



Culinary Foundations 1 Master Course Outline

Day 1: Course Introduction

- **Lecture**
Program Overview: How to Succeed in Class, Facility and Environmental Overview
Syllabus and CCI Student Handbook Review and Discussion, CCI Student Pledge
Review and Discussion
Overview of Central Oregon Community College:
<http://www.screencast.com/t/UBwMCbP7HD8>
- **Learning Objectives**
 - Learn about CFI and CCI Grading and Performance Expectations
 - Learn about *Professional Cooking* Textbook
 - Learn about *Ratio* book
 - Learn about *Rouxbe*
 - Learn about Professionalism and Uniform Expectations
 - Learn about Knife Kit Anatomy and Nomenclature
<http://www.mercercutlery.com/how-tos>
<http://www.mercercutlery.com/anatomy-of-a-knife>
 - Learn proper Campus Fire Drill Procedures
 - Learn about Campus Sustainability and Waste Management Programs
 - Complete Photo/Video Consent Form
 - Complete New Student Survey
 - Learn the Student Pledge
- **Demonstration**
Knife Kit breakdown and ID, Kitchen Tour, Fire Drill, Sustainability and Waste
Management Tour
- **Competency-Based Applied Learning**
Population of Emergency Contact List, Kitchen Equipment Overview and Safe Use
Survey Completion
- **Reading / Homework Assignment**
ServSafe Chapter 1 Providing Safe Food (pages 1.1-1.10)
- **Assessment**
Uniform Standards / Line-Up, Kitchen Equipment Overview and Safe Use

Day 2 ServSafe, Chapter 1 Providing Safe Food

- **Lecture**
ServSafe Chapter 1, Providing Safe Food
- **Learning Objectives**
 - Learn about Foodborne Illness
 - Learn about how Foodborne Illnesses Occur
 - Learn about Keeping Food Safe
- **Demonstration**
Basic Knife Skills Demonstration, care, sharpening and correct handling
- **Competency-Based Learning Activity**
Kitchen Equipment overview and safe use of, introduce Master Equipment List
- **Reading / Homework Assignment**
Chapter 2, Forms of Contamination (pages 2.1-2.21)
- **Assessment**
Uniform Standards / Line-Up, Kitchen Equipment Overview and Safe Use

Day 3: ServSafe Chapter 2 Forms of Contamination

- **Lecture**
ServSafe: Chapter 2, Forms of Contamination
Introduction Glossary review A
- **Learning Objectives**
 - Learn about Biological, Chemical, and Physical Contaminants
 - Learn about Deliberate Contamination of Food
 - Learn about Responding to a Foodborne Illness Outbreak
 - Learn about Food Allergens
- **Demonstration**
Basic Knife Skills Demonstration, care, sharpening and correct handling
- **Competency-Based Learning Activity**
Kitchen Equipment overview and safe use
Knife skills: onion fine dice, chopped parsley fine, garlic hachet, chiffonade
- **Reading / Homework Assignment**
Chapter 3, The Safe Food Handler (pages 3.1-3.16)
- **Assessment**
Uniform Standards / Line-Up, Kitchen Equipment Overview and Safe Use
Knife skills, onion fine dice, chopped parsley fine, garlic hachet, chiffonade

Day 4: ServSafe, Chapter 3 The Safe Food Handler

- **Lecture**
ServSafe: Chapter 3, The Safe Food Handler
Glossary B
- **Learning Objectives**
 - Learn about how food handlers can contaminate food
 - Learn about a good personal hygiene program

- **Demonstration**
Knife skills, onion fine dice, chopped parsley fine, garlic hachet, chiffonade
- **Competency-Based Learning Activity**
Basic Knife Skills, onion fine dice, chopped parsley fine, garlic hachet, chiffonade
- **Reading / Homework Assignment**
Chapter 4: The Flow of Food, An Introduction (pages 4.1-4.10)
- **Assessment**
Uniform Standards / Line-Up, Basic Knife Skills, onion fine dice, chopped parsley fine, garlic hachet, chiffonade

Day 5: ServSafe, Chapter 4 The Flow of Food: An Introduction

- **Lecture**
ServSafe Chapter 4: The Flow of Food, An Introduction
- **Learning Objectives**
 - Learn about the hazards in the flow of food
 - Learn about the monitoring of time and temperature
- **Demonstration**
Measuring Overview, potato blocking for a variety of knife cuts, brunoise, batonnet, julienne
- **Competency-Based Learning Activity**
Basic Knife Skills, potato blocking for a variety of knife cuts, brunoise, batonnet, julienne
- **Reading / Homework Assignment**
Chapter 5: The Flow of Food, Purchasing, Receiving & Storage
- **Assessment**
Uniform Standards / Line-Up, Basic Knife Skills, potato blocking for a variety of knife cuts, brunoise, batonnet, julienne

Day 6: ServSafe, Chapter 5 The Flow of Food: Purchasing, Receiving and Storage

- **Lecture**
ServSafe Chapter 5: The Flow of Food, Purchasing, Receiving & Storage
Glossary review D and E
Stock Preparation Technique and evaluation, blanching versus skimming
- **Learning Objectives**
 - Learn about general purchasing and receiving principles
 - Learn about storing food and nonfood items
- **Demonstration**
Basic Knife Skills, potato blocking for a variety of knife cuts, brunoise, batonnet, julienne
- **Competency-Based Learning Activity**
Basic Knife Skills, potato blocking for a variety of knife cuts, brunoise, batonnet, julienne
- **Reading / Homework Assignment**
ServSafe Chapter 6: The Flow of Food, Preparation (pages 6.1-6.19)
- **Assessment**
Uniform Standards / Line-Up, Basic Knife Skills, potato blocking for a variety of knife cuts, brunoise, batonnet, julienne

Day 7: ServSafe, Chapter 6 The Flow of Food: Preparation

- **Lecture**
ServSafe Chapter 6: The Flow of Food, Preparation
Glossary review F and G
- **Learning Objectives**
 - Learn about general preparation practices
 - Learn about cooking requirements for specific food
 - Learn about cooling and reheating food
 - Learn about stock making
 - Learn about blanching and browning bones for stock
- **Demonstration**
tourne, fluted mushroom, citrus supreme
- **Competency-Based Learning Activity**
Basic Knife Skills, tourne, fluted mushroom, citrus supreme
- **Reading / Homework Assignment**
ServSafe Chapter 7: The Flow of Food, Service (pages 7.1-7.11)
- **Assessment**
Uniform Standards / Line-Up, Basic Knife Skills, tourne, fluted mushroom, citrus supreme

Day 8: ServSafe, Chapter 7 The Flow of Food: Service

- **Lecture**
ServSafe Chapter 7: The Flow of Food, Service
Glossary review H, I and J
- **Learning Objectives**
 - Learn about the guidelines for holding food
 - Learn about the safe guidelines for serving food
- **Demonstration**
- **Competency-Based Learning Activity**
Basic Knife Skills, tourne, fluted mushroom, citrus supreme
- **Reading / Homework Assignment**
ServSafe Chapter 8: Food Safety Management Systems (8.1-8.11)
- **Assessment**
Uniform Standards / Line-Up, Basic Knife Skills, tourne, fluted mushroom, citrus supreme

Day 9: ServSafe, Chapter 8 Food Safety Management Systems

- **Lecture**
ServSafe Chapter 8: Food Safety Management Systems
Glossary review K and M
- **Learning Objectives**
 - Learn about active management control
 - Learn about HACCP

- **Demonstration**
Paysanne, Rondelle, Lozenge, Oblique
- **Competency-Based Learning Activity**
Basic Knife Skills, Paysanne, Rondelle, Lozenge, Oblique
- **Reading / Homework Assignment**
ServSafe, Chapter 9: Safe Facilities and Pest Management (pages 9.1-9.13)
- **Assessment**
Uniform Standards / Line-Up, Basic Knife Skills, Paysanne, Rondelle, Lozenge, Oblique

Day 10: ServSafe, Chapter 9 Safe Facilities and Pest Management

- **Lecture**
ServSafe Chapter 9: Safe Facilities and Pest Management
Glossary review N and O
- **Learning Objectives**
 - Learn about interior requirements for a safe operation
 - Learn about emergencies that affect the facility
 - Learn about pest management
- **Demonstration**
- **Competency-Based Learning Activity**
Basic Knife Skills, Paysanne, Rondelle, Lozenge, Oblique
- **Reading / Homework Assignment**
ServSafe Chapter 10: Cleaning and Sanitizing (pages 10.1-10.17)
- **Assessment**
Uniform Standards / Line-Up, Basic Knife Skills, Paysanne, Rondelle, Lozenge, Oblique

Day 11: ServSafe, Chapter 10 Cleaning and Sanitizing, Stocks

- **Lecture**
Health Inspector Eric Mone, Oregon Food Handler and Mock Inspection
ServSafe Chapter 10: Cleaning and Sanitizing
Glossary review P and Q
technique Competency-Based Learning Activity- stocks
Lecture- Stocks chicken and veal
- **Learning Objectives**
 - Learn about how to make stock
 - Learn about how to evaluate stocks
 - Learn about correct browning or blanching of bones
 - Learn about Ratio of bones to mirepoix
 - Learn about using a sachet d'epices or spice bag
 - Learn about stock as the foundation of the kitchen
 - Learn about convenience bases and how to use
- **Demonstration**
Stocks white and brown, Stock Preparation Technique and evaluation, blanching versus skimming (chicken stock), mire poix

- **Competency-Based Learning Activity**
Knife skills proficiency exam-midterm (Practical)
- Stocks white (Gisslen, Page 164) and brown (Gisslen Page 166)
- **Reading / Homework Assignment**
Professional Cooking Chapter 8 page 158-170
- **Assessment**
Uniform Standards / Line-Up, Stocks white and brown

Day 12: Professional Cooking Chapter 8 Stocks

- **Lecture**
Glossary review R and S
Yield Percent
technique Competency-Based Learning Activity- stocks
Lecture- Stocks chicken and veal
- **Learning Objectives**
 - Learn about how to make stock
 - Learn about how to evaluate stocks
 - Learn about correct browning or blanching of bones
 - Learn about Ratio of bones to mirepoix
 - Learn about using a sachet d'epices or spice bag
 - Learn about stock as the foundation of the kitchen
 - Learn about convenience bases and how to use
- **Demonstration**
Stocks white and brown, Stock Preparation Technique and evaluation, blanching versus skimming (chicken stock), mire poix
- **Competency-Based Learning Activity**
- Stocks white (Gisslen, Page 164) and brown (Gisslen Page 166)
- **Reading / Homework Assignment**
Professional Cooking Chapter 8 page 158-170
- **Assessment**
Uniform Standards / Line-Up, Stocks white and brown
Midterm Examination: ServSafe Exam (Written)

Day 13: Professional Cooking Chapter 8 Stocks

- **Lecture**
Glossary review T and U
Stocks, vegetable, dashi, remouillage reductions and glazes
- **Learning Objectives**
 - Learn about ethnic variations of stock
 - Learn about second wetting technique for use as a stock base or glaze
 - Learn about how to make reductions and glazes
 - Learn about vegetarian options for stock making
- **Demonstration**
Reductions and glazes

- **Competency-Based Learning Activity**

Vegetable stock (Gisslen, Page 168) , preparation of stock using browned bones from previous class, reductions of stocks from previous class, dashi (Gisslen, Page 169)

- **Reading / Homework Assignment**

Professional Cooking Chapter 8 page 158-170

- **Assessment**

Vegetable stock, preparation of stock using browned bones from previous class, reductions of stocks from previous class, dashi, Uniform Standards / Line-Up,

Day 14: Professional Cooking Chapter 9 Soups Clear and Broth style

- **Lecture**

Measurement, soups- broth style

- **Learning Objectives**

- Learn about importance of measuring correctly
- Learn about stock as the foundation for broth style soups
- Learn about clarification of stocks
- Learn about broth style soups
- Learn about consommé
- Learn about garnishes for clear soups

- **Demonstration**

- Beef broth and consommé

- **Competency-Based Learning Activity**

Beef broth and consommé

- **Reading / Homework Assignment**

Professional Cooking Chapter 9 Clear soups page 227-235

- **Assessment**

Beef broth (Gisslen, Page 227) and consommé (Gisslen, Page 230)
Uniform Standards / Line-Up

Day 15: Professional Cooking Chapter 9 Soups Clear and Broth style

- **Lecture**

Measurement, soups- broth style

- **Learning Objectives**

- Learn about importance of measuring correctly
- Learn about stock as the foundation for broth style soups
- Learn about clarification of stocks
- Learn about broth style soups
- Learn about consommé
- Learn about garnishes for clear soups

- **Demonstration**

Vegetable Soup, Mushroom Barley Soup

- **Competency-Based Learning Activity**

Vegetable Soup, Mushroom Barley Soup

- **Reading / Homework Assignment**
Professional Cooking Chapter 9 Clear soups page 227-235
- **Assessment**
Uniform Standards / Line-Up, Vegetable Soup, Mushroom Barley Soup

Day 16: Professional Cooking Chapter 9 Cream and Puree soups

- **Lecture**
Soups Cream and Puree
- **Learning Objectives**
 - Learn about how to puree soups
 - Learn about differences between cream and puree soups
 - Learn about thickening agents used in cream and puree soups
 - Learn about stock quality reflected in finished soup
 - Learn about common causes of curdling in cream soups
 - Learn about consistency, taste and texture of cream and puree soups
- **Demonstration**
Pureeing Soup
- **Competency-Based Learning Activity**
Puree of butternut squash soup and cream of mushroom (Gisslen, Page 241)
- **Reading / Homework Assignment**
Professional Cooking Chapter 9 cream and puree soups, page 238-246
- **Assessment**
Uniform Standards / Line-Up, Puree soup and cream soups

Day 17: Professional Cooking Chapter 9 Bisque, chowder and national soup

- **Lecture**
Bisque, chowders and national soups
- **Learning Objectives**
 - Learn about preparations of bisque
 - Learn about traditional thickening agents for bisque
 - Learn about preparation of chowders
 - Learn about thickening agents used in chowders
 - Learn about national soups
- **Demonstration**
Shrimp Bisque (Gisslen, Page 252), and French Onion Soup (Gisslen, Page 257)
- **Competency-Based Learning Activity**
Bisque, chowders and national soups-Shrimp Bisque (Gisslen, Page 252), and French Onion Soup (Gisslen, Page 257)
- **Reading / Homework Assignment**
Professional Cooking Chapter 9 bisque, chowder and national soups page 253-254
- **Assessment**
Uniform Standards / Line-Up, Shrimp Bisque, French Onion Soup

Day 18: Practical Examination

- **Lecture**
Assessment – Practical Examination
- **Assessment**
Uniform Standards / Line-Up, Individual Mystery Box

Day 19: Practical Examination

- **Lecture**
Assessment – Practical Examination
- **Assessment**
Uniform Standards / Line-Up, Individual Mystery Box