SYLLABUS

DATE OF LAST REVIEW: 02/2013
CIP CODE: 12.0505
SEMESTER: Departmental Syllabus
COURSE TITLE: Cooking Methods
COURSE NUMBER: CULN0120
CREDIT HOURS: 2
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITES: None

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION: During this course students will learn to read and follow a recipe, convert recipes, learn how to properly use and care for knives, practice mise en place, and explore basic cooking methods including seasoning and flavoring dishes.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content area. These may include but are not limited to lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:
I. The Recipe
II. Mise En Place
   A. Planning and organizing production
   B. Care and use of knives
C. Prepping the kitchen

III. Basic Cooking Principles
   A. Heat and Food
   B. Cooking Methods
   C. Seasoning and Flavoring

EXPECTED LEARNER OUTCOMES:
A. Explore and use various recipes, examine techniques for measuring ingredients and portions, converting recipes and calculating food costs.
B. Practice the basic concepts of mise en place and specific operations that are a part of this concept.
C. Explore the basic cooking principles such as: heat and its effect on food, various cooking methods, and the rules of seasoning and flavoring.

COURSE COMPETENCIES:

*Explore and use various recipes, examine techniques for measuring ingredients and portions, converting recipes and calculating food costs.*

1. List three basic limitations of written recipes.
2. Identify three reasons for using judgment when following a recipe.
3. State the two functions of a standardized recipe and list eight types of information it is likely to include.
4. Identify the three methods used to measure ingredients and provide an example of the types of ingredients commonly measured by each method.
5. Name the five techniques used for portion control in plating and service.
6. Apply the two-part formula required to convert recipes to a higher or lower yield and identify factors that can negatively impact results when cooking with a converted recipe.
7. Define yield-cost analysis and explain the distinction between as purchased and edible portion quantities of food.

*Practice the basic concepts of mise en place and specific operations that are a part of this concept*

10. Define mise en place and explain why care must be taken in its planning.
11. Describe five general steps used in planning mise en place.
12. Explain the difference in preparation requirements for set meal service and extended meal service.
13. List five guidelines to observe when sharpening a chef’s knife.
14. Demonstrate major cutting techniques required in food preparation.
15. Describe basic precooking and marinating procedures.
16. Define convenience foods in the context of mise en place and list eight guidelines for their use.

*Explore the basic cooking principles such as: heat and its effect on food, various cooking methods, and the rules of seasoning and flavoring.*
17. Name the most important components of foods and describe what happens to them when they are cooked.
18. Name and describe the three ways in which heat is transferred to food in order to cook it.
19. List three factors that affect cooking times.
20. Explain the differences between moist-heat cooking methods, dry-heat cooking methods and dry-heat cooking methods using fat.
21. Describe each basic cooking method used in the commercial kitchen.
22. Identify five properties that determine the quality of a deep-fried product.
23. Identify appropriate times for adding seasoning ingredients to the cooking process in order to achieve optimal results.
24. Identify appropriate times for adding flavoring ingredients to the cooking process in order to achieve optimal results.
25. List eleven guidelines for using herbs and spices in cooking.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

SPECIAL NOTES:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

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