

# APCA 104: BASIC COOKING TECHNIQUES

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2022
<b>Units:</b>	5
<b>Hours:</b>	30 lecture, 90 laboratory per quarter (120 total per quarter)
<b>Prerequisite:</b>	Per California Code of Regulations, this course is limited to students admitted to the Culinary Apprenticeship Program.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	None
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Description

Covers basic cooking. Students will make stocks, soups, sauces; prepare vegetables, starches, salads; fabricate and cook various cuts of meat and poultry. Highlights basic cooking techniques, such as sauteing, roasting, poaching, braising, and frying, while following industrial recipes.

## Course Objectives

The student will be able to:

1. Use, maintain, and store the tools, utensils, equipment, and appliances appropriate for preparing a variety of food items.
2. Make the five mother sauces: bechamel, espagnole, tomato, hollandaise, and veloute, and a sub sauce of each, and store them properly.
3. Produce soups, stocks, and broths, and cool and store them properly.
4. Demonstrate proper receiving and storage protocols of various items, including meats, dairy products, eggs, fish, shellfish, produce, dry goods, and other items utilized in food production.
5. Differentiate between the types of mollusks, crustaceans, and other seafood, like squid.
6. Identify dry and moist cooking methods for fruits, vegetables, grains, and legumes.
7. Understand purchasing and storage concerns for fresh, canned, frozen, and dried vegetables.
8. List quality characteristics and cooking or preparatory methods for legumes.
9. Identify different kinds, classes, and market forms of poultry.
10. Handle, store, and prepare poultry for safe cooking.
11. Explain problems and concerns that occur when stuffing poultry.
12. Cook poultry using dry and moist cooking methods safely and effectively.
13. Make breakfast items, such as omelets, quiche, and fritattas, and understand the concept of mise en place for short order breakfast cooks.

14. Summarize the details of meat inspection, grading, handling, storage, and desired cooking methods of various cuts of beef, pork, and lamb.
15. Understand the principle of mise en place, including the placement and order of use of ingredients, tools, and supplies.
16. Prepare food by using the correct techniques and procedures specified in recipes and formulas.
17. Produce salads, sandwiches, cold soups, dressings, and forcemeats, including sausages.
18. Use plating techniques, including accurate portioning and aesthetic presentation skills.
19. Plan and follow a food production schedule, including timing and prioritizing of tasks and activities.
20. Understand the qualities and properties of food items and ingredients used for baked goods, pastries, and desserts.
21. Produce baked goods, pastries, and desserts, by using correct techniques, procedures, and various finishing techniques.

## Course Content

1. Knife skills and kitchen equipment (Lec and Lab)
2. Soups, stocks and sauces (Lab)
3. Vegetables and fruits (Lab)
4. Legumes (Lab)
5. Starches and grains (Lab)
6. Meat and meat fabrication (Lec and Lab)
7. Poultry and poultry fabrication (Lec and Lab)
8. Eggs and breakfast cookery (Lab)
9. Fish and shellfish (Lec and Lab)
10. Basic baking skills (Lec and Lab)
11. Garde manger—the cold kitchen (Lec and Lab)
12. Dairy products (Lec and Lab)

## Lab Content

Lab content will consist of intense time in the kitchen, where students will produce dishes with the following components:

1. Soups, stocks and sauces
2. Vegetables and fruits
3. Legumes
4. Starches and grains
5. Meat and meat fabrication
6. Poultry and poultry fabrication
7. Eggs and breakfast cookery
8. Fish and shellfish
9. Basic baking skills
10. Garde manger—the cold kitchen (several hours on this)
11. Dairy products

## Special Facilities and/or Equipment

1. A fully equipped kitchen with NSF or Underwriter Lab certified refrigeration units, a freezer, ovens with 12 range burners, a grill, a salamander broiler, and flat top. A one-compartment dish machine, along with food safe sanitizer dispensary should also be available in the facility.

2. Television with ability to link directly to a laptop for instructional videos.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Practical examination: students are assessed on professionalism, sanitation, recipe execution, flavor, and presentation (70%)

Routine checks for understanding (5%)

Evaluation of notebook and journals (15%)

Quizzes based on the units covered (10%)

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Demonstration

Quizzes

Cooperative learning (teamwork in performance)

Summarizing and note-taking

Identifying similarities and differences (e.g., if four groups are given the same recipe, why are there differences in the end product?)

Homework and practice

## Representative Text(s) and Other Materials

Labensky, Sarah, et al.. On Cooking: A Text of Culinary Fundamentals, 5th ed.. 2015.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

1. Students will write journals analyzing the feedback of their execution of recipes.
2. Students will read, take notes, and record recipes from the textbook.
3. Students will produce a notebook, which they can later use as part of a portfolio.

## Discipline(s)

Culinary Arts/Food Technology