

CA 1000 CULINARY BASICS

Syllabus

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INSTRUCTOR NAME: R. Troy Wilson CEC

OFFICE HOURS: As scheduled by appointment at CL 104

Or T, W, Thurs, F: 12:00PM – 2:00PM

CONTACT EMAIL (preferred): [twilson@uvu.edu](mailto:twilson@uvu.edu)

INFORMATION: OFFICE PHONE – 801-863-7048

CLASS LOCATION/ Canyon Park Skill Development Kitchen Downstairs

SCHEDULE: Tuesdays: 5:30 PM – 8:00 PM

TERM: Spring 2022: January 7th - April 20th 2022

DESCRIPTION:

Designed for hospitality management majors and as elective credit for other business majors. Explains the techniques and procedures of quality and quantity food production. Studies the selection and preparation of major food products. Provides an extensive set of basic and complex recipes for practice. Completers should be prepared to enter the working field as a prep cook.

This course will give the student a general understanding of culinary arts as it pertains to basic food products and methods of cookery. The student will be better prepared to function in front of the house management with a working knowledge of basic food production principles.

*Pre-Requisite(s): NA Co-requisite(s): NA*

TEXTBOOK(S): **Joy of Cooking**

Irma S. Rombauer

COLLEGE POLICIES: All **UVU** policies must be adhered to at all times during this course.

All CA policies as outlined in the CA Student Handbook must be adhered to at all times during this course. [https://www.**uvu**.edu/**policies**/](https://www.uvu.edu/policies/)

Important: Located in each kitchen lab is a clearly marked three ring binder containing the “Right to Know” Safety Data Sheets (SDS) for all chemicals used in the culinary arts program. Important information such as first aid treatment, should an accident occur, is listed within each sheet as supplied by the manufacturer.

Emergency Evacuation Plan:

In the event of fire or a real emergency, all students are to immediately evacuate the building and reconvene at the entrance to Brent Brown Ballpark where attendance will be taken.

Explanation of Course Fees: Culinary Arts course fees are used to fund daily classroom/lab related expenses including but not limited to expenses such as: educational and instructional food products, purchase, repair or replacement of common kitchen equipment, needed small wares and supplies for all Culinary Arts/HM classrooms and labs.

Accommodations: “Students who need accommodations because of a disability may contact the UVU Office of Accessibility Services (OAS), located on the Orem Campus in LC312. To schedule an appointment or to speak with a counselor, call the OAS office at 801-863-8747. Deaf/Hard of Hearing individuals may email accessibilityservices@uvu.edu or text 385-208-2677.”

Learning Outcomes

LEARNING OUTCOMES:

1. Understand the concept of mise en place, and describe the purpose of recipes and how to create and utilize use them.
2. Understand sanitation and safety in the kitchen workplace, and the uses of typical foodservice equipment.
3. Demonstrate different cooking methods and portion control techniques.
4. Prepare stocks, sauces, and soups to acceptable industry standards.
5. Explain how to cook meat and poultry, and follow recipes using cooked meat and poultry.
6. Categorize, handle, and cook fish, seafood & shellfish.
7. Practice nutritious handling and cooking of vegetables, grains and starches in order to meet defined quality standards.
8. Prepare potatoes, rice and pasta to acceptable industry standards.

INSTRUCTIONAL

METHODS: Daily lectures, Demonstrations, Hands-On instruction, Classroom Interaction, Food: Tasting, Instructor Critique & Feedback, Assignments, Projects, Video & Computer aides.

IN GENERAL: This course is about the proper methods, operations and cooking procedures in a Professional Kitchen while emphasizing safety and sanitation. The course is more engaged in execution and grading and therefore will test knowledge and skills on all levels. Critical evaluation of daily production is of high concern and will be represented in the final grading standards.

Grading Standards

GRADING: **University Grading policies & standards apply.**

A 95/100 % C+ 77 / 79.99%

A- 90 / 94.99 % C 74 / 76.99%

B+ 87 / 89.99% C- 70 / 73.99%

B 84 / 86.99% D 65 / 69.99%

B- 80 / 83.99% E 64.99% or below

*\*\*C- or above is passing*

GRADE

DEFINITIONS: All CAI grading is done in accordance with University Policy.

**A, A- = Outstanding Achievement**The student demonstrates an exceptional mastery of the content. An “A or A-” grade is an exceptional grade indicating distinctly superior performance of which very few students are capable of achieving. The student demonstrates unusually sharp insight regarding the course content and every aspect of performance is of exemplary quality.

**B+, B, B- = Commendable Achievement**

The student demonstrates an above average mastery of the content. A “B+, B or B-” grade is an above average grade indicating achievement of a high order. The student has exceeded the stated requirements. The student demonstrated commendable insight regarding the course content and every aspect of performance is of above average quality.

**C+, C = Acceptable Achievement**

The student demonstrates average aptitude of the content. A “C+ or C” grade is an average grade indicating that a student has performed satisfactorily in all aspects of their work. The student has adequately met the stated requirements. The student demonstrates acceptable insight regarding the content and overall performance is of average quality.

**C- = Marginal Achievement**The student demonstrates a below average mastery of the content. A “C-” grade is a below average grade indicating that a student has not fully met the stated standards of the course. The student demonstrates minimal insight regarding content and the overall performance is of marginal quality.

**Below C- = Failing**

The student demonstrates little to no mastery of the content. An “F” grade is a failing grade indicating that a student has not met the stated standards of the course. The student demonstrates insufficient insight regarding content and the overall performance is not worthy of credit.

**Note:** Any course grade with a score below C- must be repeated.

EVALUATION: HM 1110 will be weighted as follows:

50% Daily Lab Grade (as outlined in the Grading Rubric)

20% Written Final

30% Canvas Assignments/ Project Based Learning Days

DAILY LAB GRADE: Your daily lab grade will be determined by your performance in the areas outlined on the CAI Lab Evaluation Form in each of the five areas for a total of 100 points.

**A: PROFESSIONALISM 0-10**

1. Comes to class/and is prepared
2. Complete clean uniform
3. Proper use of equipment
4. Talking / class disruption / focus

**B: SANITATION/ SAFETY IN THE WORKPLACE 0-10**

1. Personal hygiene
2. Proper food storage and handling
3. Follows proper hand washing procedures
4. Follows department safety regulations
5. Proper storage of chemicals / cleaning products
6. Safe use of equipment and knives

**D: MISE EN PLACE/ ORGANIZATION / PRODUCTIVITY 0-30**

1. Follows directions through to completion
2. Knowledge of product
3. Use of proper measurements / mise en place
4. Organization structure
5. Speed (sense of urgency – ability to multi-task)

**F: ATTITUDE/TEAMWORK / INITATIVE 0-20**

1. Teamwork (helps others in lab when your job is complete)
2. Participates in class activities
3. Self-starter / motivation level / energy

**G: SKILL / QUALITY / KNOWLEDGE 0-30**

1. Production skills / final product
2. Proper tool / job/ timing
3. Knowledge & quality of techniques **DAILY TOTAL 100**

**DAILY LAB GRADE RUBRIC FOR CULINARY ARTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *CATEGORY / GRADE* | *Outstanding*  *Achievement (90 – 100%)* | *Commendable Achievement (84-89.99%)* | *Acceptable Achievement (73-83.99%)* | *Marginal*  *Achievement*  *(72.99% and below)* |
| Professionalism, Appearance,  Dress Code, Attendance | *Takes effort to look your best. Always neat & Clean; Uniform clean & pressed Almost perfect, Always on time* | Usually neat & clean; uniform is neat and sometimes pressed. Always on time. | Does not take any extra effort to look professional. Generally looks okay but room for improvement. Sometimes late. | Takes very little care and applies no effort in appearance. Unshaven or unclean. Uniform stained &/or wrinkled. Often late or absent. |
| Sanitation &  Safety in the workplace | *Absolutely clean and safe during production and preparation of work area and kitchen in general. Does extra work like walk in and floors without being asked..* | Station & Work area almost always clean but seldom needs to be asked or reminded to clean & sanitize. Some room for improvement. | Station & Work area generally clean but needs regular reinforcement. Neglects the areas outside personal stations. Obvious room for improvement. | Needs improvement in both safety & sanitation. Regularly needs to be reminded of sanitation, time and temperature issues. |
| Attitude/  Teamwork /  Initiative | *Exceptional, energetic, eager & enthused. Willing to take action without being asked. Hard working and concerned & involved with team- mates* | Eager worker with interest and actively participates. Enjoys daily challenges, self-starter. Participates in teamwork. | Interest is Hot & Cold depending on topic. Generally interested but needs motivation. Doesn't always cooperate & assist team mates. | Needs constant motivation and attention, poor attitude and is generally unwilling to start without directive or urging. |
| Mise En Place, Organization & Productivity | *Always organized, clear direction and engaged. Superior attention to detail. Very energetic and driven. Constantly trying to improve.* | Very organized and efficient. Clearly understanding flow and time management. Willing and eager to attack work. Preforms duties without needing to guide and direct every detail. | Organized but needs instruction and direction. Requires some assistance with production issues. Sometimes needs to be given instructions repeatedly. | Needs repeated instruction and constant supervision. Lacks drive & urgency. Generally unorganized and under productive. |
| Skill, Quality of Work, Product Knowledge, Timing | *Extremely Knowledgeable, Takes pride in all aspect of work & production. Highest level of quality. Products look & taste exact. Never satisfied.* | Occasionally makes errors but rarely needs constant supervision. Superior quality & skill level. Knowledgeable & efficient. | Satisfactory in general. Inconsistent at times with product quality & presentation. Systematically does well but accepts average skill level. | Needs improvement in base knowledge and craftsmanship. Regularly needs to redo items and regularly does not meet deadlines. |
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Assignment Detail

DAILY LAB STRUCTURE: **DAILY SCHEDULE:** (subject to change with notice)

5:30 pm Roll and inspection

5:30 – 5:45 pm Daily Rundown; Lab Instruction / Review of Independent Study

5:45 – 7:15 pm Student Production

7:15 – 7:30 pm Taste Assessment

7:30 - 8:00 pm Kitchen Appreciation

8:00 pm Dismissal

ATTENDANCE: Attendance and inspection will take place each week at the beginning of Lab. Please be dressed appropriately. NO OPEN TOE SHOES or HIGH HEELS!!!!! Please arrive on time and prepared with the weekly materials outlined in CANVAS.

CANVAS: Everything pertaining to this class is outlined in detail in Canvas. You are responsible to keep up with all assignments, independent study, class readings etc.., and come to class prepared.

CANVAS ASSIGNMENTS: Assignments and exams will be completed on Canvas as designated and outlined in the Assignments Detail. You will be given advance notice and will be informed of any other testing material. Assignments and exams will be weighed as outlined.

PROJECT BASED Project base learning days give the students the opportunity to work on independent

LEARINING DAYS: projects. Each project is outlined in Canvas. These projects focus on topics relating to the culinary field. We will not have class on Project Based Learning Days. Each assignments will be due the following Sunday at 11:59pm.

FINAL WRITTEN EXAM: A comprehensive written exam will be given on the last day of class. It will cover all materials outlined in all Canvas assignments and the materials covered in lab.

**COURSE OUTLINE:**

***All coursework is outlined in detail in CANVAS – Please always default to Canvas when in question.***

Week 1 01.07.20 **Weekly Learning Objectives (WLO)**

Class Overview

Assignment #1 Weights Measures

Week 2 01.14.20 **WLO:**

Knife Skills

Week 3 01.21.20 **WLO:**

Sautéing/ Principles of Cooking

Reading: Joy of Cooking pg 1045 -1051

Week 4 01.28.20 **WLO:**

Stock & Sauces

Reading: Joy of Cooking PG 114 - 116

Reading: Joy of Cooking PG 542 – 546

Week 5 02.04.20 **WLO:**

Grilling

Reading: Joy of Cooking PG 467 - 468

Reading: Joy of Cooking PG 1057 -1059

Week 6 02.11.20 **WLO:**

Grains

Reading: Joy of Cooking PG 344 – 346

Cornmeal, Hominy & Grits PG 348-349

Rice PG 354

Week 7 02.18.20 **WLO: No class**

Project Based Learning #1 Due Sunday

Week 8 02.25.20 **WLO:**

Seafood

Reading: Joy of Cooking

Shellfish PG 369 Mussels PG 373

Clams PG 374 Scallops PG 377-378

Crab PG 379 Shrimp PG 385

Fish PG 393 – 397

Week 9 03.03.20 **WLO:**

Project Based Learning #2

Week 10 03.10.20 **WLO:**

Soup

Reading: Joy of Cooking

Soup PG 122 – 123 Thick Soup PG 127

Hearty Bean & Legume PG 133 Poultry & Meat PG 134

Fish & Seafood PG 139 – 140 Cream PG 143 – 144

Garnishes PG 150

Week 11 03.17.20 **Spring Break No School**

Week 12 03.24.20 **WLO:**

Vegetable Cookery

Reading: Joy of Cooking

Vegetables PG 240 – 245 Dried Legumes PG 253 – 254

Lentils PG 257 - 258

Week 13 03.31.20 **WLO:**

Sandwiches & Salads

Reading: Joy of Cooking

Sandwiches PG 177 – 178 Wraps & Pita PG187

Taco, Tostadas & Fajitas PG 188 Salads PG152 – 158

Week 14 04.07.20 **WLO:**

Pasta

Reading: Joy of Cooking

Pasta PG320 – 322 Fresh Pasta PG 323

Storing PG324 Stuffed Pasta PG337

Week 14 04.14.20 **WLO:**

Project Based Learning #3

Week 15 04.21.20 **WLO:**

Breakfast

Reading: Joy of Cooking

Egg Dishes PG194 – 195 Omelets PG200 – 201

Pancakes, Waffles, Fritters, and Doughnuts PG643-644

Waffles PG646 Crepes PG648-649

Week 16 04.28.20 **FINALS WEEK**