



Syllabus

CUL 110 Intermediate Culinary Applications

General Information

Date

September 25th, 2017

Department

Business

Course Prefix

CUL

Course Number

110

Course Title

Intermediate Culinary Applications

Course Information

Credit Hours

3

Lecture Contact Hours

3

Lab Contact Hours

0

Other Contact Hours

0

Catalog Description

This is the second course in the culinary arts program. This first segment of this course will explore the basic procurement, preparation, and cooking of "center of the plate" protein items and successfully pairing these items with sauces, vegetables, and starches to create complete plated products. Family style and buffet plating techniques will also be covered. The second segment of the course will be focused on introductory techniques in the bakeshop.

Key Assessment

This course does not contain a Key Assessment for any programs

Prerequisites

CUL 100

Co-requisites

CUL 115

Grading Scheme

Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Course Learning Outcomes

Course Learning Outcomes

1. Articulate the roles of ingredients during the baking process.
2. Identify proper baking methods and discuss why adherence to these methods is critical in the discipline of baking.
3. Identify and prescribe proper cooking methods for center of the plate protein items.
4. Menu appropriate vegetable, starch, and sauce choices to complement center of the plate items to develop complete plates.

Program Affiliation

This course is required as a core program course in the following program

AAS Culinary Arts

Outline of Topics Covered

I. Poultry Identification and Cooking Methods

- Fabrication in six cut and eight cut styles, Appropriate cooking methods for wild as well as domestic birds, heritage chicken breeds, processing of ducks, geese, turkeys, emus, ostriches, game hens, grouse, pheasants, partridges, quail, and squab, discussion of salmonella risk from birds with beaks versus birds with bills, humane husbandry and harvest, commercial husbandry and harvest techniques, discussion of related poultry products including nuggets and other extruded products, grading and government inspection, market forms.

II. Pigs and Pork Identification and Cooking Methods

- Muscle types and requisite cooking methods, heritage breeds versus commodity animals, humane husbandry and harvest practices, animal diets and result in tissue types and flavor, primal, sub primal, and retail cut identification, historical use for meat, pork restricted diets, grading and government inspection, market forms.

III. Lamb and Veal Identification and Cooking Methods

- Discussion of the waning popularity of veal and lamb on American menus, humane husbandry and harvest practices, use of juvenile animals for meat in other cultures, cooking methods for mutton and goat, classifications of veal for commercial use, grading and government inspection, primal, sub primal, retail cut identification, market forms.

IV. Beef Identification and Cooking Methods including definitions of beef in the American and world markets, use of cow and bull meat, grading and government inspection, branded concepts, USDA grades and typical uses, wet and dry aging, market forms, cooking to temperature specifications and associated risks, grain vs. grass finish, muscle types and requisite cooking methods, heritage breeds versus commodity animals, humane husbandry and harvest practices, animal diets and result in tissue type and flavor, primal, sub primal, retail cut identification, use of hormones and antibiotics.

V. Other Center of the Plate Identification and Cooking Methods

- Vegetarian and vegan entrée choices, complete proteins for vegetarian health including sources, rules for use of

wild game, farm raised game animals including deer, moose, elk, bison, rabbits, and other meat animals, cooking methods for same.

VI. Seafood Identification and Cooking Methods

- Responsible harvesting techniques, fish and shell fish identification and market forms, cooking methods for lean and oily fish, fabrication of round fish and flatfish, identification of shellfish families including oysters, clams, mussels, scallops, shrimp, lobsters, crabs, abalone and conch, liability in serving undercooked or raw products, rules surrounding use of in shell shellfish, quality indicators for fresh, refreshed, and frozen products, market forms in today's market place, perishability and timing of supply chain.

VII. Procurement and Social Responsibility, Truth in Menu Act including ethics in purchasing and presentation of products for sale to the public.

VIII. Introduction to Baking, Terminology, Ingredient and Equipment Identification

- Major bakeshop equipment use and maintenance, ingredient identification including types and uses of flours and sugars, chemical and natural leaveners, fats, extracts, starches, and dairy products as well as their functions in recipes. Discussion of the importance of following recipes in the bakeshop vs. the savory kitchen.

IX. Quick Breads, The Rise, Fall, and Rebirth of the Bakeshop

- A historical look at the bakeshop from the time of the Renaissance through modern times, discussion of future careers for bakers and pastry chefs in the future as well as quickbread mixing methods, chemical leaveners, quality markers for quickbreads, common flaws.

X. Pate a Choux, Custards and Fillings, The Baker's Formula

- Pate a choux applications such as cream puffs, eclairs, profiteroles, gougeres, custard concepts including pastry cream, bread puddings, souffles, crème brulee, the use of jams, jellies, and other preserves, and fresh fruit fillings as well as the use of the bakers formula to derive zero waste recipes.

XI. Pies, Pastries, and Tarts including production of pie pastry, pate brisee, pate sucre, short dough, enriched pie dough, differences between tarts and pies in classical and contemporary terms, production of pie fillings including custard fillings, cooked fruit/juice fillings, raw fruit or old fashioned fillings, cream fillings, blind baking and docking, baking, garnish/finishing techniques.

XII. Yeast and Artesanal Bread Baking, Laminated Doughs

- Lean versus rich doughs, the role of ingredients in recipes, the definition and function of gluten, types of wheat flour, flour made from other grains, mixing methods, make up techniques and baking, cooling and storage, commercial production equipment and technology.

XIII. Cakes and Mixing Methods

- Type and styles, parts to the cake, cake flaws and problems in baking, mixing methods including angel food, chiffon, creaming, two stage, sponge and modified sponge methods, discussion of storage and service, classical cakes.

XIV. Icings and Décor Materials

- Fudge type icings, buttercream icings, flat icings, boiled icings, meringues, cream and mousse products, classical

cakes, finishing, and décor techniques use of royal icing, pastillage, and marzipan for décor media.

XV. Chocolate and Centerpiece Work

- Definitions of chocolate and chocolate products, production of commercial chocolate products and quality indicators, chemical and physical properties of chocolate, centerpiece media including tallow, butter, marzipan, pastillage, sugar and isomalt, royal icing, and ice.

XVI. Convenience products and the modern Pastry Chef including mixes and readymade convenience products that are used in the industry today, discussion of the baker in many food service operations today and the rise of RTS desserts, discussion of wholesale opportunities as restaurants outsource baking.