

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: CUL 220 **Credits:** 3

Course Title: Meat, Seafood, and Poultry Preparation

Course Description:

Provides the study and preparation of meat, poultry, shellfish, fish, and game, including alternative protein sources. Promotes the knowledge/skills required to select appropriate use of these foods as meal components. Students will produce various garnishes, accompaniments, sauces, and accessories to produce a plated dish. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

General Course Purpose:

This course studies the identification, selection, and cooking techniques for various meat, seafood, and poultry preparations.

Course Prerequisites/Corequisites:

Prerequisites: CUL 218

Course Objectives:

Upon completing the course, the student will be able to:

- Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, broil, roast, carve, skewer, gratiné, maintain temperature, grill, or otherwise produce meat, seafood, and poultry items;
- Identify and select cuts of meat, poultry, shellfish, fish, and game for various preparation methods;
- Prepare items for cooking by portioning, tenderizing, marinating, seasoning, trussing, peeling, shucking, battering, and breading;
- Sauté, pan fry/deep fry items that are either breaded or battered;
- Smoke and cure meats, poultry, shellfish, fish, and game;
- Grill, broil, and plate meats, poultry, shellfish, fish, and game;
- Roast, carve, and plate meats, poultry, shellfish, fish, and game;
- Stew, steam, braise, poach, and plate meats, poultry, shellfish, fish, and game;
- Prepare garnishes, accompaniments, sauces, and accessories for the main component for plating;
- Prepare various protein alternatives;
- Discuss sustainability practices and sourcing these products;
- Discuss farm to table, organic vs. non-organic products, and other trends; and
- Apply modern techniques and equipment as employed in the industry, including but not limited to: pressure cookers, vacuum sealing and sous vide.

Major Topics to be Included:

- Tool identification and use
- Butchery
- Meat, seafood, and poultry classification

- Purchasing, selection, and storage of proteins
- Pairing accessory elements
- Presentation, garnishing, and plating
- Preparations and cooking techniques
- Protein alternatives
- Sustainability and product sourcing; including vendor identification
- Farm to table
- Organic vs. non-organic products and other related trends

Effective Date/Updated: August 1, 2024