU General Education Area?

No

Do you wish to propose this course for a UC Transferable Course Agreement (UC-TCA)?

No

Course Codes (Admin Only)

ASSIST Update

No

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