Culinary Arts Institute
Food Production 101

**COURSE DESCRIPTION:**

Study and kitchen/laboratory experience of quantity and quality food production. Introduction and application of culinary principles and procedures for basic food preparation is experienced. This is a comprehensive hands-on introduction to culinary basics, including classic knife cuts, terminology, equipment, measurements, and ingredients. Passing competencies will include all stocks, mother sauces, soups, vegetables, and grains. Speed, time management and accuracy are emphasized.

**INSTRUCTIONAL METHODS**

In the Food Production 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.

**Student Learning Outcomes:**

- Students will learn theory and the history of the classic and modern cuisine and chefs responsible for its evolution.
- Students will practice and master basic cutting techniques.
- Students will learn to properly apply three methods of cooking to each dish prepared for service.
- Student will practice various methods of plate presentation.
My recipe for students success (Teaching Philosophy). I encourage all of my students to participate in a collective manner to achieve the common goal of the class—to learn the fundamentals of French cooking techniques. I foster creative thinking and support student success by helping them overcome shortcoming as the beginning steps for a solid foundation within the culinary field. My professional expertise and commitment to high standards allow me to facilitate students achieve their goals and prepare them for employment within their selected area. I expect all students registered in my classes to: be on time to each class session, be respectful to each member of the class and teaching staff; never take conflicts personal and have a positive attitude at each class meeting. I encourage students to read the material prior to each class session without the worried of memorization and practice terminology during in class. During the course of the semester, student will take quizzes, practical exams and will be rotated throughout the restaurant daily operations to reinforcing their understanding of culinary technique and terminology correlating to service and kitchen operations. Lastly, I will recommend students to prospective employers as they become proficient in certain areas and have mastered basic culinary skill set by LAMC-CAI and the American Culinary Federation standards (ACF).

**COMPLETE UNIFORM:**
- White Chef Coat, white bistro apron, black skull cap, neckerchief/cravat (red), heavy non-slip black shoes with shoe laces/ties or clogs, black or white socks, and hounds tooth/checkered pants.
- No nail polish, faux nails or rings. Plain wedding band okay. Nails must be trimmed and short.
- 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.

**EMAIL USAGE:**
Please use your LACCD.EDU Email provided. No personal emails will be to communicate.

**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.

**MAKING UP MISSED DAYS:**
Students will not allowed to make up absents or tardiness. Each class session is ten points and late or tardiness is worth five points including e-mails and call for delay. Please allowed ample time to arrive to campus AM and PM traffic can be of challenge.
SPECIAL CATERING EVENT:
Occasionally as part of your learning environment in the Culinary Arts Institute, you will be asked to participate in food preparation and cooking for catering events for the college. This enhances your experience in the kitchen and makes you a stronger culinary arts student.

SPRING 2014 SEMESTER WE HAVE THE FOLLOWING EVENTS:
April 17th Raw-Vegan- Gluten Free & Super Foods Workshop.
May 31st Food & Wine Festival.

ORGANIC GARDEN:
Students from Food Production I & II will be responsible to maintain the CAI Organic Garden. Daily or weekly harvests and removal of weeds and such are necessary so that the products grow properly.

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

TOOLS & MATERIALS:
- Notebook (8 ½ x 11” notebook for recipes and notes)
- 2” binder, Digital Camera, Calculator and Scantron sheets for exams
- Instant-read thermometer, Measuring Spoons, measuring cups (liquid weights)
- Student Knife kit sold at the Servery, cravats, bistro aprons, etc.

RECOMMENDED READING:
So you want to be a Chef? 2nd Edition – Authors: Brefere, Drummond and Barnes ISBN: 978-0470-08856

To improve is to change; to be perfect is to change often.
-Winston Churchill
COURSE OBJECTIVES:
Upon completion of this course, students will have an understanding of, or be able to apply the following principles and concepts:

- Describe the basic hierarchy of a kitchen and name several positions in the kitchen brigade.
- Name the methods of heat transfer and list examples of cooking techniques that rely upon each method.
- Select and use hand tools, measuring equipment, and thermometers properly.
- Name the basic knife cuts and describe them.
- Select and store canned, frozen, and prepared foods properly.
- Use basic guidelines for selecting, receiving, and storing meats.
- Name the market forms of fish. Receive and store fish and seafood.
- Select and store a variety of fruits, vegetables, herbs, and fruits.
- Define mise en place, bouquet garni and sachet d’epices.
- Define mirepoix, roux, slurry, and liaison.
- Define stock and describe several uses for stocks. Identify different types of stocks and know preparation methods for each stock.
- Name the mother sauces. Prepare and finish brown, white, tomato sauces. Prepare two basic warm emulsion sauces.
- Select ingredients and prepare broths and vegetable soups.
- Prepare Clear, puree and cream soups.
- Describe the sautéing process and explain why it is considered an a la minute technique.
- Name the similarities and differences between roasting and baking as it relates to poultry and fish.
- Select and prepare foods for grilling and broiling.
- Define braising and stewing, noting the similarities and differences between these two methods.
- Select and prepare foods that are suitable for shallow-poaching and steaming.
- Prepare vegetables using boiling, sautéing, roasting, grilling, pureeing, and pan-frying techniques.
- Select and prepare starches for boiling or steaming. Cook potatoes, grains and legumes.
- Knowledge of egg by boiling, frying, poaching and scrambling. Prepare French, American/Country-style and Soufflé Omelets.

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.

TEXT & MATERIALS:
- Notebook (8 ½ x 11” notebook for recipes and notes)
- 2” binder, Digital Camera, Calculator and Scantron sheets for exams
- Instant-read thermometer, Measuring Spoons, measuring cups (liquid weights)

RECOMMENDED READING :
Becoming a Chef – Authors: Andrew Dornenberg & Karen Page
So you want to be a Chef? 2nd Edition – Authors: Brefere, Drummond and Barnes ISBN: 978-0470-08856
101 Things I Learned™ in Culinary School – Author: Chef Louis Eguaras - ISBN: 978-0-446-55030-7

“That which does not kill us makes us stronger.”
— Friedrich Nietzsche
SUCCESS TIPS FROM CHEFS:
♦ SHOW UP TO CLASS!
♦ Bring your books to every class
♦ Read the chapters prior to attending class in advance and review thoroughly
♦ Bring recipes to every class
♦ 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!

ASSIGNMENTS, EVALUATION & GRADING SCALE

GRADING SCALE

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- Wayne Gretzky