

11990

Introduction to Cooking

Tu, 2-4pm, 177 Stanley Hall



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Office Hours: 10-11pm

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Course Description: This class is a study of the fundamentals of cooking. Topics that will be covered include baking, frying, food items, kitchen equipment etc. By the end of this course, you will be able to cook a wonderful 3-course meal and impress your friends!

Prerequisite(s): None.

Note(s): A minimum grade of C is required in this course to progress to Mastering Cooking.

Credit Hours: 2

Text: *The Ultimate Cookbook*, 4th Edition

Author(s): Anish Vankayalapati; **ISBN-13:** 978-0348273000

Grade Distribution:

Labs	20%
Assignments	30%
Midterm Exam	20%
Final Exam	30%

Letter Grade Distribution:

≥ 93.00	A+	73.00 - 76.99	C+
90.00 - 92.99	A	70.00 - 72.99	C
87.00 - 89.99	A-	67.00 - 69.99	C-
83.00 - 86.99	B+	63.00 - 66.99	D+
80.00 - 82.99	B	60.00 - 62.99	D
77.00 - 79.99	B-	≤ 59.99	F

Course Policies:

- General

- Computers are not to be used unless instructed to do so.
- Exams are closed book, closed notes.
- **No makeup exams will be given.**

- Grades

- Grades in the **C** range represent performance that **meets expectations**; Grades in the **B** range represent performance that is **substantially better** than the expectations; Grades in the **A** range represent work that is **excellent**.

- Labs and Assignments

- Labs consist of groups of 2-3 students working together to learn the skills being taught during lecture that day. Oftentimes, there will be small, specific tasks that need to be completed in lab to receive the allotted points for that lab.
- Students are expected to work independently. **Offering** and **accepting** solutions from others is an act of **plagiarism**, which is a serious offense and **all involved parties will be**

penalized according to the Academic Honesty Policy. Discussion amongst students is encouraged, but when in doubt, direct your questions to the professor, tutor, or lab assistant.

- **No late assignments will be accepted under any circumstances.**

- **Attendance and Absences**

- Attendance is expected and will be taken each class. You are allowed to miss **1** class during the semester without penalty. Any further absences will result in point and/or grade deductions.
- Students are responsible for all missed work, regardless of the reason for absence. It is also the absentee's responsibility to get all missing notes or materials.

Tentative Course Outline:

The weekly coverage might change as it depends on the progress of the class. However, you must keep up with the reading assignments.

Week	Content
Week 1	<ul style="list-style-type: none">• Lecture 1 (22 Jan): Kitchen Equipment: Utensils, Stoves and Ovens. Knife Skills
Week 2	<ul style="list-style-type: none">• Lecture 2 (29 Jan): Basic Kitchen, Ingredient and Baking Terms
Week 3	<ul style="list-style-type: none">• Lecture 3 (5 Feb): Using Cooking Recipes• Cooking assignment: Make an omelette and a boiled egg
Week 4	<ul style="list-style-type: none">• Lecture 4 (12 Feb): Preparing Vegetables: Steaming, Boiling and Poaching
Week 5	<ul style="list-style-type: none">• Lecture 5 (19 Feb): Salads: Dressing, Seasoning and Rubs• Cooking assignment: Make a Caesar's salad
Week 6	<ul style="list-style-type: none">• Lecture 6 (26 Feb): Preparing Meat I: Cutting, Frying and Braising
Week 7	<ul style="list-style-type: none">• Lecture 7 (5 March): Preparing Meat II: Grilling, Steaming and Simmering
Week 8	<ul style="list-style-type: none">• Lecture 8 (12 March): Preparing Meat III: Dry Heat Cooking and Roasting• Cooking assignment: Cook a steak
Week 9	<ul style="list-style-type: none">• Lecture 9 (19 March): Midterm Exam
Week 10	<ul style="list-style-type: none">• Lecture 10 (26 March): Spring Break [No Lecture]
Week 11	<ul style="list-style-type: none">• Lecture 11 (2 April): Baking I: Mixing Methods, Tarts and Biscuits
Week 12	<ul style="list-style-type: none">• Lecture 12 (9 April): Baking II: Custards and Pies• Cooking assignment: Make an apple pie
Week 13	<ul style="list-style-type: none">• Lecture 13 (16 April): Baking III: Cookies and Brownies
Week 14	<ul style="list-style-type: none">• Lecture 14 (23 April): Baking IV: Dough and Bread Production
Week 15	<ul style="list-style-type: none">• Lecture 15 (30 April): Baking V: Pastries• Cooking assignment: Make a Puff pastry
Week 16	<ul style="list-style-type: none">• Lecture 16 (7 May): Final Exam