**GROSSMONT COLLEGE**

**COURSE OUTLINE OF RECORD**

Curriculum Committee Approval: 03/16/2021

GCCCD Governing Board Approval: 05/18/2021

**CULINARY ARTS 105 - HOME COOKING ESSENTIALS**

1. **Course Number Course Title Semester Units**

CA 105 Home Cooking Essentials 2

**Semester Hours**

1 hour lecture: 16-18 total hours 32-35 outside of class hours 3 hours laboratory: 48-54 hours

96-108 Total hours

2. **Prerequisites**

None

**Corequisite**

None

**Recommended Preparation**

None

3. **Catalog Description**

A course for the home cooking enthusiast who wants to learn and apply scratch cooking to various breakfast/brunch items, appetizers, entrées and desserts. Includes proper sanitation, knife skills, seasonal meal planning, cultural food diversity and costing. This course is offered on a Pass/No Pass basis only.

4. **Course Objectives**

The student will:

a. Demonstrate sanitation and safety techniques in the use of food service equipment.

b. Demonstrate ability to use and care for professional kitchen equipment.

c. Examine food production techniques, ingredients, cost and conditions for production.

d. Plan menus in relation to region, nutrition, season, product availability, product cost and type of commercial operation.

e. Plan, organize and carry out recipe preparation according to the home kitchen.

f. Evaluate finished food products

5. **Instructional Facilities**

a. Standard Classroom

b. Culinary Food Laboratory

6. **Special Materials Required of Student**

a. Non-slip closed shoes

b. Long pants

c. Hat

d. Apron (supplied by Instructor)

7. **Course Content**

1. Menu planning/costs evaluation/seasonality/cultural significance.
2. Basic safety and sanitation.

c. Small quantity food preparation for appetizers, entrees, salads, soups, desserts.

d. Lab evaluation of flavors, textures, proper temperatures.

8. **Method of Instruction**

a. Lecture and group discussion.

b. Multimedia presentations to demonstrate specific procedures and techniques.

c. Practical laboratory experiences involving the production of food products from planning through preparation, service, clean-up and evaluation.

9. **Methods of Evaluating Student Performance**

a. Evaluation of laboratory assignments such as appetizers, salads, soups, entrees, desserts.

b. Final practical examination where students prepare course as a group chosen by instructor based on competency rubric.

c. Homework assignment to research origin, history and ingredient list for specific upcoming recipes.

10. **Outside Class Assignments**

Menu development research projects according to course, season and budget for Breakfast/Brunch/Lunch/Dinner).

11. **Representative Texts**

a. Representative Texts:

*Artisan: The Haven’s Kitchen Cooking School* (April 4, 2017)

b. Supplementary texts and workbooks:

None

**Addendum: Student Learning Outcomes**

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate sanitation and safety techniques in the use of food service equipment.
  2. Examine food production techniques, ingredients, cost and conditions for production.
  3. Plan, organize and carry out recipe preparation menus in relation to nutrition, season, product availability
  4. Evaluate finished food products.