



CHEF 1401 Basic Food Preparation

Credit: 4 semester credit hours (2 hours lecture, 4 hours lab)

Prerequisite/Co-requisite: CHEF 1305

Course Description

A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism.

Required Textbook and Materials

1. *Professional Cooking 8th ed.*, Author Wayne Gisslen
 - a. ISBN number 978-1-118-63672-5
2. *Professional Cooking 7th ed. Study Guide*, Author Wayne Gisslen
3. Chef coat, black pants, non-skid shoes, knife set and case
4. A package of #882 Scantrons and #2 pencils.

Course Objectives

Upon completion of this course, the student will be able to:

1. Name and identify cooking techniques, to handle and understand cooking materials.
2. Use nutrition, safety and sanitation principles as should be applied to the industry.
3. Understand the Brigade System and professionalism

Course Outline

- A. The Food Service Industry
 - a. History of Modern Food Service
 - b. The Organization of modern Kitchens
 - c. Standards of Professionalism
- B. Nutrition, Safety, and Science in the Food Service Industry
 - a. Food Hazard
 - b. Personal Hygiene
 - c. Preventing Cuts and Burns
- C. Tools and Equipment
 - a. Introduction to Quality Food Equipment
 - b. Processing equipment
- D. Basic Cooking Principles
 - a. Moist Heat
 - b. Dry Heat
- E. Menu, Recipes and Cost Management
 - a. Menu Forms and Function
 - b. Building Menu

Approved 01/2015

Basic Cooking Class Syllabus

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Table of Contents Basic Cooking Class Syllabus

1. Understanding the eBook Basic Cooking Class Syllabus
 - The Rise of Digital Reading Basic Cooking Class Syllabus
 - Advantages of eBooks Over Traditional Books
2. Identifying Basic Cooking Class Syllabus
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Basic Cooking Class Syllabus
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basic Cooking Class Syllabus
 - Personalized Recommendations
 - Basic Cooking Class Syllabus User Reviews and Ratings
 - Basic Cooking Class Syllabus and Bestseller Lists
5. Accessing Basic Cooking Class Syllabus Free and Paid eBooks

- Basic Cooking Class Syllabus Public Domain eBooks
 - Basic Cooking Class Syllabus eBook Subscription Services
 - Basic Cooking Class Syllabus Budget-Friendly Options
6. Navigating Basic Cooking Class Syllabus eBook Formats
- ePub, PDF, MOBI, and More
 - Basic Cooking Class Syllabus Compatibility with Devices
 - Basic Cooking Class Syllabus Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Basic Cooking Class Syllabus
 - Highlighting and Note-Taking Basic Cooking Class Syllabus
 - Interactive Elements Basic Cooking Class Syllabus
8. Staying Engaged with Basic Cooking Class Syllabus
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Basic Cooking Class Syllabus
9. Balancing eBooks and Physical Books Basic Cooking Class Syllabus
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Basic Cooking Class Syllabus
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Basic Cooking Class Syllabus
- Setting Reading Goals Basic Cooking Class Syllabus
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Basic Cooking Class Syllabus
- Fact-Checking eBook Content of Basic Cooking Class Syllabus
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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