

Print Date: 7/29/14  
**Course Objectives/Course Outline**  
**Spokane Community College**

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**Course Title:** A la Carte Cooking I  
**Prefix and Course Number:** CUL 254

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**Course Learning Outcomes:**

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

- Produce quality prep sheets
- Demonstrate quality mis en place techniques
- Prioritized daily accomplishment create a variety of sauces
- Demonstrate speed in organization and preparation of product
- Perform demonstrated tasks correctly and consistently
- Work effectively with students and instructor
- Meet time lines used in a production kitchen
- Consistently demonstrate all sanitation rules according to code
- Maintain personal hygiene rule according to code

**Course Outline**

- I. Cooking Techniques
  - A. Preparation and Seasoning
    1. Stocks
    2. Soups
    3. Student Lunches
    4. Banquet Foods (Up 50 People)
- II. Roasting Techniques—Meats, Fish, Poultry
  - A. Searing
  - B. Tie and roasts meats
  - C. Basting
  - D. Temperatures doneness
    1. Resting
- III. Sauces
  - A. Pan Sauces
  - B. Jus lie
  - C. Butter Sauces
  - D. Demi Glaze
  - E. Chutneys
  - F. Salsa
- IV. forcemeats and Fillings
- V. Quality Knife Skills
- VI. Plating Skills