### Course Information

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Division</strong></td>
<td>Business</td>
</tr>
<tr>
<td><strong>Course Number</strong></td>
<td>FCR 147</td>
</tr>
<tr>
<td><strong>Title</strong></td>
<td>Advanced Gourmet Cooking</td>
</tr>
<tr>
<td><strong>Credits</strong></td>
<td>1</td>
</tr>
<tr>
<td><strong>Developed by</strong></td>
<td>Scott Russell</td>
</tr>
<tr>
<td><strong>Lecture/Lab Ratio</strong></td>
<td>0.5 Lecture/1.5 Lab</td>
</tr>
<tr>
<td><strong>Transfer Status</strong></td>
<td>Pending Evaluation</td>
</tr>
<tr>
<td><strong>Activity Course</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>CIP Code</strong></td>
<td>36.0100</td>
</tr>
<tr>
<td><strong>Assessment Mode</strong></td>
<td>Pre/Post Test (44 Questions/44 Points)</td>
</tr>
<tr>
<td><strong>Semester Taught</strong></td>
<td>Upon Request</td>
</tr>
<tr>
<td><strong>GE Category</strong></td>
<td>None</td>
</tr>
<tr>
<td>** Separate Lab**</td>
<td>No</td>
</tr>
<tr>
<td><strong>Awareness Course</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>Intensive Writing Course</strong></td>
<td>No</td>
</tr>
</tbody>
</table>

### Prerequisites

FCR 145

### 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 advanced level of gourmet foods including, but not restricted to, appetizers, vegetables, garnishes, omelets, quiche, soufflés, stir-fry, Italian cuisine, Mexican fiesta, German 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 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.
- learner makes different fondues.
- learner prepares sauces and marinades.
- 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:
   - in the classroom.
   - on quizzes, exams, and/or post test.

   Criteria - Performance will be satisfactory when:
   - learner demonstrates the use of a garnishing knife, spiral slicer, twin curl cutter, decorator tool, and flex knife.
   - learner cuts vegetables to use in stir-fry.
   - 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:
   - in the classroom.
   - on quizzes, exams, and/or post test.

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

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