

Course Objectives/Course Outline
Spokane Community College

Course Title: Food Science

Prefix and Course Number: HM 126

Course Learning Outcomes:

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

- describe the mis en place process
- demonstrate basic knife skills
- describe a variety of cooking methods and their functions

Course Outline:

- I. Cooking in a Professional Kitchen
 - A. Mis en Place
 - B. Knife Skills
 - C. Preparation Techniques
- II. Stock Preparation
 - A. Categories and Types
 - B. Preparation and Cooking
 - C. Thickening Agents
- III. Basic Soup Making Techniques
 - A. Mis en Place and Method
 - B. Soup Service
 - C. Reheating
- IV. Basic Sauce Techniques
 - A. Classic and Contemporary Sauces
 - B. Cold Sauces and Marinades
- V. Basic Cooking Methods
 - A. Dry Heat
 - B. Moist Heat
 - C. Combination Cooking