Beginning Gourmet Cooking

Course Information

Division: Business
Course Number: FCR 143
Title: Beginning Gourmet Cooking
Credits: 1
Developed by: Scott Russell
Lecture/Lab Ratio: 0.5 Lecture/1.5 Lab
Transfer Status: ASU NAU UA

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<th>ASU</th>
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<td>Yes</td>
<td>Non Transferable</td>
<td>Elective Credit</td>
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CIP Code: 36.0100
Assessment Mode: Pre/Post Test (44 Questions/44 Points)
Semester Taught: Upon Request
GE Category: None
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value
Students will have a broader base of cooking skills by becoming acquainted with cooking styles and dishes. They will become acquainted with skills of gourmet cuisine from several countries. Students may acquire an interest to pursue a related degree in a college of their choice. It is very appropriate for homemakers wishing to broaden their skills in home cooking.

Description
The art of preparing and serving a variety of gourmet foods and an appreciation of foreign cuisine.

Supplies
None
Competencies and Performance Standards

1. Recognize nutritional values.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Recognize the nutritional values.
   **Performance Standards**
   Competence will be demonstrated:
   o in the classroom
   o on quizzes, exams, and/or post test
   Criteria-Performance will be satisfactory when:
   o learner recognizes the nutritional values

2. Use a variety of electrical appliances.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Demonstrate the proper use of food processors.
   b. Demonstrate the proper use of large mixers.
   c. Demonstrate the proper use of blenders and juicers.
   **Performance Standards**
   Competence will be demonstrated:
   o in the classroom
   o on quizzes, exams, and/or post test
   Criteria-Performance will be satisfactory when:
   o learner will demonstrate and explain how to use food processors, large mixers, blenders, and juicers

3. Demonstrate and prepare various recipes and cuisines.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Prepare a variety of appetizers, Canapés, dips and spreads.
   b. Demonstrate preparation of egg dishes.
   c. Prepare recipes from French, Italian, German, Mexican, Hawaiian, Scandinavian, and Saudi Arabian cuisines.
   d. Prepare a variety of Fondue recipes.
   e. Prepare desserts from different countries.
   **Performance Standards**
   Competence will be demonstrated:
   o in the classroom
   o on quizzes, exams, and/or post test
   Criteria-Performance will be satisfactory when:
   o learner prepares cheese, meat, and chili 50 second omelets and other egg dishes
   o learner prepares French, Italian, German, Mexican, Hawaiian, Scandinavian, and Saudi
Arabian recipes
  o learner makes different fondues
  o learner prepares sauces and marinades
  o learner prepares desserts from different countries

4. Use utensils to cut garnishes, vegetables, fruits, and meats.
   Learning objectives
   What you will learn as you master the competency:
   a. Prepare a variety of vegetables and fruits using vegetable garnish utensils.
   b. Demonstrate how to cut up stir fry vegetables, meats, and so forth.

   Performance Standards
   Competence will be demonstrated:
   o in the classroom
   o on quizzes, exams, and/or post test

   Criteria-Performance will be satisfactory when:
   o learner demonstrates the use of a garnishing knife, spiral slicer, twin curl cutter,
     decorator tool, and flex knife
   o learner cuts vegetables to use in stir fry
   o learner cuts meats to use in stir fry

5. Use microwave techniques in a variety of recipes.
   Learning objectives
   What you will learn as you master the competency:
   a. Demonstrate and use stack cookers.
   b. Use Tupperware.

   Performance Standards
   Competence will be demonstrated:
   o in the classroom
   o on quizzes, exams, and/or post test.

   Criteria-Performance will be satisfactory when:
   o learner makes fudge
   o learner prepares peanut brittle
   o learner makes appetizers with bacon stack meal with Tupperware

Types of Instruction
Lecture
Field trip to critique a restaurant
Handouts, recipes, and guest speakers
Totals
**Grading Information**

**Grading Rationale**
Due to the personal interest and individual objectives of this course, a Pass/Fail grade will generally be issued. The student must meet the above evaluation at a 70% level of competency. For those students who desire a traditional letter grade, please refer to the Grading Scale.

Weight given to Quizzes, Exams, and Other Methods of Evaluation:
- Food Exam: 20%
- Attendance and Participation: 60%
- Final (Post Test): 20%

**Grading Scale**
- A 90-100%
- B 80-89%
- C 70-79%
- D 60-69%
- F 0-59%