

**Virginia Western Community College**  
**HRI 106**  
**Course Title: Principles of Culinary Arts I**

**Prerequisites**

Placement for ENF 3/ENG 111 or higher, or successful completion of ENF 1 or ENF 2.

**Course Description**

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. Lecture 2 hours. Laboratory 2 hours. Total 4 hours per week.

**Semester Credits: 3 Lecture Hours: #2 Lab/Clinical/Internship Hours: #2**

**Required Materials****Textbook:**

**OnCooking A textbook of Culinary Fundamentals sixth Edition, ISBN#: 978-0-13-444190-0**

**Other Required Materials:**

1. 2 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, 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. 4. Bi-metallic stemmed thermometer, dial or digital, Black Sharpie Marker 5. A 3-D knife cut model kit, sold in the VWCC bookstore is highly recommended.

**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.
5. Have a greater understanding of kitchen equipment and its functions. ie: ovens, stoves, fryers, grills, griddles, etc.
6. Understand Mise en Place
7. Have an understanding of sanitation in food service.
8. Be able to flip items in a pan, ie: Omelet.
9. Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills

10. Have an understanding of dairy and its uses.
11. Be able to make pasta.

## **Topical Description**

### 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 5 – Knife Skills

1. Using knives safely
2. Washing/storing of knives
3. Gripping knife
4. Controlling knife
5. Cutting with knife
  - a. Slicing-Variou slicing cuts
  - b. Chopping-various chopping cuts
  - c. Sticks and dicing-various cuts
  - d. Mincing
  - e. Tourner

- f. Parisiennes
- g. Using mandolin

### Chapter 8- mise en place

- Mise en place- meaning/application
- 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 9 Principles of Cooking

- Heat Transfer
- Effects of heat on nutrients
- Cooking methods:
  - Moist heat methods
  - Dry heat with fat methods
  - Dry heat without fat methods
  - Combination cooking methods

### Chapter 22- Potatoes, grains and starches

- Potatoes
- Applying various cooking techniques
- Parts of grains
- Various cooking techniques
- Identifying grains
- Pasta
- Various types of pasta

### 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
  - Breakfast meats
  - Griddlecakes
  - Cereals and grains
  - Beverages

## **Notes to Instructors**

1. Rubric for knife cuts and final practical exam
2. All students are required to perform 12 hours of volunteer foodservice when taking any lab class. This counts as a 100 point quiz grade.