Course Prefix and Number: <u>CUL 218</u>   **Credits:** <u>3</u>

Course Title: <u>Fruit, Vegetable, and Starch Preparation</u>

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. Prerequisites: CUL 106. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

General Course Purpose:

This course is used to apply understanding, learning principles, and cooking methods based on the type of product provided and the application in which it is used or served.

Course Prerequisites/Corequisites:

Prerequisites: CUL 106

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, mash, puree, whip, beat, roll, stuff, grate, hull, stem, pit, maintain holding temperature, cook, or otherwise produce food;
- Identify and select fruits, nuts, vegetables, cereals, grains, beans, tubers, and farinaceous products for preparation and/or cooking;
- Prepare items by peeling, paring, coring, portioning, washing, sectioning, zesting, cutting, marinating, turning, glazing, or scoring;
- 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
- Prepare dough and fabricate pastas.

Major Topics to be Included:

- Tool identification and use
- Classifications of produce, including fruits and vegetables
- Grains, rice, and cereals
- Cooking techniques
- Nut, legume, and farinaceous ingredients
- Pasta and variations
- Purchasing and storage of these ingredients
- Relationship to menu courses and as parts to other dishes
- Plating and presentation

Effective Date/Updated: August 1, 2024