



# STARK STATE COLLEGE

## GENERAL SYLLABUS

### Course Information

**Course Name:** Fundamental Cooking-Prep 1  
**Course Number:** CUL123

### Required Materials

**Textbook(s):** On Cooking: A Textbook of Culinary Fundamentals 6<sup>th</sup> edition; Author: Labensky Publisher: Pearson  
**Required Readings:** None  
**Additional Materials:** Uniform & Culinary Tools (see culinary uniform policy)

### Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

16-week Calendar	
Week	Chapter/Topic/Lab
1	Discussion of Nutrition, Menu & Recipes/ Review of tools and equipment usage and safety/Knife skills refresher and practice, Flavor profile and regional cuisine reaserch project.
2	Chapter 11 & 12 Review; Stocks sauces and soups. Lab production of more complex product (consommé, nage, etc.) Quiz on Sauces, Stocks and Soups
3	Review of Chapter 25 Salads and salad dressing; Prepare a selection of more complex and technical salads and dressing
4	Review of Chapter 27 Sandwiches Lab preparing more complex and technical sandwiches. Read chapter 20.
5	Presentation of Chapter 20 Fish and Shellfish Lab: prepare fish and shellfish recipes. Read chapter 17.
6	Presentation of chapter 17 Pork Lab: prepare and break down of pork product. Read chapter 18
7	Presentation chapter 18 Poultry Lab: poultry cooking project. Read chapter 14 & 15.
8	Presentation of chapter 14 & 15 Beef and Veal Lab:Preparing beef and veal. Meat, Fish and Poultry Quiz
9	Review of chapter 22 & 24 Lab: vegetables and vegetarian/vegan cooking.
10	Review chapter 23 potatoes, grains and pasta. Lab: Various less common grains and advanced potato dishes.
11	Review chapter 23 Pasta. Lab: prepare stuffed pasta, various less common grains. Vegetable and Starches Quiz
12	Review chapter 21 eggs and breakfast Lab: production of technical breakfast dishes
13	Review chapter 30 Bakeshop Lab: intro to yeast doughs
14	Review chapter 26 Lab Fruit carving and Plate /platter presentation. Baking Quiz
15	Exam review and Practical final

16-week Calendar	
Week	Chapter/Topic/Lab
16	Final Exam Session Written

8-week Calendar	
Week	Chapter/Topic/Lab
1	Discussion of Nutrition, Menu & Recipes/ Review of tools and equipment usage and safety/Knife skills refresher and practice, Flavor profile and regional cuisine reaserch project. Chapter 11 & 12 Review; Stocks sauces and soups. Lab production of more complex product (consommé, nage, etc.) Quiz on Sauces, Stocks and Soups
2	Review of Chapter 25 Salads and salad dressing; Prepare a selection of more complex and technical salads and dressing Review of Chapter 27 Sandwiches Lab preparing more complex and technical sandwiches. Read chapters 17 & 18
3	Presentation of chapter 17 Pork Lab: prepare and break down of pork product. Presentation chapter 18 Poultry Lab: poultry cooking project. Read chapter 14,15 & 20.
4	Presentation of chapter 14 & 15 Beef and Veal Lab:Preparing beef and veal. Presentation of Chapter 20 Fish and Shellfish Lab: prepare fish and shellfish recipes. Meat, Fish and Poultry Quiz.
5	Review of chapter 22-24 Lab: vegetables, potatoes, grains and vegetarian/vegan cooking.
6	Review chapter 23 Pasta. Lab: prepare stuffed pasta. Review chapter 21 eggs and breakfast Lab: production of technical breakfast dishes. Vegetable and Starches Quiz
7	Review chapter 26 Lab Fruit carving and Plate /platter presentation. Review chapter 30 Bakeshop Lab: intro to yeast doughs. Baking Quiz
8	Final Exam Practical & Written