

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: CUL 299 **Credits:** 3

Course Title: Supervised Study: Capstone in Culinary Arts

Course Description:

Assigns problems for independent study incorporating previous instruction and supervised by the instructor. Provides the student and instructor an opportunity to work together to identify the critical areas of need in the student's repertoire. An individualized plan will be developed to address the student's weaknesses and to lead progressively to a group demonstration of critical skills. Individual assessment constitutes the majority of this course. Lab, lecture, research, and out-of-class projects will be utilized. Prerequisites: CUL 206, CUL 207, HRI 251. Laboratory 15 hours. Total 15 hours per week. 3 credits

General Course Purpose:

A requirement of the Culinary Arts AAS degree, this is a skills-based course designed to certify competency in a defined skill set. The student's areas of strength and weakness will be identified, and individual strategies will be developed to assist the student in demonstrating proficiency in the competencies.

Course Prerequisites/Corequisites:

Prerequisites: CUL 206, CUL 207, HRI 251

Course Objectives:

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

- Use common culinary tools and equipment;
- Discuss the role of nutrition in cuisine;
- Prepare stocks, bases, rubs, marinades, and other foundations of flavor;
- Prepare classical and modern sauces;
- Prepare classical, modern, international, and cold soups;
- Prepare sandwiches and salads, while demonstrating the repertoire of garde manger;
- Demonstrate proficiency in the basic cooking methods, including braising, stewing, sautéing, pan searing, pan frying, stir frying, deep frying, roasting, baking, poaching, steaming, simmering, boiling, curing, smoking, drying, and pickling;
- Apply principles of safe and sanitary food production;
- Plan cost effective menus;
- Prepare food items for all meal periods;
- Present food in buffet and plated styles;
- Demonstrate effective job-seeking skills, including interviews, portfolio preparation, résumé building, and other essential topics to securing a position and career progression tracks;
- Identify common ingredients through taste, touch, sight, and smell;
- Prepare focused menus with proper costing, menu price, preparation, and sanitation practices;
- Work effectively with a team and operate an effective service; and
- Participate in community service events.

Major Topics to be Included:

- Product identification
- Cooking techniques
- Menu planning and costing
- Safe, sanitary, and efficient kitchen behavior
- Mise en place technique and organization
- Food presentation techniques

Effective Date/Updated: August 1, 2024