



## Syllabus

### CUL 215 Sous Vide Cooking

#### General Information

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**Date** May 16th, 2019

**Author** Patrick Rae

**Department** Business

**Course Prefix** CUL

**Course Number** 215

**Course Title** Sous Vide Cooking

#### Course Information

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**Catalog Description** A revolution in cooking Sous vide is the culinary innovation that has everyone in the food world talking. This course will cover the basics of how sous vide works, buying the right equipment, how to season sous vide foods, and how to cook sous vide safely while achieving optimum results.

**Credit Hours** 1

**Lecture Contact Hours** 0

**Lab Contact Hours** 2

**Other Contact Hours** 0

**Grading Scheme** Letter

#### Prerequisites

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None

#### Co-requisites

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None

#### First Year Experience/Capstone Designation

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

## **SUNY General Education**

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

None

## **FLCC Values**

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**Institutional Learning Outcomes Addressed by the Course**

None

## **Course Learning Outcomes**

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### **Course Learning Outcomes**

1. Explain the differences between sous vide and traditional cooking techniques
2. Demonstrate the ability to properly cook various items using sous vide
3. Present a successful objective critique of colleagues' work

## **Outline of Topics Covered**

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**Fruits and Vegetables**

**Poultry**

**Beef**

**Lamb**

**Pork**

**Fish**

**Shellfish**

## **Program Affiliation**

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**This course is not required as a core course in any programs.**