Course Information

Division: Business  
Course Number: FCR 145  
Title: Intermediate Gourmet Cooking  
Credits: 1  
Developed by: Scott Russell  
Lecture/Lab Ratio: 0.5 Lecture/1.5 Lab  
Transfer Status:  
<table>
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<th>ASU</th>
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<td>Non Transferable</td>
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Activity Course: Yes  
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
FCR 143

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
Skills in the selection, preparation, and serving at the intermediate level of gourmet foods including, but not restricted to, appetizers, vegetables, garnishes, omelets, quiches, soufflés, stir-fry, Italian cuisine, Scandinavian cuisine, microwave cuisine, phyllo dough, Saudi Arabian cuisine, French cuisine, fondue, and turkey and chicken de-boning with dressings.

Supplies
None
Competencies and Performance Standards

1. Demonstrate knowledge of nutritional values.
   **Learning objectives**
   *What you will learn as you master the competency:*
   a. Recognize the nutritional values with handouts.

   **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. Demonstrate the use 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 demonstrates and explains 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, 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 desserts.
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 meat 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 makes 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%