

Virginia Western Community College

CUL 220

Meat, Seafood and Poultry Preparation

Prerequisites

CUL 106 and HRI 158

VCCS Course Description

Provides the study and preparation of meat, poultry, shellfish, fish, and game. Promotes the knowledge/skills required to select appropriate use of these foods as meal components.

VWCC Discipline Specific Course Description

N/A

Semester Credits: 3

Lecture Hours: 2

Lab Hours: 3

Required Materials

2 (preferred) full uniforms, consisting of: Chef Jacket with school logo and name, black & white checkered pants, white apron, white chef hat, black closed heel and toe, non-skid shoes.

Textbook

OnCooking A textbook of Culinary Fundamentals Sixth Edition , Labensky, Sarah R. and Alan M. Hause ISBN#: 978-0-13-543452-9

Other Required Materials:

- a. Knife Kit. Only the kit sold in the VWCC bookstore will be acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand
- b.. Notebook, PEN, calculator, Sharpie Marker, bimetallic stemmed thermometer

VCCS COURSE OUTCOMES

- N/A

Note to Instructor:

N/A

VWCC AND DISCIPLINE SPECIFIC OUTCOMES

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

- De-bone and process beef, pork, lamb, and chicken.
- Identify the wholesale cuts from beef, veal, pork, and lamb.
- Fillet and process flat, round, and shellfish.
- Operate, clean, and maintain all equipment.
- Understand Mise en Place.
- Have an understanding of sanitation in food service.
- Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.
- Understand and exemplify professionalism
- Demonstrate conflict resolution skills
- Demonstrate integrity
- Demonstrate teamwork skills

VCCS TOPICAL DESCRIPTIONS

- N/A

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS

Week 1	Intro to Butcher Shop/Review of Culinary Practices & Sanitation Lab: Poultry Processing Lesson: Equipment Safety, Intro to meats, Quality Grades, and Inspections. Demonstration: Meat Room Equipment Usage and Cleaning
Week 2	Lecture: Butcher Yield and Cooking Yield Lesson: Poultry Carcass, Poultry Grades, Breaking Down Poultry Exercise: Butcher Yield Test Lab: Poultry Processing Demonstration: Breakdown of Poultry Exercise: Boning and Trussing, Poultry Identification
Week 3	Lecture: Processing & Fabricating Poultry Lesson: Game Birds, Cooking Methods for Poultry and Game Birds Lab: Poultry Processing Exercise: Breakdown Game Birds, Poultry Cooking Methods
Week 4	Lecture: Processing & Fabricating Pork Lesson: Pork Carcass, Grades of Pork, Primal Cuts of Pork, Yield Testing

	Lab: Pork Processing Demonstration: Pork Loin Breakdown Exercise: Pork Loin Breakdown, Yield Test
Week 5	Lecture: Test #1 Lab: Pork Processing Exercise: Pork Cooking Methods
Week 6	Lecture: Processing & Fabricating Lamb Lesson: Lamb Carcass, Grades of Lamb, Primal Cuts of Lamb, Yield Test Lab: Lamb Processing Demonstration: Leg of Lamb Breakdown Exercise: Leg of Lamb Breakdown, Yield Test
Week 7	Review for Practical Mid-Term Lab: Lamb Processing Demonstration: Rack of Lamb Breakdown Exercise: Rack of Lamb Breakdown, Lamb Cooking Methods
Week 8	Practical Mid-Term Oral Mid-Term Exam
Week 9	Lecture: Processing & Fabricating Beef Lesson: Beef Carcass, Grades of Beef, Primal Cuts Lab: Beef Processing Demonstration: Breakdown Beef Rib Exercise: Breakdown Beef Rib, Yield Test
Week 10	Lecture: Processing & Fabricating Beef Lesson: Veal Carcass, Grades of Veal, Primal Cuts of Veal Lab: Beef Processing Exercise: Beef Cooking Methods
Week 11	Lecture: Processing & Fabricating Veal Lab: Beef & Veal Processing
Week 12	Lecture: Processing & Fabricating Fish & Seafood Lesson: Round and Flat Fish I.D. Lab: Fish & Seafood Processing Demonstration: Round and Flat Fish Breakdown Exercise: Round and Flat Fish Breakdown, Yield Test
Week 13	Lecture: Processing & Fabricating Fish & Seafood Lesson: Mollusk, Crustacean I.D.

Lab: Fish & Seafood Processing

Week 14 Thanksgiving Holiday – No Class

Week 15 Practical Final Exam

Week 16 Written Final Exam & Clean Up

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[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)

