CULINARY ARTS INSTITUTE
CLNART 101 – CULINARY FUNDAMENTALS I
SYLLABUS – WINTER 2016

Section: 0118
Units: 4
Location: Culinary Arts Institute Building – Rm. Main Production Kitchen & Demo. Rm 208
Hours: Mondays through Thursday
Lab: 7:15am – 12:40pm in Main Production Kitchen
Lecture: 12:50pm – 2:25pm – Rm. 208 (Demo Kitchen, 2nd Floor, CAI Bldg.)
Recommended Reading: 101 Things I Learned in Culinary School by Louis Eguaras
ISBN: 978-0-446-55030-7
Chef Instructors: Chef Louis Eguaras, PSB, CPEC, CPFC and Chef Simon Harrison
Phone: 818.364.7706
Email: eguaralj@lamission.edu
Office Location: Culinary Arts Institute, Faculty Offices, Rm. 215
Office Hours: By Appointment Only

PREREQUISITE: Co-requisite is CA 060

WHAT ARE STUDENT LEARNING OUTCOMES? Student Learning Outcomes (SLO’s) focus on designing curriculum around answering this question:
• What will a student be able to DO in his/her multiple roles with what he/she learns in the course?
• When instruction focuses on SLO’s the learning process is more learner centered and more relevant to a student’s life.

STUDENT LEARNING OUTCOMES

1. Practice and employ a la minute and cycle menu protocol in a fast paced food service facility.
2. Compare and contrast a la minute and various management styles
3. Analyze the current dietary recommendations and describe the four major sources of calories in the diet, and list the factors that affect the number of calories appropriate for an individual.

COURSE DESCRIPTION: Introduction to culinary fundamentals and techniques for basic food preparation is learned and experienced. Culinary arts basics and foundations, including classic knife cuts, mother sauces, soups, basic cooking methods, terminology, equipment, measurements, culinary math and ingredients is covered. Students will be on rotation in the Servery Café & Grille to enhance their experience in a real environment setting.

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INSTRUCTIONAL METHODS: In the Culinary Fundamentals I course, recipes and techniques are discussed and/or demonstrated by the chef instructors. Videos are used to further enhance the knowledge of the student when viewing techniques and cooking methods. Students then prepare the lesson as instructed or demonstrated, all students working in groups or individually to produce the required competencies. Periodic use of videos, Multi-media presentations and guest speakers augment the curriculum.

COURSE OBJECTIVES: Upon completion of this course, students will have an understanding of, or be able to apply the following principles and concepts:

2. Select and prepare starches for boiling or steaming. Cook potatoes, grains and legumes.
3. Prepare vegetables using boiling, sautéing, roasting, grilling, pureeing, and pan-frying techniques.
4. Describe the basic hierarchy of a kitchen and name several positions in the kitchen brigade.
5. Name the methods of heat transfer and list examples of cooking techniques that rely upon each method.
6. Select and use hand tools, measuring equipment, and thermometers properly.
7. Name the basic knife cuts and describe them.
8. Select and store a variety of fruits, vegetables, herbs, and fruits.
10. Define stock and describe several uses for stocks. Identify different types of stocks and know preparation methods for each stock.
11. Name the mother sauces. Prepare and finish brown, white, tomato sauces. Prepare two basic warm emulsion sauces.
12. Select ingredients and prepare broths and vegetable soups. Prepare consommé, puree and cream soups.
13. Describe the sautéing process and explain why it is considered an a la minute technique.
14. Name the similarities and differences between roasting and baking as it relates to poultry and fish.
15. Select and prepare foods for grilling and broiling.
16. Define braising and stewing, noting the similarities and differences between these two methods.
17. Apply nutritional balance, variety to a complete dish.

INSTRUCTION METHODS: Various methods of instruction are utilized, including lectures, class opinions and discussions, films, and guest lectures and field trips to do on-site inspections at foodservice operations. A primary objective of this particular course is to establish an atmosphere in which each student feels that he may express his own point of view without feeling threatened, and that questions may be asked and answered without embarrassment. No limits are placed upon the subject matter or the extent of questioning, except that all discussions should be in “good taste” and with due recognition of the varying personal, economic, religious and social backgrounds of each class member and the level of maturity of the group as a whole.

UNIFORM CODE: Students must be in proper CAI school uniform at all times. Black skull caps and bistro aprons are necessary only if food is being prepared. By law, students must wear appropriate attire in the food production laboratory. It is the student’s responsibility to be dressed in clean, proper attire for all lab periods. If you are not dressed appropriately/complete uniform, you will not be admitted to class, and you will be given an absence for the day. If you are passing through or working in the kitchen, you must be in uniform. NO EXCEPTIONS OR EXCUSES!
COMPLETE UNIFORM:

- White Chef Coat, red neckerchief/cravat, white apron, black skull cap, heavy non-slip black shoes with shoe laces/ties or clogs, black or white socks, and houndstooth/checkered pants. **Student will be sent home and marked absent if not in full uniform. If the Bookstore does not have the necessary items you need to be in full uniform, you will still be sent home and marked absent.**

- No nail polish, faux nails or rings. Nails must be trimmed and short. **No excuses.**

- No earrings, nose rings or facial piercings in the kitchen.

- No hoodies or sweaters under the chef coat. If you are cold, wear white thermals under the chef coat.

- Completely clean shave or beard and mustache trimmed neat to ¼ inch in length. You will be sent home if you have not shaved and can only return if you have shaved. If you have a beard you must purchase a beard guard and wear in the kitchen during production times.

ATTENDANCE: Culinary Arts Institute’s attendance policy approximates the expectations found in a working situation. It is essential that each student learns the discipline of regular and prompt attendance as well as the skills involved in the culinary arts and hospitality industries. At the time the student moves from training into a career, the employer will be very interested in dependability and punctuality. No matter how skilled the person, an employee is valuable only when present on the job. The faculty and staff of Culinary Arts Institute @ LAMC consider each moment in class imperative for success. When the student is not in the classroom, the information missed cannot be recaptured. If you miss one (1) unexcused day of class during the winter session, you may be excluded from the class. If you are a no show or a no call on the first day of class, you may be excluded by the chef instructor to make room for students who are present and trying to add the class. If you do not communicate with the chef instructor prior to the class commencing that you will not be there on the first day, you may be excluded by the chef instructor.

MISSED WORK: If a student arrives late to class, and a test is still in progress, the student may take the test with no penalty. If a student misses a test or an assignment, the test/assignment will have ten (10) points deducted from the score. The student must contact his/her chef instructor to arrange to make-up the test/assignment prior to his/her return to the next scheduled class. If a student does not contact the chef instructor to make-up the test assignment before the day he/she returns to the next scheduled class, the student will receive a zero (0) for the test/assignment.

DIETARY SERVICE SUPERVISOR STUDENTS: All students taking any Culinary Arts class are subject to the same principals and guidelines. Students will learn to ensure that all foods are served by methods that conserve nutritive value, flavor and appearance and all foods are prepared in a form designed to meet individual needs. All substitutions should be similar nutritive value. Student’s competency will be demonstration and evaluated by the Registered Dietitian/Professor.

STUDENTS WITH SPECIAL NEEDS: If you have any health impairments that require regular medication, or any disability that might affect your performance in the class or lab, and would like your chef instructor to make special accommodations, please call our campus Special Services Director at 818-364-7734 as soon as possible. They will help you arrange special accommodations for your classes.

The special needs of each student are met, in part, by:

1. Group discussion at the “peer” level, providing for the interchange of ideas
2. Reading materials supplementing the required text material

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3. Availability of the teacher for personal interviews and referral to appropriate community resources as indicated.

**EVALUATION METHODS:** Grading is based upon weekly class assignments, participation, quizzes, Internet assignments and a final examination. Attendance and participation in class will also be evaluated.

**GRADING PROCEDURES:**

1. **Homework: 300 points**
   Complete all Questions for Discussion and *Key Terms to Know* at the end of each chapter of the Culinary Fundamentals I and/or chapters assigned from the On Cooking book. You will earn 10 points per chapter for homework each week. These will be turned in via email only. **ALL HOMEWORK MUST BE TYPED NOT HANDWRITTEN AND TURNED IN VIA EMAIL TO CHEF EGUARAS.**

2. **Attendance, Participation in Class and Group Projects: 300 points**
   If you are not present in class for lecture and in-class assignments, you will lose points and your grade will be lowered. Attendance is a very important part of your grade, and is required to pass the class. Proper cleaning of the modular kitchen areas is part of participation.

3. **Quizzes and Final Examinations: 200 points**
   There will be four quizzes worth 25 points each and final exam worth 100 points.

4. **Individual Project: Herb & Spice Project - 200 points**
   Student will present a PowerPoint presentation based on an Herb or Spice assigned by the Chef Instructor during lecture portion and will present on Week 5. Must be at least 5 minutes and cover all areas assigned by the chef instructor.

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<thead>
<tr>
<th>Component</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Homework</td>
<td>10%</td>
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<tr>
<td>Class Participation</td>
<td>30%</td>
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<tr>
<td>Quizzes</td>
<td>10%</td>
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<tr>
<td>Midterm, final &amp; practical exams</td>
<td>30%</td>
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<tr>
<td>Chef Project</td>
<td>10%</td>
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<tr>
<td>Herb Project</td>
<td>10%</td>
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**GRADES:**

- 1000 – 950 A
- 949 – 800 B
- 799 – 750 C
- 649 – 600 D
- 599 – Below F

**IMPORTANT INFORMATION:** Class hours must be adhered to. A student who misses more than 1 absence day may be dropped by the instructor, but it is your (THE STUDENT) responsibility to drop or withdraw from the class. Continued tardiness will affect your attendance (2 tardy days = 1 absence). If there is an emergency, the chef instructor can be contacted by phone or by email so that arrangements can be made.

**LAB CHECK OUT REQUIREMENTS:**

- Food is not to be taken out of the lab unless authorized by the chef instructor.
• All pantry supplies and equipment returned to proper storage area before class ends. Class hours must be adhered.
• All cutting boards stacked in order of color for the next class
• All workstations and sinks cleaned and wiped dry.
• All appliances/equipment cleaned after use, including stove tops, French tops, all reach-in and walk-in refrigerator doors wiped cleaned, counter tops and cupboard doors.
• All equipment, supplies and dry herbs/spices must be put back in its proper space.
• All under sinks cabinets cleaned and in order.
• All spills are to be wiped up and all wet towels placed in washing machine in lower level. If you use it, clean it!
• Floors swept and mopped.
• If you leave prior to class ending, you will be marked ½ absent. Attendance will be taken at the end of class as well.

**ADDITIONAL EQUIPMENT & MATERIALS NEEDED:**
1. Notebook (8 ½ x 11” notebook for notes)
2. 2” binder, Calculator and Scantron sheets for exams
3. Student Knife kit/case or “Toolbox”

**Success Tips from Chef:**
- SHOW UP TO CLASS!
- Bring your books to every class
- Read the chapters prior to attending class in advance and review thoroughly
- Do not read other class’s books in the Culinary Arts class. I will take it away and sell it on eBay!
- No cell phones, Bluetooth, iPods, iPhones, laptops, iPads, tablets of any sort, PSP, DS, XBOX 360s, any handheld contraption, etc. are allowed in the classroom or lab. No calls or text messaging while in class or lab. YOU are here to learn how to cook.
- **HAVE FUN!**

**Other Reading:**
- So You Want to be a Chef? 2nd Edition – Authors: Brefere, Drummond and Barnes ISBN: 978-0470-08856
Please note that the schedule below may be subject to change.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>DATE</th>
<th>TOPIC</th>
<th>ASSIGNMENT</th>
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<tbody>
<tr>
<td>DAY 1</td>
<td>1/4</td>
<td>Class Introduction – Demo Rm. 208 Students to Report to Rm 208 for Introductions, Class Objectives and Course Discussions</td>
<td>WELCOME BACK STUDENTS! • Assignment – Chapter 12 – Principles of Meat Cookery • Complete Questions for Discussion and Terms to Know (p. 299) – DUE Day 2 at 11:59pm ALL HOMEWORK IS SUBMITTED VIA EMAIL to <a href="mailto:equanalj@lamission.edu">equanalj@lamission.edu</a> – NO EXCEPTIONS. ONLY EMAILS FROM YOUR LACCD.EDU WILL BE ACCEPTED.</td>
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<tr>
<td>DAY 2</td>
<td>1/5</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills in the Servery Café &amp; Grille. Students will make Chicken Stock and Brown Veal Stock for the entire class LECTURE: Review Chapter 12 and Chapters 3, 4 and 10</td>
<td>Chapter 12 – Principles of Meat Cookery (continued) QUIZ ONE</td>
</tr>
<tr>
<td>DAY 3</td>
<td>1/6</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE: Review Chapter 13 and Chapters 5 and 6</td>
<td>Assignment – Chapter 13 – Beef Complete Questions for Discussion and Terms to Know (p. 311) – DUE Day 4 at 11:59pm</td>
</tr>
<tr>
<td>DAY 4</td>
<td>1/7</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE: Review Chapter 14 and Chapters 7 through 9.</td>
<td>Chapter 13 – Beef (continued)</td>
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<tr>
<td>WEEK 2</td>
<td>DATE</td>
<td>TOPIC</td>
<td>ASSIGNMENT</td>
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<tr>
<td>DAY 5</td>
<td>1/11</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE: Review Chapter 14 and Chapters 21 through 23.</td>
<td>Assignment – Chapter 14 – Veal Complete Questions for Discussion and Terms to Know (p. 338) – DUE Day 6 at 11:59pm</td>
</tr>
<tr>
<td>DAY 6</td>
<td>1/12</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE: Review Chapter 14 and Chapters 21 through 23.</td>
<td>Chapter 14 – Veal (continued) QUIZ TWO</td>
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### WEEK 3

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<tr>
<th>DATE</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td><strong>DAY 9</strong> 1/18</td>
<td>No Class – Martin Luther King, Jr. Day</td>
<td>No Class – Martin Luther King, Jr. Day</td>
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<tr>
<td><strong>DAY 10</strong> 1/19</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE: Review Chapter 14 and Chapters 21 through 23.</td>
<td>Assignment – Chapter 15 – Lamb (continued)</td>
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<tr>
<td><strong>DAY 10</strong> 1/20</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE: Review Chapter 14 and Chapters 21 through 23.</td>
<td>Assignment – Chapter 15 – Lamb (continued)</td>
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<tr>
<td><strong>DAY 11</strong> 1/21</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE: Review Chapter 14 and Chapters 21 through 23.</td>
<td>Assignment – Chapter 16 – Pork (continued)</td>
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### WEEK 4

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<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>ASSIGNMENT</th>
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<tr>
<td><strong>DAY 12</strong> 1/25</td>
<td>FIELD TRIP TO GRAND CENTRAL MARKET</td>
<td>FIELD TRIP TO GRAND CENTRAL MARKET</td>
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<tr>
<td><strong>DAY 13</strong> 1/26</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE – Herb &amp; Spice Project Presentations</td>
<td>Chapter 27 – Charcuterie (continued) Herb &amp; Spice Project Presentations</td>
</tr>
<tr>
<td><strong>DAY 14</strong> 1/27</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE – Herb &amp; Spice Project Presentations</td>
<td>Assignment – Chapter 28 – Hors D’oeuvre and Canapes Complete Questions for Discussion and Terms to Know (p. 862) – DUE Day 15 at 11:59pm Herb &amp; Spice Project Presentations QUIZ FOUR</td>
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<tr>
<td><strong>DAY 15</strong> 1/28</td>
<td>LAB – Students will prepare Breakfast and Lunch menu items and build their skills. LECTURE – Herb &amp; Spice Project Presentations</td>
<td>Assignment – Chapter 28 – Hors D’oeuvre and Canapes (continued) Herb &amp; Spice Project Presentations</td>
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WEEK 5 | DATE | TOPIC | ASSIGNMENT
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DAY 16 | 2/1 | LAB – Students will prepare Breakfast and Lunch menu items and build their skills. Some selected students will be doing their COOKING PRACTICALS & ENTRÉE is ASSIGNED BY CHEF INSTRUCTORS. Kitchen will be deep cleaned as well. | Assignment – Chapter 35 – Plate Presentation Complete Questions for Discussion and Terms to Know (p. 1091) – DUE Day 17 at 11:59pm

DAY 17 | 2/2 | LAB – Students will prepare Breakfast and Lunch menu items and build their skills. Some selected students will be doing their COOKING PRACTICALS & ENTRÉE is ASSIGNED BY CHEF INSTRUCTORS. Kitchen will be deep cleaned as well. | Assignment – Chapter 35 – Plate Presentation (continued)

DAY 18 | 2/3 | LAB – Students will prepare Breakfast and Lunch menu items and build their skills. Some selected students will be doing their COOKING PRACTICALS & ENTRÉE is ASSIGNED BY CHEF INSTRUCTORS. |

DAY 19 | 2/4 | FINAL EXAM – 100 QUESTIONS | FINAL EXAM – 100 QUESTIONS

PLEASE NOTE:

THIS COURSE OUTLINE IS A GUIDE FOR THE CLASS AND MAY BE MODIFIED OR REVISED TO ENHANCE THE LEARNING OUTCOMES OR CHANGED DUE TO EVENTS THAT ARE OUTSIDE THE CONTROL OF THE CULINARY ARTS DEPARTMENT AND THE CHEF INSTRUCTOR.

THE SYLLABUS IS SUBJECT TO CHANGE ACCORDING TO LA MISSION COLLEGE’S SCHEDULE AND PRODUCT & INGREDIENT AVAILABILITY.

NOTE: Remember to check this spring 2016 Schedule and register early! Classes may be cancelled due to low enrollment or classes may be full and closed. There are no “wait lists” available at LA Mission College.

COLLEGE RESOURCES FOR STUDENTS

Admissions and Records: Students can register for classes, request transcripts, file petitions for graduation, and drop classes at this office. For more information call 818-833-3322 or visit: http://www.lamission.edu/admissions/

Assessment Center: Offers student assessments in English, English-as-a-Second-Language (ESL) and Mathematics. Please contact the Assessment Center at (818) 364-7613 for more information or visit http://www.lamission.edu/assessment/

Bookstore: For hours of operation, book availability, buybacks, and other information call 818-364-7767 or 7768 or visit http://eagleslanding.lamission.edu/default.asp

Counseling Department Office: For appointments and information call 818-364-7655 or visit http://www.lamission.edu/counseling/
Disabled Students Programs and Services (DSP&S): For appointments, eligibility and information call 818-364-7732 or visit http://www.lamission.edu/dspss/

Extended Opportunity Programs and Services (EOPS): For appointments, eligibility and information call 818-364-7645 or visit http://www.lamission.edu/eops/

Financial Aid: For information and applications call 818-364-7648 or visit http://www.lamission.edu/financialaid/

Library: For information on hours, resources, workshops, and other services contact 818-364-7106 or visit http://www.lamission.edu/library/

Tutoring Services in Learning Center: Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit www.lamission.edu/learningcenter/