## Diploma

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| TITLE: Culinary Fundamental |
| Module Code:  Module: Culinary Fundamental  Year: 2017 |
| 1. Instructional Hours:   Minimum Requirement: 12 hours  Lecture: 12 hours  Project: 6 hours  Private study: 12 hours  Total:  Credit Value: 2 |
| 1. Module Synopsis:   Culinary is actually a word used relating to the practice of cookery or the activity of cooking. Therefore, the fundamental of culinary consist of tools that you can use throughout your culinary education and certification, as well as throughout your professional career. |
| 1. Module Objectives   Students will learn what Culinary is all about  Students will learn the Concepts, purpose and Tools of the trade in culinary  Students will learn and know the Ingredients found in a professional kitchen, Basic cooking skills and cuts of meat diagrams.  Students will learn about Stocks, Sauces, and Soups, Fruits & Vegetables, Starch as well as the Global Cuisine |
| 1. Learning Outcomes:   Understand what Culinary is all about  Understand the Concepts, purpose and Tools of the trade in culinary  Understand and know the Ingredients found in a professional kitchen, Basic cooking skills and cuts of meat diagrams.  Understand about Stocks, Sauces, and Soups, Fruits & Vegetables, Starch as well as the Global Cuisine |
| 1. Assessment Components:   To successfully complete the module students must perform the following:   |  |  |  | | --- | --- | --- | | Components | Weightage | Due Date | | Assignment | 100% | 2 weeks after end of module |  * The nominal word count for this module is 1,200 words. The suggested range is in between 1000-1500 |
| 1. Teaching and learning strategies   Study of this module is by classroom tuition, case-study and independent study.  Teaching media includes:   * PowerPoint * Multimedia Resources * Books references |
| 1. Recommended Reading |

## Detailed Syllabus

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| Learning Objectives: |
| 1. Introduction to Culinary |
| 2.0 What is Culinary?  2.0.1 Culinary Skills Objective  • 2.0.1.1 Receive, store & check goods  • 2.0.1.2 Organize yourself for better time management & multi-tasking performance  • 2.0.1.3 Acquire preliminary food preparation techniques & cutting methods  • 2.0.1.4 Learn classic bases & sauces  • 2.0.1.5 Learn fundamental cooking methods  • 2.0.1.6 Learn French pastry arts fundamental techniques  • 2.0.1.7 Plate and serve final food preparations  2.0.2 A Brief History of the Culinary Art, And Its Principal Methods  2.0.3 Careers of culinary professionals  • 2.0.3.1 COOKING& PASTRY  • 2.0.3.2 MANAGEMENT  • 2.0.3.3 SPECIALTY |
| 2. The Concepts, purpose and Tools of the trade in culinary |
| 2.1 The Concepts for any professional cook or chef  2.1.1 What Is Culinary Nutrition?  2.1.2 What is Food safety?  2.1.3 What is Food science?  2.2 The purpose & uses for math in the professional kitchen  2.2.1 Why Is Math Essential in the Culinary Field?  • 2.2.1.1 Math Skills  • 2.2.1.2 Measuring Ingredients  • 2.2.1.3 Altering Recipes  • 2.2.1.4 Converting Recipes  2.2.2 How is it used?  • 2.2.2.1 Math and the Food Budget  • 2.2.2.2 Math and Meal Planning  • 2.2.2.3 Math and Grocery Shopping  • 2.2.2.4 Math and the Oven  • 2.2.2.5 Math and Stove Top Cooking  • 2.2.2.6 Math and Measuring Ingredients  2.2.3 Conversions  2.3 Tools of the trade in culinary  2.3.1 Types of kitchen equipment  • 2.3.1.1 Small electrical equipment  • 2.3.1.2 Measuring equipment  • 2.3.1.3 Hand tools  2.3.1.4 Knives |
| 3. Ingredients found in a professional kitchen, Basic cooking skills and cuts of meat diagrams. |
| 2.4 Ingredients found in a professional kitchen  2.4.1 Oils, Vinegars and Condiments  2.4.2 Seasonings  2.4.3 Canned Goods and Bottled Items  2.4.4 Grains and Legumes  2.4.5 Baking Products  2.4.6 Refrigerator Basics  2.4.7 Freezer Basics  2.4.8 Storage Produce  2.5 Basic Cooking Skill  2.5.1 Basic Cooking Skill  • 2.5.1.1 Dry Heat and Moist Heat Cooking  • 2.5.1.2 "Dry" Oil and Other Fats  • 2.5.1.3 Choosing the Right Cooking Technique  2.5.2 Dry Heat Cooking  • 2.5.2.1 Sautéing & Pan-Frying  • 2.5.2.2 Roasting & Baking  • 2.5.2.3 Broiling & Grilling  • 2.5.2.4 Deep-Frying  2.5.3 Moist Heat Cooking  • 2.5.3.1 Braising & Stewing  • 2.5.3.2 Poaching, Simmering & Boiling  • 2.5.3.3 Boiling, Simmering and Poaching characteristics:  • 2.5.3.4 Steaming  2.6 Cuts of Meat Diagrams  2.6.1 Cuts of Beef  2.6.2 Cuts of Pork  2.6.3 Cuts of Lamb |
| 4. About Stocks, Sauces, and Soups, Fruits & Vegetables, Starch and Global Cuisine |
| 2.7 Stocks, Sauces, and Soups  2.7.1 Stock  • 2.7.1.1 three major uses for stock  • 2.7.1.2 Contains four essential parts: a major flavoring ingredient, liquid, aromatics, and mirepoix.  • 2.7.1.3 Types of stock:  2.7.2 Sauce  • 2.7.2.1 Mother sauce  2.7.3 Soup  2.8 Fruits & Vegetables  2.8.1 Fruits  2.8.2 Vegetable  2.9 Starch  2.10 Global Cuisine  2.10.1 Types of Cuisine  2.10.1.1 Asia  2.10.1.1.1 East Asia  •2.10.1.1.1.1 Japan  •2.10.1.1.1.2 China  2.10.1.1.2 South Asia  •2.10.1.1.2.1 India  2.10.1.2 Europe  2.10.1.2.1 Western Europe  2.10.1.3 North America  2.10.1.3.1 United States  2.10.1.4 South America  2.10.1.5 Oceania  2.10.1.5.1 Australia  2.10.1.5.2 New Zealand |