

# Introduction to Cooking

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Office Hours: M 5-6pm

Class Room: Morgan Teaching Kitchen

Class Hours: Tue 5:00-6:30pm

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## Course Description

This class is for all of you who have little or no cooking skills and want to learn how to cook delicious meals without setting yourself on fire. The class focuses on using proper cooking techniques and the usage of different ingredients in various cuisines (nothing extremely fancy or complicated).

You need to pre-register for this DeCal, starting from January 7th, the beginning of the class adjustment period. This is because we will start instruction on the second week of classes and you wouldn't want to miss the participation credit.

**Warning:** this class is NOT vegan friendly. We will be going through cooking meat. If you are not comfortable with the material, please do not take this class.

## Required Materials

Your brain and your hands. Kitchenware and ingredients will be provided: you do not need to purchase these on your own. You might want to bring take-out boxes for your roommate. *Note:* You also need to pay for the ingredients: information about the material fee will be announced soon.

## Course Structure

### Class Structure

We will meet once for approximately 1.5 hours each week on Tuesday night (class starts on Berkeley-time). For the first 20 minutes, we will have a mini-lecture, going through ingredients and your cooking task for this week. For the next one hour, you will have the hands on cooking

practice with your cooking partner. You are more than welcomed to ask the instructors and class assistants any cooking-related questions anytime during the class.

## Attendance

Attendance count towards 50% of your final grade. You have to attend at least 10 classes to have the full participation credit based on your attendance (each attendance counts as 5%). If you attend additional classes, participation credits will serve as your resurrection credits for the midterm and the final. (More details in the grading policy section)

## Midterm and Final Exam

**Midterm:** Scheduled on the 7th week of class. Individual assessment. Format would be cooking a dish using provided ingredients (instructions are given).

**Final:** Scheduled on the 15th week of class. Group assessment; collaborate with your partner. Format would be creating a dish using provided ingredients. No instructions are given: use your imagination.

## Grading Policy

50% of the final grade will be based on participation (class attendance). The **midterm** counts as 20%: your instructor will evaluate your work based on your ability to follow instructions, using proper cooking techniques and the proper usage of different ingredients. The **final** counts as 30%: your instructor will evaluate your group work based on the final product. (20%) You will also have a say in your final grade by tasting your dish and write a final self-evaluation. (10%) Additional attendance in addition to 10 classes required will count as 5% each. This means you can pass this class only by attending all 11 classes (60%\*) and writing the final self-evaluation (10%). Yeah! (\*We will award participation credits for everyone during the week of spring break. So we technically only have 11 classes in total, plus the midterm and the final.)

## Schedule and weekly learning goals

The schedule is tentative and subject to change.

### Week 02, 01/29 - 02/02: Carb!

- Understanding various types of carbs
- Rice/Pasta Cooking techniques
- Dish 1: Risotto
- Dish 2: Simple dinner: for-yourself pasta

**Week 03, 02/05 - 02/09: Vegetables**

- Mastering various cooking techniques with different vegetables
- Dish 1: Stirred-Fry Spinach with garlic
- Dish 2: Eggplants
- Dish 3 (optional): Caprese Salad

**Week 04, 02/12 - 02/16: Sunday Brunch**

- Egg cooking techniques
- Dish 1: Scrambled eggs
- Dish 2: Sunny Side Up egg
- Dish 3 (optional): Tamagoyaki (Japanese Omelette)

**Week 05, 02/19 - 02/23: White meat**

- Cooking techniques for white meat
- Choice from following two dishes:
- Dish 1: Kung Pao Chicken
- Dish 2: French Lemon Chicken

**Week 06, 02/26 - 03/02: Red meat**

- Cooking techniques for red meat
- Choice from following two dishes:
- Dish 1: Steak
- Dish 2: Mongolian Beef

**Week 07, 03/05 - 03/09: Midterm**

**Week 08, 03/12 - 03/16: Seafood**

- Cooking techniques for seafood
- Dish 1: shrimp scampi
- Dish 2 (optional): scallop

**Week 09, 03/19 - 03/23: Sauces**

- Understand how sauces interplay with food
- Task: creating your own dish: the most saucy lamb-chop

**Week 10, 03/26 - 03/30: Spring Break :)**

**Week 11, 04/02 - 04/06: Breakfast**

- Learn the skills: cooking breakfast for yourself
- Dish 1: avocado toast
- Dish 2: French toast

**Week 12, 04/09 - 04/13: Carb, revisited**

- Choice from the following three dishes:
- Dish 1: Spaghetti with meatballs
- Dish 2: Yangzhou fried rice
- Dish 2: Risotto (seafood)

**Week 13, 04/16 - 04/20: Techniques training**

- Further training on cooking techniques
- Dish 1: Shrimp Tempura (how to fry food)
- Dish 2: Xiaolongbao (how to steam food)

**Week 14, 04/23 - 04/27: Fruit, Herbs and Desserts**

- Learn different types and tastes of herbs
- Dish 1: your own Mocktail with herbs
- Dish 2: Parfait

**Week 15, 04/30 - 05/04: Final and goodbye!**