

SYLLABUS

DATE OF LAST REVIEW:	06/18/19
CIP CODE:	12.0505
SEMESTER:	Department Syllabus
COURSE TITLE:	Food Production II
COURSE NUMBER:	CULN 0140
CREDIT HOURS:	4
INSTRUCTOR:	Department Syllabus
OFFICE LOCATION:	Department Syllabus
OFFICE HOURS:	Department Syllabus
TELEPHONE:	Department Syllabus
PREREQUISITES:	ServSafe, Cooking Methods, Food Production I

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

COURSE DESCRIPTION: We will be exploring red meats, game, poultry, game birds, fish and shellfish during this course. Composition, structure, inspection, grading, classification, handling and storage will be covered for each type of meat. Students will be exposed to various cooking methods for each type and pairing with sides will be discussed. Presentation and appropriate garnish for each meat will be covered and practiced.

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. Understanding Meats and Game
 - A. Composition, structure and basic quality factor
 - B. Basic cuts
 - C. Cooking and handling
- II. Cooking Meats
- III. Understanding Poultry and Game Birds
 - A. Composition and structure
 - B. Classification, handling and storage
 - C. Trussing and cutting
- IV. Cooking Poultry and game birds

- V. Understanding Fish and Shellfish
 - A. Composition and structure
 - B. Varieties, characteristics
 - C. Cutting, handling and storage
- VI. Cooking fish and shellfish

EXPECTED LEARNER OUTCOMES:

- A. Understand basic composition and structure; grading and inspection; cuts; appropriate cooking and storage methods for red meats and game.
- B. Practice cooking red meats and game using a variety of techniques appropriate to the type/cut of meat.
- C. Understand basic composition and structure; grading and inspection; classification and market forms; handling and storage; doneness; trussing and cutting poultry and game birds.
- D. Practice cooking poultry and game birds using a variety of methods appropriate to the type/form of poultry/game bird.
- E. Understand the basic principles of structure, handling and cooking of fish and shellfish in order to utilize the many varieties of seafood in a systematic way.
- F. Practice applying basic cooking principles in order to cook the product just to doneness, preserve moisture and texture, and to preserve and enhance the natural flavors of fish and shellfish.

COURSE COMPETENCIES:

Understand basic composition and structure; grading and inspection; cuts; appropriate cooking and storage methods for red meats and game.

- 1. Describe the composition and structure of meat and explain how they relate to meat selection and cooking methods.
- 2. Explain the use of the federal meat inspection and grading system in selecting and purchasing meats.
- 3. Explain the effect that aging has on meat and identify the two primary aging methods.
- 4. Identify the primal cuts of beef, lamb, veal, and pork, and list the major fabricated cuts obtained from each of them.
- 5. Choose appropriate cooking methods for the most important meat cuts, based on the meat's tenderness and other characteristics.
- 6. Identify the characteristics of game meats and select the appropriate cooking methods for them.
- 7. Determine doneness in cooked meat.
- 8. Store fresh meat and frozen meat to gain the maximum shelf life.

Practice cooking red meats and game using a variety of techniques appropriate to the type/cut of meat.

- 9. Cook meats by roasting and baking.
- 10. Cook meats by broiling, grilling, and pan-broiling.
- 11. Cook meats by sautéing, pan-frying, and griddling.
- 12. Cook meats by simmering.
- 13. Cook meats by braising.

Understand basic composition and structure; grading and inspection; classification and market forms; handling and storage; doneness; trussing and cutting poultry and game birds.

- 14. Explain the differences between light meat and dark meat, and describe how these differences affect cooking.
- 15. Describe four techniques that help keep chicken or turkey breast moist while roasting.
- 16. Define the following terms used to classify poultry: kind, class, and style.
- 18. Store poultry items.
- 19. Determine doneness in cooked poultry, both large roasted birds and smaller birds.
- 20. Truss poultry for cooking.
- 21. Cut chicken into parts.

Practice cooking poultry and game birds using a variety of methods appropriate to the type/form of poultry/game bird

22. Cook poultry by roasting.
23. Cook poultry by broiling and grilling.
24. Cook poultry by sautéing, pan-frying, and deep-frying.
25. Cook poultry by simmering and poaching.
26. Cook poultry by braising.

Understand the basic principles of structure, handling and cooking of fish and shellfish in order to utilize the many varieties of seafood in a systematic way.

30. Explain how the cooking qualities of fish are affected by the lack of connective tissue.
31. Determine doneness in cooked fish.
32. Demonstrate the appropriate cooking methods for fat and lean fish.
33. List seven basic market forms of fish.
34. Dress and fillet round fish and flatfish.
35. List and describe common varieties of saltwater and freshwater fin fish used in North American food service.
36. Identify the characteristics of fresh fish, and contrast them with characteristics of not-so-fresh fish.
37. Store fish and fish products.
38. Identify the popular varieties of shellfish and discuss their characteristics.
39. Outline the special safe handling and cooking procedures for shellfish.
40. Open clams and oysters, split lobster, and peel and devein shrimp.

Practice applying basic cooking principles in order to cook the product just to doneness, preserve moisture and texture, and to preserve and enhance the natural flavors of fish and shellfish.

41. Cook fish and shellfish by roasting
42. Cook fish and shellfish by sautéing and pan-frying.
43. Cook fish and shellfish by deep-frying.
44. Cook fish and shellfish by poaching in court bouillon.
45. Cook fish and shellfish by mixed cooking techniques.

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.

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