# CUL 121 Culinary Arts I



1 On Cooking, A Textbook of Culinary Fundamentals, Labensky, Hause, Martel Fifth Edition, ISBN #13-978-0-13-345855-8

## **WEEK ONE (1)**

Class Introduction, Syllabi, Kitchen tour, Blackboard, Classroom and Lab Policies and Procedures. Uniforms, Books, Locker Assignments, Tools and Equipment, Knife Kits, First Aid and Emergency Policies and Procedures

Kitchen Safety, Mise en Place

## **WEEK TWO (2)**

### **SUBJECTS**

Knife Cuts, Station Preparation, Lab Cleaning, Stocks

### **TOPICS**

Using your Knives Safely

Caring for your Knives

Specific Knife Cuts

Using a Mandolin

Sharpening your Knives

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Demonstrate the care of a knife.
2. Explain when to use classic knife cuts.
3. Discussing using knives properly.
4. Attempt to cut foods into a variety of classic shapes.
5. Explain the procedure for making stock.
6. Discuss and prepare mirepoix.
7. Discuss cleaning procedures.
8. Demonstrate a basic knowledge of cleaning procedures for the lab.
9. Demonstrate a basic knowledge of dishwasher use.

### **PROCEDURES**

Students will attempt and practice classic knife cuts.

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-8
* Resource Books: Servsafe Coursebook 6th Edition Update, National Restaurant Association Education Foundation w/ Paper Exam Sheet ISBN 978-1-58280-317-3
* Demonstrations: Classic knife cuts, dishwasher use, care and use of a mop, care and use of a mandolin, a review of the first aid kit and how to clean and cover a cut.

### **ASSIGNMENT**

Chapter 17 Questions 1,2,3,4, and 5- All Terms to Know

Chapter 22 Questions 1, 2, 3, 4, 5, 6, 8, and 9- All Terms to Know

Chapter 9 Questions 1, 2, 3,4,5,6, and 7- All Terms to Know

## **WEEK THREE (3)**

### **SUBJECTS**

Knife Cuts, Sauces, Soups

### **TOPICS**

Specific Knife Cuts

Mother/ Large/ Leading Sauces

Compound/ Small/ Secondary Sauces

Thickening Agents

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Explain the different thickeners used in sauce making.
2. Explain the difference in a dairy based and a stock based sauce.
3. Discuss the procedure for making a Hollandaise sauce.
4. Describe the different classifications of soup
5. Discuss the uses for a consommé.
6. Demonstrate the ability to make a broth based soup and a puree soup.
7. Explain when to use classic knife cuts in both soups and sauces.
8. Discuss and prepare mirepoix.

### **PROCEDURES**

Students will attempt and practice classic knife cuts. Students will attempt to create a 2 egg hollandaise, a veloute sauce, and a variety of soups.

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-8
* Demonstrations: Classic knife cuts, 2 egg hollandaise, creation of a roux, creation of a veloute sauce, use of the immersion blender in a soup.

### **ASSIGNMENT**

Chapter 17 Questions 1,2,3,4, and 5- All Terms to Know

Chapter 22 Questions 1, 2, 3, 4, 5, 6, 8, and 9- All Terms to Know

Chapter 9 Questions 1, 2, 3,4,5,6, and 7- All Terms to Know

### **STUDENT PRACTICUM**

Continuation of classic knife **s**kills, Create a 2 egg hollandaise using the recipe on pages 208 and 209, create a veloute sauce using the recipe on page 202.

Create a soup using one of the following recipes- Cream of ?? Soup on page 243 using the vegetables we have on hand from the farm (Broccoli, spinach, carrot) Clam Chowder on Page 248, Potato Leek Soup on page 249 or French Onion Soup on page 256.

## **WEEK FIVE (5)**

### **SUBJECTS**

Vegetables, Starches, Roasting

### **TOPICS**

Classifications and Vegetable Families

Methods of Vegetable Cooking

Pasta, Rice’s, Potatoes

Various Grains

Rice and Grain Cooking Methods

Classifications of Potatoes

Potato Cooking

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Explain how to purchase and store vegetables properly.
2. Explain the two classes of potatoes.
3. Discuss the preservation methods of Vegetables.
4. Discuss various cooking methods for vegetables.
5. Discuss various cooking for rice, grains, pasta, and potatoes.
6. Describe what characteristics or poultry when purchasing and receiving.
7. Identify a variety of grains.
8. Identify a variety of Potatoes.
9. Identify a variety of rice.
10. Explain the procedure for roasting.

### **PROCEDURES**

Students will practice classic knife cuts. Students will cook various starches and vegetables using ingredients available in the lab, from the farm. These can include but are not limited to Rice Pilaf, Risotto, Duchesse Potatoes, Lyonnaise Potatoes, Au Gratin dishes for both potatoes and vegetables, Ratatouille, Spinach Timbales, Roasted Beets, Carrots Vichy, Roasted Garlic, and Roasted Tomato.

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-8
* Audio-Visuals: A video of Chicken Trussing via You Tube
* Demonstrations: Trussing a Chicken, a show and tell style discussion and product identification of various vegetables, potatoes and grains, risotto, roasting garlic, filling and using a piping bag.

### **ASSIGNMENT**

Chapter 3 Questions, 2, 3, and 4- All Terms to Know

Chapter 4 Questions 2, 3, and 4- All Terms to Know

Chapter 6 Questions 1, 2, 3, and 7- All Terms to Know

Chapter 12 Questions1, 2, 3, 6, 7, and 8- All Terms to Know

Chapter 21 Questions 1, 2, 3, 4, 5, 6, 7, and 8- All Terms to Know

### **STUDENT PRACTICUM**

Students will practice classic knife cuts. Students will cook various starches and vegetables using ingredients available in the lab, from the farm. These can include but are not limited to Rice Pilaf, Risotto, Duchesse Potatoes, Lyonnaise Potatoes, Au Gratin dishes for both potatoes and vegetables, Ratatouille, Spinach Timbales, Roasted Beets, Carrots Vichy, Roasted Garlic, and Roasted Tomato.

All of these recipes come from the On Cooking Textbook with the exception of Carrots Vichy which comes from the Student Culinary Cookbook from York County Community College

## **WEEK SIX (6)**

### **SUBJECTS**

Braising, Stewing, Grilling, Beef, Veal

### **TOPICS**

Beef vs Veal

Kobe Beef

Primal and Sub primal cuts of Beef and Veal

Basic Butchering Procedures

Cooking Methods for Beef and Veal

Grilling and testing for doneness.

Proper purchasing, receiving and storing methods.

Braising and Stewing

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Explain how to purchase and store beef and veal properly.
2. Discuss the inspection and grading of meat.
3. Discuss the structure and composition of Beef and Veal.
4. Discuss various cooking methods for beef and veal.
5. Discuss the procedure for making risotto.
6. Explain the procedure for grilling.

### **PROCEDURES**

Students will practice classic knife cuts. Students will grill a filet, make Risotto Milanese and a vegetable (based on what is available from the farm), as well as a 2 egg Béarnaise sauce. Students will also cook a lamb stew.

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-8
* Demonstrations: Braising pan or pot vs a regular pot. Fabrication of a PSMO or Filet including uses for leftover (parts not needed today) cuts. Honing a filet knife, lighting a grill, grilling and proper grill marks.

### **ASSIGNMENT**

Chapter 3 Questions, 2, 3, and 4- All Terms to Know

Chapter 4 Questions 2, 3, and 4- All Terms to Know

Chapter 6 Questions 1, 2, 3, and 7- All Terms to Know

Chapter 12 Questions1, 2, 3, 6, 7, and 8- All Terms to Know

Chapter 21 Questions 1, 2, 3, 4, 5, 6, 7, and 8- All Terms to Know

### **STUDENT PRACTICUM**

Students will practice classic knife cuts. Students will grill a filet, make Risotto Milanese (page 643 On Cooking) and a vegetable (based on what is available from the farm), as well as a 2 egg Béarnaise sauce (page 208-209). Students will also cook a lamb stew. (Use recipe on page 296 as a base but utilizing available vegetables from the farm)

## **WEEK SEVEN (7)**

### **SUBJECTS**

Pork, Lamb, Review of cooking methods to date.

### **TOPICS**

Beef vs Veal

Kobe Beef

Primal and Sub primal cuts of Beef and Veal

Basic Butchering Procedures

Cooking Methods for Beef and Veal

Grilling and testing for doneness.

Proper purchasing, receiving and storing methods.

Braising and Stewing

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Explain how to purchase and store pork and lamb properly.
2. Discuss the most basic of butchering procedures.
3. Discuss the structure and composition of Pork and Lamb.
4. Discuss various cooking methods for Pork and Lamb.

### **PROCEDURES**

Students will practice classic knife cuts. Students will choose a cooking method appropriate to the cut of meat they receive in lab from a previous lab. Students will also choose an appropriate starch and veggie accompaniment (depending on what is available from the farm). Students will also make sauce appropriate to the meal- either a Mother Sauce Derivative or a Pan Sauce.

Cut could include Pork or Lamb Chops, Lamb Racks, Pork or Lamb Shoulder, Lamb Leg, Pork or Lamb trim.

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-8
* Demonstrations: Any Demo required by way of review.

### **ASSIGNMENT**

Chapter 15 Questions, 1 2, 3,4and 5- All Terms to Know

Chapter 16 Questions 1, 2, 3, 4, and 5- All Terms to Know

### **STUDENT PRACTICUM**

Students will practice classic knife cuts. Students will choose a cooking method appropriate to the cut of meat they receive in lab from a previous lab. Students will also choose an appropriate starch and veggie accompaniment (depending on what is available from the farm). Students will also make sauce appropriate to the meal- either a Mother Sauce Derivative or a Pan Sauce.

Cut could include Pork or Lamb Chops, Lamb Racks, Pork or Lamb Shoulder, Lamb Leg, Pork or Lamb trim.

## **WEEK EIGHT (8)**

### **SUBJECTS**

Seafood, Frying,

### **TOPICS**

Round Fish vs Flat Fish

Mollusks

Crustation

Aquafarming

Basic Butchering Procedures

Cooking Methods for Seafood

Proper purchasing, receiving and storing methods.

Frying

Fryolator Safety

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Explain how to purchase and store seafood properly.
2. Discuss the inspection and grading of seafood.
3. Discuss the structure and composition of various sea and shellfish.
4. Discuss various cooking methods for Seafood.
5. Discuss the procedure for making an En Pappilote.

### **PROCEDURES**

Students will practice classic knife cuts. Students will fabricate a Haddock and use one fillet to create an En Pallilote filet. Students will use the other filet or pieces to fry using a variety of coatings. The class will then discuss each coating and its success or “failure”. Students will also (by group) make French fires using various potatoes and methods and discuss the differences. Students will also make a Burre Blanc Sauce

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-8
* Demonstrations: Fabrication of a haddock prior to the student’s fabrication one each. Fabrication of a whole Salmon into fillets, steaks and tips. Burre Blanc Sauce

### **ASSIGNMENT**

Chapter 19 Questions, 1 2, 3,4,5,6, and 7- All Terms to Know

### **STUDENT PRACTICUM**

Students will practice classic knife cuts. Students will fabricate a Haddock and use one fillet to create an En Pallilote filet. (Using whatever veggies are available from the farm.) Students will use the other filet or pieces to fry using a variety of coatings. The class will then discuss each coating and its success or “failure”. Students will also (by group) make French fires using various potatoes and methods and discuss the differences. Students will also make a Burre Blanc Sauce

## **WEEK NINE (9)**

### **SUBJECTS**

Poaching and Steaming, Fluting Mushrooms

### **TOPICS**

Proper protein cuts for poaching and steaming

Building Flavors

Cooking Methods for Beef and Veal

Testing for doneness.

Fluting Mushrooms

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Explain Shallow and Deep poaching.
2. Discuss building a Court Bullion.
3. Discuss building flavors for a flavor “sapping” cooking method.
4. Attempt to flute mushrooms

### **PROCEDURES**

Students will practice classic knife cuts. Students will fabricate a whole chicken and use the parts to make a Poached Breast of chicken with Tarragon Sauce on Pages 422 and 423, and Chicken Fricassee on pages 424 and 425. Students will also make a risotto or a rice pilaf based on which skill needs more practice. Students will also make a vegetable (based on what is available from the farm.

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-3
* Demonstrations: Shallow vs Deep poaching, creation of a Court Bullion. Review of Chicken Fabrication for those who need it.
* Audio Visual: Video- Fluting Mushrooms- You Tube

### **ASSIGNMENT**

Review of Chapter 6 Flavorings and Seasonings

### **STUDENT PRACTICUM**

Students will practice classic knife cuts. Students will fabricate a whole chicken and use the parts to make a Poached Breast of chicken with Tarragon Sauce on Pages 422 and 423, and Chicken Fricassee on pages 424 and 425. Students will also make a risotto or a rice pilaf based on which skill needs more practice. Students will also make a vegetable (based on what is available from the farm.

## **WEEK TEN (10)**

### **SUBJECTS**

Breakfast, Eggs, Dairy, Beverages

### **TOPICS**

Composition of an Egg

Breakfast “meats”

Griddle cakes

Crepes

Types of omelets

Plating and Garnishment of Breakfast

Breakfast Beverages

The selling and Psychology of Breakfast

The various cooking methods of Breakfast.

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Explain how to purchase and store eggs properly.
2. Discuss the inspection and grading of eggs.
3. Discuss the structure and composition of an egg.
4. Discuss various cooking methods for eggs.
5. Discuss the procedure for making omelets, crepes, strata’s, frittatas.
6. Discuss various Breakfast beverages,
7. Discuss the various cooking methods as they apply to “Breakfast”.

### **PROCEDURES**

Students will demonstrate how to make a crepe, a French omelet. practice classic knife cuts. Students will make half of an Eggs Benedict (one egg, half of an English muffin as well as a 2 egg Hollandaise sauce. Students will also create a breakfast dish ( or use a recipe from the book) chosen from the following categories- French Toast, Pancake, Strata, Shirred Egg, Quiche, Frittata, Scotch Egg, Crepe or Blintz.

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-8
* Demonstrations: French Omelet and Rolled Omelet, Crepes, Scotch Eggs, the difference in a fresh farm egg vs what we buy from our large lot vendor.

### **ASSIGNMENT**

Chapter 20 Questions, 1, 2, 3, 4, 5 and 6- All Terms to Know

### **STUDENT PRACTICUM**

Students will demonstrate how to make a crepe, a French omelet. practice classic knife cuts. Students will make half of an Eggs Benedict (one egg, half of an English muffin as well as a 2 egg Hollandaise sauce. Students will also create a breakfast dish ( or use a recipe from the book) chosen from the following categories- French Toast, Pancake, Strata, Shirred Egg, Quiche, Frittata, Scotch Egg, Crepe or Blintz.

## **WEEK ELEVEN (11)**

### **SUBJECTS**

Salads, Dressings and Marinades, Sandwiches

### **TOPICS**

Identification of Greens

Care and Processing of Greens

Classifications of Salads

Classic Salads

Classifications of Sandwiches

Classic Sandwich’s

Plating and Garnishment of Salads

4 Components of a Sandwich

Plating and garnishment of sandwich

Various accompaniments of sandwiches

.

### **OBJECTIVES**

Upon completion of this segment the student will be able to do the following:

1. Explain how to purchase and store salad greens properly.
2. Discuss the various procedures for making vinaigrettes, emulsified dressings and mayonnaise.
3. Discuss the plating, presentation and garnishment of various salads
4. Discuss how to select sandwich ingredients.
5. Identify different types and classifications of Sandwiches
6. Prepare specific sandwiches.

### **PROCEDURES**

Students will make a 2 egg mayo, a vinaigrette and a derivative of a classic salad. Students will also make a classic sandwich and create a sandwich dependent on the classification they receive. The Mayo created for Salads will be used during the sandwich portion of the lab.

### **MATERIALS**

* Text Book: On Cooking- A Textbook of Culinary Fundamentals, Labensky, Hause, Martel ISBN 978-0-13-345855-8
* Demonstrations: 2 egg Mayo, Vinaigrette, and use of meat slicer.

### **ASSIGNMENT**

Chapter 24 Questions, 1, 2, 4, 5, 6 and 7- All Terms to Know

Chapter 26 Questions 2, 3, and 5- All Terms to know

### **STUDENT PRACTICUM**

Students will make a 2 egg mayo, a vinaigrette and a derivative of a classic salad. Students will also make a classic sandwich and create a sandwich dependent on the classification they receive. The Mayo created for Salads will be used during the sandwich portion of the lab.

## **WEEK TWELVE (12)**

***Thanksgiving Break***

## **WEEK THIRTEEN (13)**

### **Mystery Basket and Exam Prep**

Students will be given items and asked to create a dish using the ingredients given using appropriate cooking methods. Time will also be used for the students to ask questions about both the Written and Practical Exams.

## **WEEK FOURTEEN (14)**

### **Written and Final Exams**

Students will be given Proteins and asked to create a meal including sauce, starch and vegetable. Students will also demonstrate knife cuts and herb identification.

## **WEEK FIFTEEN (15)**

### Lab Cleaning- Mandatory.

The lab will be cleaned and ready for closing between the semesters. Tasks will include but will not be limited to inventories, oven and large equipment cleaning, walk in walls and shelves, food storage will be readied for long term storage.

This product was funded by a grant awarded by the U.S. Department of Labor’s Employment and Training Administration. The product was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including by information on linked sites and including, but no limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continue availability, or ownership.

"CUL 121 Culinary Arts I" by Chef Kelly Anne Clarke, TAACCCT 2 Growing Maine Project, [Kennebec Valley Community College](http://www.kvcc.me.edu/) is licensed under [CC BY 4.0](http://creativecommons.org/licenses/by/4.0)