



Syllabus

CUL 105 Culinary Fundamentals Lab

General Information

Date

September 25th, 2017

Department

Business

Course Prefix

CUL

Course Number

105

Course Title

Culinary Fundamentals Lab

Course Information

Credit Hours

1

Lecture Contact Hours

0

Lab Contact Hours

4

Other Contact Hours

0

Catalog Description

This class will run concurrently with the CUL 100 lecture class. In this course, students will put into practice concepts and knowledge discussed in the lecture class. Students will learn basic cooking methods and techniques and well as basic kitchen safety, knife safety, and sanitation principles. Students will also learn plating and presentation techniques.

Key Assessment

This course does not contain a Key Assessment for any programs

Prerequisites

None

Co-requisites

CUL 100

Grading Scheme

Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Course Learning Outcomes

Course Learning Outcomes

1. Execute a standardized recipe using industry standards for both food quality and sanitation practices.
2. Modify the quantities in standardized recipes in order to achieve a specific yield.
3. Qualitatively evaluate both the ingredients and finished food products objectively according to industry standards.
4. Model the professional behaviors and appearance of a kitchen staff member based on current industry standards.

Program Affiliation

This course is required as a core program course in the following program

AAS Culinary Arts

AAS Hospitality and Tourism Management - Food and Beverage Management

AAS Hospitality and Tourism Management - Hotel and Resort Management

AS Nutrition and Dietetics

Outline of Topics Covered

I. Orientation and Lab Safety

II. Breakfast Cookery and Vegetable Cuts

- Poached eggs 868, Fried eggs 871, Scrambled eggs 872, American and French Omelets 872-873, Frittatas, Quiche 876, Eggs Benedict 871.

III. Breakfast Cookery #2 and Vegetable Cuts

- Recipes for lab- Crepes, French toast, pancakes, homefries, bacon, ham, and sausage

IV. Whole Pig Fabrication

V. Potatoes

- Recipes for lab- Lyonnaise 739, Croquettes 748, Latkes 743, Duchess 735, Delmonico 740
- Smashed potatoes with roasted garlic NR, Roasted Potatoes Tuscan-Style Potatoes 738, Glazed Sweet Potatoes 738

VI. Vegetables

- Recipes for lab- Glazed Beets 683, Green beans with walnuts 685, Ratatouille 708, Roasted root veggies 695, Broccoli Rabe 705, Veggie Slaw NR, and Cauliflower au Gratin NR

VII. Soups

- Recipes for lab- French Onion 335, Split Pea 345, Minestrone 357, Vichysoisse 347, Cream of Broccoli Soup 339, and New England Clam Chowder 340, Caribbean Style Puree of Black Bean 345

VIII. Rice and Other Starches

- Recipes for lab- Spaetzle 834, Risotto 783, Barley Pilaf 780, Coconut Rice 782, Polenta 792, Quinoa with brunoise veggies NR, Brown rice pilaf with pecans and green onions 780, Gnocchi Piedmontese 832

IX. Introduction to Sauces

- Recipes for lab- Espagnole 268, Veloute 275, Bechamel 275, Hollandaise 285. Other recipes TBD

X. Cookies

- Recipes for lab: Almond-Anise Boscotti 1086, Pecan Diamonds 1088, 1-2-3 cookie dough 1086, Chocolate Chuck Cookies 1088, Oatmeal Raisin Cookies 1089, Fudge Brownies 1090

XI. Salads and Fruits

- Coulis NR, Chutney 453, fruit salsa NR, applesauce NR, Basic Vinaigrettes and greens

XII. Pasta and Sauces

- Recipes for lab- Pasta 819, Carbonnara 821, Ravioli 830, Asparagus and white bean lasagna 829 Red sauce and derivatives will be posted on Blackboard (marinara, Bolognese 296, Arrabbiata)