

## TECA 1100 - Culinary I (3 Credits)

### Course Description

The Culinary I course introduces students to knife skills, and the tools and common equipment used in the kitchen. Students practice knife skills and classical cuts. The course provides instruction and practice for mise en place and organizing a kitchen, as well preparing different vegetables, grains, and starches. Basic herbs, spices, seasonings, and cooking techniques are also covered.

### Course Objectives

- Identify tools and equipment used in a professional kitchen and demonstrate proper handling of these items to include safety, sanitation, and storage.
- Demonstrate knife proficiency to achieve quality results when producing classical knife cuts used in various food preparation and cooking.
- Identify, describe, and utilize herbs, spices, and seasonings.
- Explain Mise en Place and demonstrate a combination of organizational skills, preparedness, and timing when it comes to seasonings and flavors when preparing and cooking food.
- Evaluate and analyze the preparation of a variety of vegetables, legumes, grains, and starches using a variety of cooking methods.

### Course Outline

- Equipment Identification
- Understanding Mise en Place
- Introduction to Knives
- Introduction to Knife Skills
- Egg Cookery
- Introduction to Breakfast Cooking

### Textbook & Reading Materials

Culinary Artistry, Andrew Dornenburg & Karen Page, ISBN: 9780471287858

Book of Yields 8th ed, Francis T. Lynch, ISBN: 9780470197493

Culinary Math 4th ed, Linda Blocker & Julia Hill, ISBN: 9781118972724

Flour Water Salt Yeast, Ken Forkish, ISBN: 9781607742739

On Cooking 6th ed, Sarah Labensky & Priscilla Martel & Alan Hause, ISBN: 9780134441900

### Classroom Hours

Mo, Tu, Th, Fr

8:00 AM - 3:00 PM

Wednesday

8:00 AM - 2:00 PM

For a full list of course hours visit: [Course Schedule](#)

## Instructor Contact Information

Leslie Clark — lclark@stech.edu  
Rachel Baily — rbaily@stech.edu  
Alexx Guevara — aguevara@stech.edu  
Lillyanna Troseth — ltroseth@stech.edu  
Jon Woodgate — jwoodgate@stech.edu

Office Hours: By appointment

Email is the preferred method of communication; you will receive a response within 24 hours during regular business hours.

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## Canvas Information

Canvas is the where course content, grades, and communication will reside for this course.

- [stech.instructure.com](https://stech.instructure.com)
  - For Canvas, Passwords, or any other computer-related technical support contact Student Services.
  - Regular Hours and Weekdays (435) 586 - 2899
  - After Hours & Weekends (435) 865 - 3929 (Leave a message if no response)
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## Course Policies

90% attendance is required to pass the course. In addition, you MUST call in if you are unable to attend; if you just do not show up for class, you will be required to retake the course. Since this is an experiential program, any coursework missed will need to be made up. Please get with your instructor upon return to class to arrange for makeup work. Because of the practical nature of this program, you will be required to leave your space clean and in proper order upon completion of each day's work. This will need to be accomplished outside of regular course hours if not completed within the 5 hour class time. Time management skills will be taught and reinforced throughout the course so that this cleanup requirement can be accomplished in a minimum amount of time. However, the exact amount of time required will vary depending on each individual's time management skill level. Cell phones can be used to do math, research a recipe, or listen to music. The music genre must be agreed upon by other classmates, otherwise you must use a single earbud to listen privately. Two earbuds or over the ear headphones are not allowed for safety reasons. If cell phones become a distraction they will be removed from the class.

High School Power School Grades: Quarter student grades will be determined by student progress percentage. Faculty will use the higher percentage of either 1) quarter progress, or 2) cumulative progress for the current training plan year. The progress percentage will be used with the grading scale to determine the minimum grade. High School Grade Scale: The following grading scale will be used to determine a letter grade from the progress percentage:

- |               |               |               |               |
|---------------|---------------|---------------|---------------|
| • A 94 - 100% | • B 83 - 86%  | • C 73 - 76%  | • D 63 - 66%  |
| • A- 90 - 93% | • B- 80 - 82% | • C- 70 - 72% | • D- 60 - 62% |
| • B+ 87 - 89% | • C+ 77 - 79% | • D+ 67 - 69% | • F 0 - 59%   |

## Additional Information

InformaCast Statement: Southwest Tech uses InformaCast to ensure the safety and well-being of our students. In times of emergency, such as weather closures and delays, this app allows us to promptly deliver notifications directly to your mobile devices. To stay informed and receive real-time updates, we encourage all students to sign up for notifications. Your safety is our priority, and staying connected ensures a swift response to any unforeseen circumstances. More information and directions for signing up are available at: <https://stech.edu/emergency-notifications/>

Internet Acceptable Use Policy: The student is expected to review and follow the Southwest Technical College Internet Safety Policy at: <https://stech.edu/students/policies/>

Student Code of Conduct Policy: The student is expected to review and follow the Southwest Technical College Student Code of Conduct Policy at: <https://stech.edu/students/policies/>

Accommodations: Students with medical, psychological, learning, or other disabilities desiring accommodations or services under ADA, must contact the Student Services Office. Student Services determines eligibility for and authorizes the provision of these accommodations and services. Students must voluntarily disclose that they have a disability, request an accommodation, and provide documentation of their disability. Students with disabilities may apply for accommodations, based on an eligible disability, through the Student Services office located at 757 W. 800 S., Cedar City, UT 84720, and by phone at (435) 586-2899. No diagnostic services are currently available through Southwest Technical College.

Safety and Building Maintenance: The College has developed and follows a variety of plans to ensure the safe and effective operation of its facilities and programs. The following plans are available online:

1) Facilities Operations and Maintenance Plan; 2) Technical Infrastructure Plan; and 3) Health and Safety Plan.

Withdrawals and Refunds: Please refer to the Southwest Technical College Refund Policy at: <https://stech.edu/students/policies/>

Any high school or adult student, who declares a technical training objective is eligible for admission at Southwest Technical College (Southwest Tech). Program-specific admissions requirements may exist and will be listed on the Southwest Tech website. A high school diploma or equivalent is not required for admission but is mandatory for students seeking Title IV Federal Financial Aid.

Non-Discriminatory Policy: Southwest Technical College affirms its commitment to promote the goals of fairness and equity in all aspects of the educational enterprise, and bases its policies on the idea of global human dignity.

Southwest Tech is committed to a policy of nondiscrimination. No otherwise qualified person may be excluded from participation in or be subjected to discrimination in any course, program or activity because of race, age, color, religion, sex, pregnancy, national origin or disability. Southwest Technical College does not discriminate on the basis of sex in the education programs or activities that it operates, as required by Title IX and 34 CFR part 106. The requirement not to discriminate in education programs or activities extends to admission and employment. Inquiries about Title IX and its regulations to STECH may be referred to the Title IX Coordinator, to the Department of Education, and/or to the Office for Civil rights.

If you believe you have experienced discrimination or harassment on our campus, please contact the Title IX Coordinator, Cory Estes: [cestes@stech.edu](mailto:cestes@stech.edu), (435) 865-3938.

For special accommodations, please contact the ADA Coordinator, Cyndie Tracy: [ctracy@stech.edu](mailto:ctracy@stech.edu), (435) 865-3944.

Southwest Technical College

757 West 800 South

Cedar City, UT 84720

[info@stech.edu](mailto:info@stech.edu)

(435) 586-2899