

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix Number: HRI 218

Credits: 3

Course Title: Fruit, Vegetable, and Starch Preparation

Course Description:

Instructs the student in the preparation of fruits, vegetables, grains, cereals, legumes, and farinaceous products. Promotes the knowledge/skills necessary to prepare menu items from fruits, vegetables, and their byproducts, and to select appropriate uses as meal components. Prerequisite: HRI 106 and HRI 158 (or HRI 115). Co-requisite: HRI 219. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

General Course Purpose:

This course serves as a requirement for the Culinary Arts AAS degree.

Course Prerequisites and Co-requisites:

Prerequisites: HRI 106 and HRI 158 (or HRI 115)

Co-requisite: HRI 219

Course Objectives:

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

- a. Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, mash, puree, whip, beat, roll, stuff, grate, hull, stem, pit, maintain holding temperature, cook, or otherwise produce food;
- b. Identify and select fruits, nuts, vegetables, cereals, grains, beans, tubers, and farinaceous products for preparation and/or cooking;
- c. Prepare items by peeling, paring, coring, portioning, washing, sectioning, zesting, cutting, marinating, turning, glazing, or scoring;
- d. Cook fruit, nut, vegetable, grain, legume, and farinaceous items by steaming, braising, poaching, sautéing, stewing, simmering, boiling, frying, baking, roasting, grilling, stir-frying, blanching, or broiling; and
- e. Prepare dough and fabricate pastas.

Major Topics to Be Included

- a. Tool identification and use
- b. Classifications of produce, including fruits and vegetables
- c. Grains, rice, and cereals
- d. Cooking techniques
- e. Nut, legume, and farinaceous ingredients
- f. Pasta and variations
- g. Purchasing and storage of these ingredients
- h. Relationship to menu courses and as parts to other dishes
- i. Plating and presentation

Effective Date of Course Content Summary: August 6, 2014