**GROSSMONT COLLEGE**

**COURSE OUTLINE OF RECORD**

Curriculum Committee Approval: 03/16/2021

GCCCD Governing Board Approval: 05/18/2021

**CULINARY ARTS 172 - PRINCIPLES OF SOUP, STOCK AND SAUCE PREPARATION**

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

CA 172 Principles of Soup, Stock and Sauce Preparation 3

**Semester Hours**

2 hours lecture: 32-36 hours 64-72 outside of class hours 3 hours lab: 48-54 hours

144-162 total hours

2. **Course Prerequisites**

A “C” grade or higher or “Pass” in Culinary Arts 165 and169 or equivalent.

**Corequisite**

None

**Recommended Preparation**

None

3. **Catalog Description**

This course explores the fundamentals of making meat, fish and vegetable stocks as the building blocks for traditional and specialty soups. Classic French sauces will be covered as well as contemporary salsas, nages, flavored oils, foams and compound butters.

4. **Course Objectives**

The student will:

a. Prepare chicken, beef, veal, fish, vegetarian and court bouillon.

b. Prepare various soup types, i.e., consommé, minestrone, cream, puree, ethnic, and entree soups.

c. Prepare mother sauces, i.e., espagnole, bechamel, veloute, tomato, hollandaise and their offspring.

d. Use thickening agents by preparing, demi-glace, glace de vierde, roux, whitewash, sherry, beure, maine.

e. Experiment with new sauce development.

f. Select appropriate sauces for various menus.

g. Examine historical and cultural development of soups, stocks and sauces.

5. **Instructional Facilities**

a. Standard Classroom

b. Culinary Foods Laboratory

6. **Special Materials Required of Student**

a. White chef’s coat

b. Chef’s toque (hat)

c. Chefs checkered pants

d. Knives, tools and equipment as required by instructors

e. Safe industry standard working shoes

7. **Course Content**

a. History of stocks.

b. Meat fish and vegetable stocks.

c. Mother sauces.

d. Salsas, relishes, nages, flavored oils, foams and compound butters.

e. Clear, thick, international and specialty soups.

8. **Method of Instruction**

a. Lecture and group discussion

b. Multimedia presentations

1. Monitoring laboratory sessions
2. Group discussions
3. Product evaluation
4. Individual instruction

9. **Methods of Evaluating Student Performance**

1. Quizzes on assigned reading from text and Chefs demonstrations.
2. Laboratory evaluations of soup, stock and sauce preparation based on competency rubric.
3. Midterm written exam on techniques and reading covered.
4. Final exam composed of written responses to assigned reading and Chefs demonstration lectures.
5. Competency based final practical exam - time management/quality standards/technique/cleanliness/ communication, sanitation and safety based on competency rubric

10. **Outside Class Assignments**

a. Assigned reading from text.

b. Practice cooking techniques and skills learned in class.

c. Mother Sauce research assignment consisting of history, modern and classical applications, recipes and relevance to cultural foods.

11. **Representative Texts**

a. Representative Texts:

Pearson. *On Cooking.* 6th edition, 2018

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. Prepares meat, fish and vegetarian stocks.
  2. Prepares various types of soups and thickeners.
  3. Prepare espangnole, béchamel, veloute, tomato and hollandaise sauces.