

**CENTRAL TEXAS COLLEGE
CHEF 1301
BASIC FOOD PREPARATION**

Semester Hours Credit: 3

INSTRUCTOR: _____

OFFICE HOURS: _____

I. INTRODUCTION

- A. A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, and professionalism.
- B. This course, CHEF 1301, Basic Food Preparation, is a required course in the Restaurant Skills, Restaurant Operations, Culinary Arts, and Institutional Food Service Certificates. It is also a required course in Restaurant & Culinary Management, Culinary Arts, and Baking and Pastry Specialization Degree plans.
- C. This course is occupationally related and serves as preparation for jobs in the Hospitality Management Culinary Arts Program.
- D. Prerequisite(s): None

II. LEARNING OUTCOMES

Upon successful completion of this course, BASIC FOOD PREPARATION, the student will:

- A. Name key historical figures responsible for developing food service professionalism.
(C5, C6, F1, F2, F5, F6)
- B. Explain the organization of classic and modern kitchen brigades.
(C5, C6, F1, F2, F5, F6)
- C. Develop the attributes a student chef needs to become a professional chef.
(C5, C6, F1, F2, F5, F6)
- D. Identify the cause of food-borne illness.
(C5, C6, C15-20, F1, F2, F5, F6)

- E. Perform appropriate actions to create and maintain a safe and sanitary working environment.
(C3, C5, C6, C9, C15-20, F1, F2, F5-13, F16)
- F. Define and recognize micro and macronutrients.
(C5, C6, F1, F2, F6)
- G. Describes how to effectively use the MyPlate method and menu labeling.
(C5, C6, F1, F2, F5, F6)
- H. List government agencies that oversee health and welfare of the public.
(C5, C6, F1, F2, F5, F6)
- I. Analyze recipes and how to effectively make them healthier.
(C5, C6, F1, F2, F5, F6)
- J. Identify and recognize a variety of professional kitchen tools and equipment.
(C3, C5, C6, C15-20, F5-12)
- K. Care for and use knives properly.
(C3, C5, C6, C15-20, F5-12)
- L. Use correct cutting techniques to cut foods in a variety of classic shapes.
(C3, C5, C6, C15-20, F5-12)
- M. Identify, recognize and use a variety of herbs, spices, nuts, oils, vinegars, and condiments.
(C3, C5, C6, C15-20, F5-12)
- N. Identify, recognize and use a variety of milk-based products.
(C3, C5, C6, C15-20, F5-12)
- O. Organize and plan your work more efficiently.
(C1, C3, C5, C6, C15-20, F1, F2, F5- 13, F16)
- P. Demonstrate an understanding of the basic principles of various cooking methods.
(C3, C5, C6, C15-20, F5-12)
- Q. Prepare a variety of stocks and sauces.
(C3, C5, C6, C15-20, F5-12)
- R. Prepare a variety of clear and thick soups.
(C3, C5, C6, C15-20, F5-12)
- S. Apply various cooking methods to meats.
(C3, C5, C6, C15-20, F5-12)
- T. Identify the primal, sub-primal, and fabricated cuts of meats.
(C3, C5, C6, C15-20, F5-12)
- U. Label the structure and composition of poultry.
(C3, C5, C6, C15-20, F5-12)
- V. Explain the structure and composition of fish and shellfish.
(C3, C5, C6, C15-20, F5-12)
- W. Prepare a variety of breakfast foods using various cooking methods.
(C3, C5, C6, C15-20, F5-12)
- X. Identify and prepare a variety of vegetables.
(C3, C5, C6, C15-20, F5-12)
- Y. Identify and prepare a variety of potatoes, grains, and pasta products.
(C3, C5, C6, C15-20, F5-12)
- Z. Describe and demonstrate the basic principles of plate presentation.

(C5, C6, C18-20, F7-12)

III. INSTRUCTIONAL MATERIALS

The instructional materials identified for this course are viewable through www.ctcd.edu/books

IV. COURSE REQUIREMENTS:

A. Reading Assignment:

Read text assignments prior to class and be prepared to discuss the text material, answering instructor questions orally with well-organized thoughts and ideas. You will also be required to turn in homework assignments, and be prepared for quizzes and exams.

B. Class Attendance: (Refer to CTC Catalog, Page 44, for detailed policy).

You are expected to attend each class period, be on time and stay the full class period or be counted absent. The instructor may choose to lower your grade because of tardiness or absences. You are responsible for all course material missed due to absence. The instructor does not provide class notes for classes missed.

C. Class Performance:

Students must be present for classroom lecture and laboratory time. If a student is absent during laboratory time, they will be subject to loss of grade points. Only an excused absence will allowed having the points be made up. If a student is absent from a lecture, it is up to him or her to obtain class notes from a fellow student.

D. Class Participation:

During lecture and laboratory time, students will be required to be engaged and attentive. During laboratory time students will be awarded points on such things as: appearance, actions, mise en place, preparation time, sanitation, safety, and presentation.

E. Equipment: The following equipment is required for this course:

- a. 1 each, CTC Hospitality logo, long sleeve classic chef jacket
- b. 1 each, black and white checkered chef pants
- c. 1 each, CTC Hospitality logo cap
- d. 1 each, bib apron (solid black or solid white)
- e. 1 pair black safety shoes
- f. 6 Piece Knife set with carry case to include Sharpening Steel, Paring Knife, Boning Knife, Sandwich Knife, French Chef Knife & Narrow Slicer.
- g. Instant-read food thermometer
- h. Sharpie or approximate permanent marker

V. EXAMINATIONS

A. There will be three examinations:

Exam 1 (Mid-Term)

Exam 2 (Final)

Exam 3 (Optional) National Restaurant Association Cooking Exam

All exams will be reviewed within 1 or 2 class periods, in preparation for the exam.

B. A student must be present for all examinations. No make-up examinations will be given. Students who know in advance they will be absent from an examination due to valid reasons must arrange to take an early examination. Unexpected absences due to illness or extenuating circumstances will require the student to see the instructor about individual make-up work in lieu of the missed examination. All of these absences will be verified for excusal.

C. Students without excused absences will be given a zero for the examination missed.

D. A student must take the final examination to receive a grade for this course.

VI. SEMESTER GRADE COMPUTATIONS

Exam 1 (Mid-Term)	150 points	15%
Exam 2 (Final)	150 points	15%
Final Hands on	150 points	15%
Laboratory (4 @ 50 pts. Ea.)	200 points	20%
Quizzes (4 @ 50 pts. Ea.)	200 points	20%
Homework	100 points	10%
<u>Daily Evaluations</u>	<u>50 points</u>	<u>5%</u>
Total Points	1000 points	100%

VII. NOTES AND ADDITIONAL INSTRUCTIONS FROM THE INSTRUCTOR

A. Course Withdrawal: It is the student's responsibility to officially withdraw from a class if circumstances prevent attendance. Any student who desires to, or must, officially withdraw from a course after the first scheduled class meeting must file a Central Texas College Student Application for Withdrawal in eforms (etrieve) on the college website. The withdrawal form must be submitted by the student. CTC Application for Withdrawal will be accepted at any time prior to Friday, the 12th week of classes during the 16-week fall and spring semesters. The deadline for sessions of other lengths is:

10-week session	Friday of the 8th week
8-week session	Friday of the 6th week
5-week session	Friday of the 4th week

The equivalent date (75% of the semester) will be used for sessions of other lengths. The specific last day to withdraw is published each semester in the Schedule Bulletin.

A student who officially withdraws will be awarded the grade of "W", provided the student's attendance and academic performance is satisfactory at the time of official withdrawal. Students must file a withdrawal application with the College before they may be considered for withdrawal.

- B. Administrative Withdrawal:** A student may be administratively withdrawn by a designated member of the administrative staff of the College under the following conditions:

The student has been placed on Academic Suspension or Disciplinary Suspension; the student has an outstanding financial obligation owed to the college; or the student registered for a course without the required prerequisite or departmental permission.

- C. Incomplete Grade:** The College catalog states, "An incomplete grade may be given in those cases where the student has completed the majority of the course work but, because of personal illness, death in the immediate family, or military orders, the student is unable to complete the requirements for a course..." Prior approval from the instructor is required before the grade of "I" is recorded. A student who merely fails to show for the final examination will receive a zero for the final and an "F" for the course.

- D. Cellular Phones and Electronic Devices:** Cellular phones and electronic devices will be turned off while the student is in the classroom or laboratory.

- E. American's with Disabilities Act (ADA):** Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

- F. Instructor Discretion:** The instructor reserves the right of final decision in course requirements.

- G. Civility:** Individuals are expected to be cognizant of what a constructive educational experience is and respectful of those participating in a learning environment. Failure to do so can result in disciplinary action up to and including expulsion.

VIII. COURSE OUTLINE

A. **Lesson One:** Chapters 1-3; Professionalism, Food Safety and Sanitation, and Nutrition

1. **Learning Outcomes:** Upon successful completion of this lesson, the Student will:
 - a. Discuss the development of the modern food service industry.
 - b. Name key historical figures responsible for developing food service professionalism.
 - c. Explain the organization of classic and modern kitchen brigades.
 - d. Summarize the roll of the professional chef in modern food service operations.
 - e. Paraphrase the attributes a student chef needs to become a professional chef.
 - f. Identify the cause of food-borne illness.
 - g. Prepare and handle food in a safe manner.
 - h. Describe what a HACCP system is used for.
 - i. Employ appropriate actions to create and maintain a safe and sanitary working environment.
 - j. Identify macro and micro nutrients.
 - k. List governing bodies for health agencies.
 - l. Describe the process of menu labeling.
 - m. Substitute cooking methods to make healthier options.
2. **Learning Activities:**
 - a. Classroom lecture and discussion
(C5, C6, C9, F1, F5, F6-8, F11, F12, F15)
 - b. Demonstration in kitchen (C5, C6, F5, F6, F11, F12)
3. **Equipment and Materials:**
 - a. A completely equipped kitchen.
 - b. Required equipment described earlier.
 - c. Overhead projector with computer.
4. **Audio-Visual Aids:**
 - a. PowerPoint-Pearson Hall CH 1-3
5. **Lesson Outline:**
 - a. Culinary History-Chefs and Restaurants
 - b. Kitchen Brigade System-Then & Now
 - c. Becoming a professional chef
 - d. Contaminants
 - e. Protecting food from food-borne illness
 - f. Cross-Contamination

- g. Proper hand washing
- h. Stock rotation
- i. HACCP
- j. Nutrition basics
- k. Tools for healthy eating
- l. Eating out smart
- m. Nutrition analysis

B. Lesson Two: Chapters 4-6; Menus & Recipes, Tools & Equipment, and Knife Skills

1. **Learning Outcomes:** Upon successful completion of this lesson, the Student will:
 - a. Describe the different types of styles of menus.
 - b. Explain the purpose of standardized recipes.
 - c. Convert recipe yield amounts.
 - d. Describe the need for cost controls in any food service operation.
 - e. Use a variety of professional kitchen tools and equipment.
 - f. Select and care for knives.
 - g. Explain how a professional kitchen is organized.
 - h. Care for and use knives properly.
 - i. Use correct cutting techniques to cut foods in variety of classic shapes.

2. **Learning Activities:**
 - a. Classroom lecture and discussion
(C5, C6, C9, F1, F5, F6-8, F11, F12, F15)
 - b. Demonstration in kitchen (C5, C6, F5, F6, F11, F12)
 - c. Laboratory exercises in kitchen (C1, C3-6, C9-20, F1-17)

3. **Equipment and Materials:**
 - a. A completely equipped kitchen.
 - b. Required equipment described earlier.
 - c. Overhead projector with computer.
 - d. TV/Camera Demonstration System.

4. **Audio-Visual Aids:**
 - a. PowerPoint-Pearson Hall CH 4-6

5. **Lesson Outline:**
 - a. The Menu
 - b. Standardized Recipes
 - c. Measurements
 - d. Recipe Conversions
 - e. Recipe Costing 101

- f. Controlling Food
- g. Tools & Equipment
- h. Knives
- i. Safety Equipment
- j. Knife Safety
- k. Knife Care
- l. Knife Control
- m. Basic Knife Cuts

C. Lesson Three: Chapters 7-9; Flavors and Flavorings, Dairy Products, Mise en Place

1. **Learning Outcomes:** Upon successful completion of this lesson, the Student will:
 - a. Describe the basic principles of the physiology of the sense of taste and smell.
 - b. Recognize a variety of herbs, spices, oils, vinegars, wines, and other flavorings.
 - c. State how to use flavoring ingredients to create, enhance or alter the natural flavors of a dish.
 - d. Describe the flavor principles in a variety of international cuisines.
 - e. Identify, store and use a variety of milk-based products
 - f. Summarize how basic cheese varieties are made.
 - g. Identify, store and serve a variety of fine cheeses.
 - h. Organize and plan your work more efficiently.
 - i. List how to create and use a prep list.
 - j. Use basic flavoring techniques.
 - k. Prepare items needed prior to actual cooking.
 - l. Setup and use the standard breading procedures.

2. **Learning Activities:**
 - a. Classroom lecture and discussion
(C5, C6, C9, F1, F5, F6-8, F11, F12, F15)
 - b. Demonstration in kitchen (C5, C6, F5, F6, F11, F12)
 - c. Laboratory exercises in kitchen (C1, C3-6, C9-20, F1-17)

3. **Equipment and Materials:**
 - a. A completely equipped kitchen.
 - b. Required equipment described earlier.
 - c. Overhead projector with computer.
 - d. TV/Camera Demonstration System.

4. **Audio-Visual Aids:**
 - a. PowerPoint-Pearson Hall CH 7-9

5. **Lesson Outline:**
 - a. Flavor & Taste
 - b. Flavoring Food
 - c. Herbs & Spices
 - d. Salt, Oils, and Vinegars
 - e. Milk & Milk Products
 - f. Cheese Recipes
 - g. Mise En Place
 - h. Equipment & Ingredients
 - i. Flavoring Foods
 - j. Prepping Foods
 - k. Clarifying Butter

D. Lesson Four: Chapters 10-12, 21; Principles of Cooking, Stocks and Sauces, Soups, and Eggs and Breakfast Foods

1. **Learning Outcomes:** Upon successful completion of this lesson, the Student will:
 - a. Explain how heat is transferred to foods through conduction, convection and radiation.
 - b. Identify how heat affects foods.
 - c. Summarize the basic principles of various dry-heat cooking methods
 - d. Identify the basic principles and techniques of various moist-heat cooking methods
 - e. Identify the basic principles and techniques of various combination cooking methods.
 - f. Explain the principles of making stock.
 - g. Prepare a variety of stocks.
 - h. Prepare and use various types of mirepoix.
 - i. Identify and classify sauces.
 - j. Use thickening agents properly.
 - k. Prepare a variety of classic and modern sauces.
 - l. Describe the different classifications of soup
 - m. Prepare a variety of clear broths and consommés.
 - n. Prepare thick cream and puree soups.
 - o. Prepare cold soups.
 - p. Garnish and serve soups appropriately.
 - q. Prepare a breakfast food with sauce.
2. **Learning Activities:**
 - a. Classroom lecture and discussion
(C5, C6, C9, F1, F5, F6-8, F11, F12, F15)

- b. Demonstration in kitchen (C5, C6, F5, F6, F11, F12)
- c. Laboratory exercises in kitchen (C1, C3-6, C9-20, F1-17)

3. Equipment and Materials:

- a. A completely equipped kitchen.
- b. Required equipment described earlier.
- c. Overhead projector with computer.
- d. TV/Camera Demonstration System.

4. Audio-Visual Aids:

- a. PowerPoint-Pearson Hall CH 10-12, 21

5. Lesson Outline:

- a. Heat Transfer
- b. Effects of Heat
- c. Cooking Methods
- d. Stocks & Ingredients
- e. Principles of Stock Making
- f. Sauces Introduction
- g. Mother Sauces
- h. Traditional Sauces
- i. Contemporary Sauces
- j. Clear & Thick Soups
- k. Other Soups
- l. Garnishing soups
- m. Soup Recipes
- n. Breakfast Recipes

E. Lesson Five: Chapters 13-15, 22,23 & 36; Principles of Meat Cookery, Cooking & Presentation (Beef, Veal), Vegetables, Starches and Plate Presentation

1. Learning Outcomes: Upon successful completion of this lesson, the Student will:

- a. Label the structure and composition of meats
- b. List meat inspection and grading practices
- c. Purchase meats appropriate for your needs.
- d. Store meats properly
- e. Prepare meats for cooking
- f. Apply various cooking methods to meats.
- g. Identify the primal, sub-primal and fabricated cuts of beef
- h. Perform basic butchering procedures.
- i. Explain appropriate cooking methods for different cuts of beef.
- j. Apply appropriate cooking methods to several common cuts of

- beef.
- k. Identify the primal, sub-primal and fabricated cuts of veal.
- l. Describe and perform basic butchering procedures.
- m. Explain appropriate cooking methods for different cuts of veal.
- n. Apply appropriate cooking methods to several common cuts of veal.
- o. Describe and demonstrate basic plate presentation skills.
- p. Identify and prepare various vegetables.
- q. Identify and prepare various starches.

2. Learning Activities:

- a. Classroom lecture and discussion
(C5, C6, C9, F1, F5, F6-8, F11, F12, F15)
- b. Demonstration in kitchen (C5, C6, F5, F6, F11, F12)
- c. Laboratory exercises in kitchen (C1, C3-6, C9-20, F1-17)

3. Equipment and Materials:

- a. A completely equipped kitchen.
- b. Required equipment described earlier.
- c. Overhead projector with computer.
- d. TV/Camera Demonstration System.

4. Audio-Visual Aids:

- a. PowerPoint-Pearson Hall CH 13-15, 22, 23 & 36

5. Lesson Outline:

- a. Muscle Composition
- b. Inspection & Grading of Meats
- c. Aging Meats
- d. Purchasing Meats
- e. Prepping Meats
- f. Cooking Methods to Meats
- g. Primal, Sub-primal, and Fabricated Cuts of Beef
- h. Organ Meats of Beef
- i. Nutrition of Beef
- j. Butchering Procedures of Beef
- k. Beef Recipes
- l. Primal, Sub-primal and Fabricated Cuts of Veal
- m. Organ Meats of Veal
- n. Nutrition of Veal
- o. Discover Vegetables
- p. Discover Starches
- q. Plate Presentation 101

r. Plate Presentation Practical

F. Lesson Six: Chapters 16-18, 20; Cooking & Presentation (Lamb, Pork, Poultry, and Seafood)

1. Learning Outcomes: Upon successful completion of this lesson, the Student will:

- a. Identify the primal, sub-primal and fabricated cuts of lamb.
- b. Perform basic butchering procedures.
- c. Explain appropriate cooking methods for different cuts of lamb.
- d. Apply appropriate cooking methods to several common cuts of lamb.
- e. Identify the primal, sub-primal, and fabricated cuts of pork.
- f. Perform basic butchering procedures.
- g. Explain appropriate cooking methods for different cuts of pork
- h. Apply appropriate cooking methods to several common cuts of pork.
- i. List the structure and composition of poultry.
- j. Identify various kinds and classes of poultry.
- k. Define poultry inspection and grading practices.
- l. Purchase poultry appropriate for your needs.
- m. Store poultry properly.
- n. Prepare poultry for cooking.
- o. Explain appropriate cooking methods for different types and cuts of poultry.
- p. Apply various cooking methods to poultry.
- q. Explain composition structure of fish and shellfish.
- r. Prepare various types of fish and shellfish.

2. Learning Activities:

- a. Classroom lecture and discussion
(C5, C6, C9, F1, F5, F6-8, F11, F12, F15)
- b. Demonstration in kitchen (C5, C6, F5, F6, F11, F12)
- c. Laboratory exercises in kitchen (C1, C3-6, C9-20, F1-17)

3. Equipment and Materials:

- a. A completely equipped kitchen.
- b. Required equipment described earlier.
- c. Overhead projector with computer.

d. TV/Camera Demonstration System.

4. Audio-Visual Aids:

a. PowerPoint-Pearson Hall CH 16-18, 20

5. Lesson Outline:

- a. Primal, Sub-primal and Fabricated Cuts of Lamb
- b. Purchasing Lamb
- c. Nutrition for Lamb
- d. Lamb Recipes
- e. Primal, Sub-primal and Fabricated Cuts of Pork
- f. Purchasing Pork
- g. Nutrition for Pork
- h. Pork Recipes
- i. Muscle Composition for Poultry
- j. Identifying Poultry
- k. Inspection & Grading for Poultry
- l. Purchasing & Storing Poultry
- m. Fabricating Poultry
- n. Cooking Poultry
- o. Poultry Recipes
- p. Identifying Fish and Shellfish
- q. Seafood Recipes