



Division:	Business	Area:	Culinary Skills and Management
Course Number:	CSM 101-A	Course Name:	Introduction to Culinary Arts
Prerequisite:	CSM 111, Food Sanitation		
Corequisite:	None		
Hours Required:	Class: 27.5	Lab: 55	Credits: 4

Course Description/Purpose

Students learn the fundamentals of food preparation in the food service business including safety skills, modern kitchen tools and equipment, properties and composition of food and basic knowledge of meats, poultry and seafood. The study of basic cooking principles, weights and measures and vegetables and starch preparation, along with basic recipe understanding are all stressed in this course to help prepare students for culinary careers. Students are required to register for all modules of CSM 101 concurrently.

Major Units

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|---------------------------|---|
| C Introduction | C Poultry |
| C Food service industry | C Fish and Shellfish |
| C Tools and equipment | C Vegetables |
| C Basic cooking equipment | C Potatoes and Starches |
| C The recipe | C Introduction to Sanitation and Safety |
| C Meats | |

Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

Cognitive Each student will be expected to *Identify/Recognize...*

- C The history of food service
- C The organization of kitchens
- C The standards of the food service industry
- C The food equipment quality
- C Pots, pans, and contents
- C The different cooking methods
- C Understanding meats
- C The composition and structure of meats
- C The inspection and grading process of meats
- C The aging of meat
- C Understanding of poultry
- C The composition structure of poultry
- C The inspection and grading process of poultry
- C The aging of poultry
- C The understanding of fish and shellfish
- C composition and structure of fish and shellfish
- C Different types of fin fish
- C Different shellfish
- C Understanding vegetables
- C The classification system for vegetables

Performance Each student will be expected to *Demonstrate/Practice...*

- C Use of cooking equipment
- C Use of processing equipment
- C Correct use of measuring devices
- C Safely use knives, hand tools, and small equipment
- C Heat and food
- C The use of seasoning and flavoring
- C The written recipe
- C Conversions in the recipe
- C Calculation of food costs
- C The breakdown of meat
- C Storage of meat
- C Proper cooking methods for meats
- C The breakdown of chicken or poultry
- C Storage of poultry
- C Proper cooking methods of poultry
- C Proper handling and storage of fish and shellfish
- C The different cooking method for fish and shellfish
- C Controlling quality during cooking of vegetables
- C Proper storage of vegetables
- C Production and handling of vegetables
- C The various cooking methods of vegetables
- C Understanding and cooking potatoes
- C Understanding and cooking rice
- C Understanding and cooking pasta products