

# Spokane Community College

## COURSE LEARNING OUTCOMES (CLO) AND OUTLINE

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**Course Title: Introduction to Professional Cooking**

**Prefix and Course Number: CUL 110**

**Version Date: 1/3/22**

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### Course Learning Outcomes:

By the end of this course, a student should be able to:

- Demonstrate culinary professionalism in regard to uniform, personal hygiene, safety and sanitation.
- Identify and explain the safe use of common professional kitchen equipment, knives and tools.
- Identify, describe and demonstrate proper use of a recipe, including conversion methods.
- Identify, explain and demonstrate the classic kitchen organizational philosophy called “Mis en Place.”
- Accurately perform classic knife cuts and shapes.
- Accurately perform food measurement in the form of both volume and weight.
- Identify, describe and evaluate produce, grains and legumes, herbs and spices and other commonly used professional kitchen staples.
- Identify, explain and prepare basic stocks and broths.
- Identify, explain and prepare the five classic leading sauces.
- Identify, explain and prepare professional soup cooking methods.
- Identify, explain and prepare professional production of sandwiches, salads, salad dressings, and related items.

### Course Outline:

- I. Professional Kitchen Introduction
  - a. Commercial vs. home kitchens
  - b. Professional kitchen habits
  - c. Mis En Place
  - d. Equipment and tool identification
- II. Product identification
  - a. Produce, grains, legumes, starches
  - b. Spices and herbs
  - c. Miscellaneous
- III. Knife Kit and Uniform Distribution
  - a. Proper use, safety and sanitation
  - b. Classic knife cuts and shapes
- IV. Cookery Skills
  - a. Recipes
  - b. Measurement
  - c. Stocks and stock production; white chicken stock, brown beef stock, vegetable stock,
  - d. Broth production; chicken broth, beef broth
  - e. Leading Sauces production; espagnole, velouté, tomato, hollandaise, (mayonnaise), bechamel + introduction to small sauces
  - f. Soup production; all types-clear soups, cream soups, puree soups, specialty soups
  - g. Hot and cold sandwiches and production of all types and styles
  - h. Salad and salad dressing production and plating