

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

Course Title: A la Carte Cooking II

Prefix and Course Number: CUL 264

Course Learning Outcomes:

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

- dress, fillet, and prepare a variety of fish
- cook meats by roasting, baking, broiling, grilling, and pan broiling
- cook a variety of fish and shellfish by baking, broiling, sautéing, and pan frying
- cook fish and shellfish by deep frying
- cook fish by poaching and simmering
- prepare a variety of sauces for meats and fish
- prepare a nutritionally complete three-course meal

Course Outline:

- I. Advance Applications in Meat Preparation
 - A. Roasting and Baking
 - B. Broiling, Grilling, and Pan-broiling
 - C. Sautéing, Pan-frying, and Grilling
 - D. Simmering
 - E. Braising
 - F. Cooking Variety Meats
 - G. Recipes
- II. Advanced Applications in Poultry Preparation
 - H. Roasting and Baking
 - I. Broiling, Grilling, and Pan-broiling
 - J. Sautéing, Pan-frying, and Grilling
 - K. Simmering
 - L. Braising
 - M. Cooking Variety Meats
 - N. Recipes
- III. Advanced Application in Fish and Shellfish Preparation
 - A. Baking Guidelines
 - B. Broiling
 - C. Sautéing and Pan-frying Guidelines
 - D. Deep Frying
 - E. Poaching and Simmering in Court Bouillon
 - F. Poaching in Fumet and Wine
 - G. Simmering and Steaming
 - H. Recipes
- IV. Advanced Applications in Sauce Preparation
 - A. Classical
 - B. Cream and Butter Based
 - C. Fresh Tomato and Vegetable Sauces
 - D. Fresh Fruit
 - E. Modern American Style Sauces
 - F. International Cuisine Sauces
- V. Advanced Spa Cuisine Preparation