

Montgomery County Community College
LLSI 3700
Culinary Foundations Boot Camp
0-1-5

Course Description:

Culinary Foundations Boot Camp is a fast-track approach to acquiring the fundamental knowledge and practical experience needed to excel in a professional kitchen. This intensive 9-day course provides students the opportunity to discover and develop a deeper and more meaningful understanding of cooking techniques and methodologies. The topics covered will expose students to flavor pairings and development, evaluating finished product and ingredients selection and how each component will elevate your cooking.

Requisites:

Previous Course Requirements

None

Previous or Concurrent Course Requirements

None

Course Comment(s)

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Understand the foundations and workflow of a professional kitchen	Lecture, assigned readings and guided learning	Formative assessment
2. Demonstrate and discuss safe and proper operation of industrial kitchen equipment	Demonstration and guided learning	Formative assessment
3. Acquire basic knife skills and fundamental cooking techniques	Hands on lab, practice	Tests and quizzes
4. Acquire ability to decipher and evaluate a wide range of quality ingredients and to develop flavor profiles	Lecture, open discussion, assigned readings, demonstration and practice	Formative assessment

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
5. Learn how to fabricate, prepare, properly cook and plate meals including various kinds of proteins, vegetables and starches	Demonstration, practice, hands on lab	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 Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

Sequence of Topics:

1. Course overview, introduction to professional kitchen, sanitation and workflow
2. Product identification, flavor profiles, and flavoring agents
3. Knife skills, stocks, soups, emulsions and review of the material
4. Seasonality, types of vegetables, starches and grains
5. Basic sauces and vegetable cooking methods
6. Breakfast cookery and review of the material
7. Meat and poultry selection, fabrication and cooking methods
8. Finfish selection, fabrication and cooking methods
9. Review of the material and final practical

Learning Materials:

Professional Cooking by Wayne Gisslen – Published by John Wiley & Sons, New Jersey, 8th Edition ISBN: 978-1-118-63672-5

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: Can Uslu

Date: 09/07/2018



Jim Fox, Executive Director, Workforce Development
Compliance Verification:

Date: 9/10/18

Revised by:

Date:

Jim Fox, Executive Director, Workforce Development
Compliance Verification:

Date:

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.