

HRI 106

Principles of Culinary Arts

COURSE OUTLINE

Prerequisites:

None

Course Description:

HRI 106, Principles of Culinary Arts Introduces the fundamental principles of food preparation and basic culinary procedures. Stresses the use of proper culinary procedures combined with food service, proper sanitation, standards of quality for food items that are made, and proper use and care of kitchen equipment.

Semester Credits: 3 Lecture Hours: 2 Lab/Recitation Hours: 2
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Course Outcomes

At the completion of this course, the student should be able to:

1. Assemble and disassemble all necessary kitchen equipment, ie: food processors, slicers, can opener and mixer, as well as dish machine.
2. Understand early history of culinary arts
3. Understand and demonstrate various knife skills
4. Understand the different metals used in cooking and heat sources.

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5. Be able to execute knife cuts correctly without visual aides
6. Be able to make an omelet
7. Understand the basics for breakfast cookery
8. Be able to demonstrate the various cooking techniques
9. Understand Dairy and Dairy products; Their uses, functions and the various types.
10. Understand and exemplify professionalism
11. Understand the history of culinary arts
12. Be able to demonstrate the uses and functions of kitchen equipment. Demonstrate set-up and break-down of said equipment.
13. Understand the term mise en place
14. Demonstrate a positive work ethic
15. Demonstrate conflict resolution skills
16. Demonstrate effective speaking and listening skills.
17. Demonstrate healthy behaviors and safety skills
18. Demonstrate job specific mathematical skills
19. Read and follow a recipe
20. Demonstrate scaling and measurement techniques, using Weight & volume
21. Prepare eggs in a variety of ways.
22. Have a greater understanding of kitchen equipment and its functions. Ie: ovens, stoves, fryers, grills, griddles, etc.
23. Understand Mise en Place
24. Have an understanding of sanitation in food service.
25. Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills

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Required Materials:

1. 2(preferred) full uniforms, consisting of: chef jacket with school logo and name embroidered, black & white chef check pants, neckerchief, slide, white apron, white Baker's Cap, black closed-heel, closed toe, non-skid shoes.
2. Knife kit – only the kit sold at the VWCC bookstore is acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand.
3. Pen, pencil, calculator, and Sharpie marker.
4. Bi-metallic stemmed thermometer, dial or digital

Textbook:

OnCooking 5th edition or current

The following supplementary materials are available:

1. 3-D knife cut model kit
2. Additional Knives to add to kit
- 3.

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Topical Description: (Outline chapters and sections to be covered in the book – may include timeline)

Introduction

Chapter 1, 2 – Professionalism

- History of culinary arts
- Chefs who have influenced culinary arts
- Food trend through history
- Influences on food service operations
- Kitchen Brigade/chefs de Partie

-Sanitation

- Definition
- Temperature danger zone
- 3 hazards to food: chemical, biological, physical
- Pathogens
- FATTOM
- FIFO
- Cross contamination
- Proper handwashing

Chapter 4. tools and equipment

- Standards for Tools and equipment
- Hand tools
- Knives
- Measuring/portion devices
- Cookware
- Processing equipment
- Heavy equipment
- Buffet equipment

Chapter 8- mise en place

- Mise en place- meaning/application

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- Selecting tools and equipment
- Clarifying butter
- Toasting nuts/seeds
- Making bread crumbs
- Flavoring foods
- Marinades
- Rubs/pastes
- Steeping
- Breading/Battering foods
- Blanching/parboiling

Chapter 3 Menu and Recipes

- Menus/types
- Pricing plans
- Menu language
- Standardized recipes
- Measurements and conversions
- Measurement systems
- Recipe conversions

Chapter 5 – Knife Skills

- Using knives safely
- Washing/storing of knives
- Gripping knife
- Controlling knife
- Cutting with knife
 - Slicing-Variou slicing cuts
 - Chopping-various chopping cuts
 - Sticks and dicing-various cuts
 - Mincing
 - Tourner
 - Parisiennes
 - Using mandoline

Chapter 9 Principles of Cooking

- Heat Transfer
- Effects of heat on nutrients
- Cooking methods:
 - Moist heat methods
 - Dry heat with fat methods

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- Dry heat without fat methods
- Combination cooking methods

Chapter 22 Potatoes, Grains and Pasta

- Potatoes: types and cooking methods
- Grains: Types and cooking methods
- Parts of a grain
- Pasta: types and uses

Chapter 7 Dairy Products

- Milk and milk products
- Processing techniques
- Concentrated milks
- Creams
- Cultured dairy products
- Butter
- Margarine
- Natural Cheese
- Cheese varieties
 - Fresh/unripened cheese
 - Soft Cheeses
 - Semisoft cheeses
 - Firm Cheeses
 - Hard Cheeses
 - Goat's milk cheese
 - Processed cheese
- Serving cheese
- Cooking with cheese

Chapter 20 Eggs and Breakfast

- Eggs
 - Composition
 - Grading
 - Storage
 - Sanitation
 - Egg products
 - Nutrition
 - Whipping egg whites
 - Applying various cooking methods
- Breakfast/Brunch

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- Breakfast meats
- Griddlecakes
- Cereals and grains
- Beverages

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Notes to Instructors

(List information about optional topics, departmental exams, etc)

1. Rubric for knife cuts and final practical exam
- 2.
- 3.
- 4.

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