

SYLLABUS

DATE OF LAST REVIEW: 07/2019

CIP CODE: 12.0505

SEMESTER: Departmental Syllabus

COURSE TITLE: Cooking Methods

COURSE NUMBER: CULN0120

CREDIT HOURS: 2

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

EMAIL: KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITES: ServSafe

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, <http://www.kckccbookstore.com/>, for the required texts for your particular class.

COURSE DESCRIPTION: During this course students will learn to read and follow a recipe, convert recipes, learn how to properly use and care for knives, practice mise en place, and explore basic cooking methods including seasoning and flavoring dishes.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content area. These may include but are not limited to lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

- I. The Recipe
 - A. Reading a Recipe
 - B. Measurements, Scaling
 - C. Converting Recipes
- II. Mise En Place
 - A. Planning and Organizing Production
 - B. Care and Use of Knives
 - 1. Knife Cuts
 - C. Prepping the Kitchen
- III. Basic Cooking Principles and Food Science
 - A. Heat and Food
 - B. Cooking Methods
 - C. Seasoning and Flavoring

EXPECTED LEARNER OUTCOMES:

- A. The student will be able to read and use various recipes, utilize appropriate equipment for measuring and scaling of ingredients, and convert recipes.
- B. Practice Mise en Place and specific operations that are a part of this concept; such as, creating preparation lists, timelines, knife skills, and organizing the station.
- C. Explore the basic cooking principles such as: heat and its effect on food; various cooking methods; and how to build flavor profiles.

COURSE COMPETENCIES:

Explore and use various recipes, examine techniques for measuring ingredients and portions, converting recipes and calculating food costs.

- 1. List three basic limitations of written recipes.
- 2. Identify three reasons for using judgment when following a recipe.
- 3. State the two functions of a standardized recipe and list eight types of information it is likely to include.
- 4. Identify the three methods used to measure ingredients and provide an example of the types of ingredients commonly measured by each method.
- 5. Name the five techniques used for portion control in plating and service.
- 6. Apply the two-part formula required to convert recipes to a higher or lower yield and identify factors that can negatively impact results when cooking with a converted recipe.
- 7. Define yield-cost analysis and explain the distinction between as purchased and edible portion quantities of food.
- 8. Perform yield-cost analysis.
- 9. Calculate raw food cost.

Practice the basic concepts of mise en place and specific operations that are a part of this concept

- 10. Define mise en place and explain why care must be taken in its planning.
- 11. Describe five general steps used in planning mise en place.

12. Explain the difference in preparation requirements for set meal service and extended meal service.
13. List five guidelines to observe when sharpening a chef's knife.
14. Demonstrate major cutting techniques required in food preparation.
15. Describe basic precooking and marinating procedures.
16. Define convenience foods in the context of mise en place and list eight guidelines for their use.

Explore the basic cooking principles such as: heat and its effect on food, various cooking methods, and the rules of seasoning and flavoring.

17. Name the most important components of foods and describe what happens to them when they are cooked.
18. Name and describe the three ways in which heat is transferred to food in order to cook it.
19. List three factors that affect cooking times.
20. Explain the differences between moist-heat cooking methods, dry-heat cooking methods and dry-heat cooking methods using fat.
21. Describe each basic cooking method used in the commercial kitchen.
22. Identify five properties that determine the quality of a deep-fried product.
23. Identify appropriate times for adding seasoning ingredients to the cooking process in order to achieve optimal results.
24. Identify appropriate times for adding flavoring ingredients to the cooking process in order to achieve optimal results.
25. List eleven guidelines for using herbs and spices in cooking.

ASSESSMENT OF LEARNER OUTCOMES:

Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student's progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college's policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

All enrolled students at Kansas City Kansas Community College are subject to follow all rules, conditions, policies and procedures as described in both the Student Code of Conduct as well as the Student Handbook. All Students are expected to review both of these documents and to understand their responsibilities with regard to academic conduct and policies. The Student Code of Conduct and the Student Handbook can be found on the KCKCC website.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the disabilities services office at (913) 288 -7664.

