

Spokane Community College

COURSE LEARNING OUTCOMES (CLO) AND OUTLINE

Course Title: Introduction to Professional Cooking

Prefix and Course Number: CUL 110

Version Date: 1/3/22

Course Learning Outcomes

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

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

Course Outline:

- I. Professional Kitchen Introduction
 - Commercial vs. home kitchens
 - Professional kitchen habits
 - Mis En Place
 - Equipment and tool identification
- II. Product identification
 - Produce, grains, legumes, starches
 - Spices and herbs
 - Miscellaneous
- III. Knife Kit and Uniform Distribution
 - Proper use, safety and sanitation
 - Classic knife cuts and shapes
- IV. Cookery Skills
 - Recipes
 - Measurement
 - Chicken stock

- Leading Sauces production; espagnole, velouté, tomato, hollandaise, (mayonnaise), bechamel + introduction to small sauces
- Soup production; all types-clear soups, cream soups, puree soups, specialty soups
- Hot and cold sandwiches and production of all types and styles
- Salad and salad dressing production and plating