

Virginia Western Community College

CUL 219

Stock, Soup and Sauce Preparation

Prerequisites

CUL 106, HRI 158

VCCS Course Description

Instructs the student in the preparation of stocks, soups, and sauces. Promotes the knowledge/skills to prepare stocks, soups, and sauces, and to select appropriate uses as meal components.

VWCC Discipline Specific Course Description

N/A

Semester Credits: 3

Lecture Hours: 2

Lab: 3

Required Materials

1. 2 full uniforms, consisting of: chef jacket with school logo and name embroidered, black & white chef check pants, white apron, white Baker's Cap, closed-heel, closed 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:

1. Knife kit – only the kit sold at the VWCC bookstore is acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand.
2. Pen, pencil, calculator.
3. Bi-metallic stemmed thermometer, dial or digital, Black Sharpie Marker

VCCS COURSE OUTCOMES

N/A

Note to Instructors

Rubrics for midterm practical exam and final practical exam

VWCC AND DISCIPLINE SPECIFIC OUTCOMES

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

- Identify and prepare various types of stocks, including chicken or white stock.
- Identify and use various thickening agents.
- Identify, prepare and utilize the mother sauces.
- Make, create, and utilize various compound sauces using the mother sauces.
- Identify and create various types of soups.
- Understand when to use various sauces and how they enhance food
- Understand how to adjust a sauce to make it healthier
- Understand Mise en Place
- Have an understanding of sanitation in foodservice
- Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.

VCCS TOPICAL DESCRIPTIONS

- N/A

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS

Chapter 7: Flavors and Flavorings

- Flavors
- Tastes
 - Sweet
 - Sour
 - Salty
 - Bitter
 - Umami
- Factors affecting perception of flavor
- Flavoring food
- Flavorings: herbs and spices
- Herb and spice blends
- Storing herbs and spices
- Using herbs and spices
- Salt
- Oils
- Vinegars
- Condiments
- Wines, beers, brandies, liquors and liqueurs
- International flavor principles

Chapter 11: Stocks and Sauces

- Stocks
 - White
 - Brown
 - Fish
 - Vegetable stock
 - Court bouillon
- Principles of stock making
- Glaze
- Sauces
 - Thickening agents
 - Finishing techniques
- Sauce families
 - Béchamel
 - Veloute
 - Espagnole
 - Demi-glace
 - Tomato sauce
 - Hollandaise
- Beurre Blanc
- Beurre Rouge
- Compound butters
- Pan Gravy
- Pan sauces
- Coulis
- Contemporary sauces
- Vegetable juice sauce
- Flavored oil

Chapter 36: Plate Presentation

Chapter 12: Soups

- Classification of soups
 - Clear
 - Thick
 - Specialty
- Garnishing
- Consommés
- Clarification process
- Cold soups
- Soup service

[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)

