

APCA 101: BASIC CULINARY THEORY

Foothill College Course Outline of Record

Heading	Value
Units:	2.5
Hours:	32 lecture, 8 laboratory per quarter (40 total per quarter)
Prerequisite:	Per California Code of Regulations, this course is limited to students admitted to the Culinary Apprenticeship Program.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Description

Students will be exposed to food chemistry and the vocabulary necessary to succeed in an industrial food service setting. Topics will range from baking to cold kitchen preparation to various understandings of dry and moist cooking techniques. In addition, students will learn product identification and protocols in food handling and preferred cooking methods for meats, poultry, fruits, vegetables, starches, legumes, fish and shellfish.

Course Objectives

The student will be able to:

- Know the qualities and properties of food items and ingredients used in food preparation, including meat, poultry, fruits, vegetables, starches, dairy products, and seafood
- Identify the cuts and structure of beef, pork, lamb, chicken, fish, and shellfish
- Demonstrate an extensive vocabulary in regards to the culinary profession
- Summarize the details of meat inspection, grading, handling, storage and desired cooking methods of various cuts of beef, pork, lamb, poultry, fish, and shellfish
- Distinguish between the different market forms of fish and shellfish, and the types of mollusks, crustaceans, and other seafood, like squid
- Distinguish between various market forms of fruits, vegetables, herbs, spices, and grains via product ID test
- Identify dry and moist cooking methods for fruits, vegetables, grains, and legumes
- Understand purchasing and storage concerns for fresh, canned, frozen, and dried vegetables
- Understand the concepts of coagulation, caramelization, fermentation, radiation, heat conduction, and emulsification in food chemistry
- Know the principle of mise en place, including the placement and order of use of ingredients, tools, and supplies
- Produce salads, sandwiches, cold soups, dressings, and forcemeats, including sausages
- Know the qualities and properties of food items and ingredients used for baked goods, pastries, and desserts

Course Content

- Theories and chemistry of stocks, soups, and sauces (Lec)
- Knives: proper use, sharpening, and maintenance of kitchen knives (Lec and Lab)
- Meat, poultry, and game identification and fabrication (Lec and Lab)
- Fish and shellfish identification and fabrication (Lec and Lab)
- Guidelines in regard to fruits, vegetables, herbs, spices (Lec and Lab)
- Starches, grains, and dry goods identification (Lec and Lab)
- Cooking methods: grilling, broiling, and roasting (Lec and Lab)
- Cooking methods: sauteing, pan frying, and deep frying (Lec and Lab)
- Cooking methods: steaming and poaching (Lec and Lab)
- Cooking methods: braising and stewing (Lec and Lab)
- Egg cookery and the science of eggs (Lec and Lab)
- Baking basics (Lec and Lab)
- Garde Manger: the science of the cold kitchen (Lec and Lab)

Lab Content

Students will be handling different products and must identify them, check them for quality, and store them safely. Students will practice knife identification, sharpening and maintenance.

Special Facilities and/or Equipment

- Classroom with a flat screen television and laptop or computer for presentations
- Whiteboard with markers
- Fully equipped commercial kitchen for demonstrations and practice

Method(s) of Evaluation

- Written examinations (20%)
- Routine checks for understanding (5%)
- Evaluation of notebook (10%)
- Student presentations and papers (40%)
- Quizzes based on the units (15%)
- Participation, uniform dress code, and professionalism

Method(s) of Instruction

- Lecture
- Discussion - vocabulary
- Demonstration (e.g., showing students what some items look like, how an emulsification is made)

Representative Text(s) and Other Materials

Labensky, Sarah, et al. On Cooking: A Textbook for Culinary Fundamentals. New York: Prentice Hall, 2017.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Student will have about 500 pages of reading; must look up vocabulary terms and write them down.
- Weekly presentations on certain topics, like rice or potatoes

C. Five 1200-word papers on food topics. Even though these papers will be broad, they will hopefully inspire interest for the student to gain further knowledge.

Discipline(s)

Culinary Arts/Food Technology