

Montgomery County Community College  
 CUL 120  
 Introduction to Culinary Techniques  
 3-1-4

**COURSE DESCRIPTION:**

This course presents the basic principles of food preparation for the food service and hospitality industry. This class is a foundation course and topics covered include mis en place, knife skills, stocks, sauces, soups, vegetables, legumes, proteins, and cooking techniques. In addition, students will practice reading and writing recipe cards, food and kitchen safety and sanitation. Sanitary practices and compliance with laws and ordinances of the Department of Health are enforced. Students are required to have a professional chef's uniform to participate in class according to departmental uniform policies. This course is subject to a course fee. Refer to <http://mc3.edu/adm-finaid/paying/tuition/course-fees> for current rates.

**REQUISITES:**

*Previous Course Requirements*  
 None

*Concurrent Course Requirements*  
 None

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
Upon successful completion of this course, the student will be able to:		
Demonstrate knife skills, hand tool and equipment operation emphasizing proper safety technique.	Lecture Lab Assigned Readings	Lab Production Practical Exam
Demonstrate correct weight and volume measurements.	Lecture Lab	Lab Production Practical Exam Written Assignment Quizzes
Practice and perform work in a logical, efficient, and organized manner; exhibit teamwork	Written assignments Lecture Lab	Written Exam Practical Exam

Demonstrate the use of standardized recipes and proper scaling / measuring techniques.	Demonstration Practice Assigned Readings	Lab Production Practical Exam
Produce classical stocks, soups, mother & secondary sauces.	Demonstration Practice	Lab Production Practical Exam
Analyze a variety of dishes including vegetables, potatoes, legumes, egg cookery and proteins.	Hands on Lab work	Quizzes Practical Exam Performance
Differentiate moist, dry, and combination cooking methods including steam, poach, simmer, boil, deep fry, sauté, pan fry, grill, roast, poêle, stew, braise, and broil.	Lecture Demonstration Lab Assigned Readings	Lab Production Quizzes Practical Exam
Explain the factors that affect taste, how we perceive those tastes and what we can do to optimize a combination of seasonings.	Lecture Assigned Readings Lab Demonstration	Lab Production Quizzes Practical Exam
Discuss proper safety and sanitation practices within the working kitchen	Lecture Lab Hands on Lab Work	Written Assignment Practical Exam

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Director of Educational Effectiveness. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

#### SEQUENCE OF TOPICS:

1. Lecture: Course Overview, Safety & Sanitation Overview, Mise en Place, Knife Skill
2. Lecture/Lab: Knife Skills (Tourné, large dice, medium dice, small dice, brunoise, fine brunoise, rondelle, paysanne, losenge, fermière, batonnet, julienne, fine julienne, chiffonade, and supreme)
3. Lecture/Lab: Stocks (Chicken, Beef, Vegetable, White vs. Brown)
4. Lecture/Lab: Mother Sauces (Béchamel, Espagnole, Tomato, Hollandaise, Velouté)

5. Lecture/Lab: Soups (Broth, Cream, Vegetable thickened, Starch thickened, and Specialty soups)
6. Lecture/Lab: Vegetables
7. Lecture/Lab: Starches (Potatoes, Legumes, and Grains)
8. Lecture/Lab: Pasta (Fresh and Dried)
9. Lecture/Lab: Eggs (French Omelet, Over Easy, Fried, Poached, and Hard boiled, Eggs Benedict) and Breakfast cookery (French Toast, Pancakes, and Hashbrowns)
10. Lecture/Lab: Proteins (Poultry and Beef)
11. Lecture/Lab: Practical Exam
12. Lecture/Lab: Final Exam and Kitchen Appreciation

**LEARNING MATERIALS:**

*Professional Cooking* by Wayne Gisslen – Publisher Wiley, New Jersey ISBN-13 978-1-118-63672-5 9<sup>th</sup> Edition

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

**COURSE APPROVAL:**

Prepared by: Stephen O'Donnell, CEC, AAC  
VPAA/Provost Compliance Verification:  
Dr. John C. Flynn, Jr.

Date: 1/2009

Date: 5/19/2009

Revised by: Christopher Allen Tanner, CEC, WCC, CHE  
Director of The Culinary Arts Institute

Date: 4/16/2012

Revised by: Christopher Allen Tanner, CEC, WCC, CHE, AAC  
Director of The Culinary Arts Institute

Date: 10/10/2012

Revised by: Francine Marz, MBA, CEC  
Director of The Culinary Arts Institute  
VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D.

AY 24-25  
Date: 7/9/2014

Date: 7/2014

Revised by: Joseph Jacques, Baking & Pastry Instructor  
VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D.

Date: 8/5/2015

Date: 8/5/2015

Revised by: Francine Marz, MBA, CEC  
Director of The Culinary Arts Institute  
VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D.

Date: 8/24/2015

Date: 12/22/2015

Revised by: Debbie Dalrymple  
VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D.

Date: 6/27/2016

Date: 6/27/2016

Revised by: John De Pinto, MLD, CEC  
Culinary Business Manager  
VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D.

Date: 3/23/2018

Date: 11/9/2018

Date: 6/27/2016

Revised by: Joseph Jacques

VPAA or designee Compliance Verification:

Date: 4/1/2024



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*