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CULA 161.01: Meats & Vegetables

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THE UNIVERSITY OF MONTANA—MISSOULA
MISSOULA COLLEGE
BUSINESS TECHNOLOGY DEPARTMENT

COURSE SYLLABUS

COURSE NUMBER AND TITLE: CULA 161—Meats and Vegetables

DATE REVISED: Fall 2018

SEMESTER CREDITS: 3

PREREQUISITES: CULA 101 and CULA 105, or consent of the instructor

FACULTY: Aimee Elliott, CCC
E-Mail: aimee.elliott@umontana.edu
Phone: 243-7880 (office), 243-7815 (kitchen)
Office: MC 405
Office Hours: By appointment only

RELATIONSHIP TO PROGRAM(S):
This course provides students with practical experience working on an a la carte line situation realistic to restaurant kitchens. Students become familiar with setting up mise en place, cooking techniques, plating techniques, and expediting tickets.

COURSE DESCRIPTION: To introduce a hands-on approach to various meats and game animals; poultry and game birds; fish and shellfish; vegetable and starch cookery. Apply good technique, observing all standards for ingredient preparation, appropriate equipment, cooking temperatures, and flavor development. Evaluate the product and judge it according to standards of quality; flavor, appearance, aroma, body.

STUDENT PERFORMANCE OUTCOMES:
Occupational Performance Objectives
Upon completion of this course, the student will be able to:
1. Choose appropriate cooking methods according to the product used
2. Prepare variety meats
3. Determine doneness in cooked meats and vegetables
4. Cook meats, poultry, fish and shellfish by roasting and baking
5. Cook meats, poultry, fish and shellfish by broiling, grilling
6. Cook meats, poultry, fish and shellfish by sautéing, pan-frying, and griddling
7. Cook meats, poultry, fish and shellfish by simmering or poaching
8. Cook meats and poultry by braising
9. Prepare dressings and stuffings
10. Dress and fillet round fish and flat fish

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11. Open clams and oysters, peel and devein shrimp
12. Cut poultry into parts and truss whole birds for cooking
13. Store meats, poultry, fish and shellfish properly
14. Fabricate meats, poultry, fish and shellfish for portion control
15. Cook vegetables and starches to their proper doneness
16. Perform pre-preparation tasks for fresh vegetables and starches
17. Store fresh and prepared vegetables and starches properly
18. Prepare vegetables using the batch method and blanch and shock method
19. Cook vegetables and potatoes by boiling, steaming, sautéing, pan-frying, braising, baking, roasting, broiling, grilling, and deep-frying
20. Prepare rice, legumes and farnacious grains by boiling, steaming, pilaf, and risotto methods
21. Prepare fresh and commercial pasta

STUDENT PERFORMANCE ASSESSMENT METHODS AND GRADING PROCEDURES:
Production and Testing

1. Students will be required to demonstrate daily production assignments requiring pre-planning of methodology and recipes. Recipes must be read and understood by the student before attending class. Students will be evaluated on teamwork, professionalism, mise en place, production guide/timelines, plating diagrams, quality of finished product, sanitation and organizational skills. All assignments, projects and tests will be assigned point values. It is the responsibility of the student to obtain quiz and production competency scores. Weekly tests will be given and graded within a week of test being given.

2. The quiz schedule and dates are included in the weekly schedule posted in introductory content area of Moodle shell. Quizzes will be written and given during class time. **Makeup for a missed test is not offered.**

3. It will be the student's responsibility to complete the assigned competencies. Upon completion, it will be the student's responsibility to have Chef Elliott critique to assignment and give feedback to the student on what can be improved, quality standards, etc. At that point, it will be the student's responsibility to type the feedback and submit the feedback to Chef Elliott by the end of the rotation to receive a grade for the competencies.

Grading Scale:
  90 - 100 A
  80 - 89 B
  70 - 79 C

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60 - 69 D

Evaluation Criteria:

Tests	30 percent
Notebook	10 percent
Final Project	10 percent
Competencies	20 percent
Daily Production	30 percent

Total: 100 pts

ATTENDANCE POLICY:

Because of the nature of the Culinary Arts Program, participation and teamwork is vital. It is primarily lab oriented and your daily participation is essential. This policy reflects industry standards. Our program and your peers value your attendance, participation, and professionalism.

- For every missed day of class, 5 points will be taken off of your final grade in addition to any points lost for class work, tests, sanitation, participation, etc.
- Due to the loss of curriculum and instruction time; if you miss 5 days or more, of any course, you will receive an incomplete (I) in the course and must take it again. Be aware that this does effect financial aid and grade point average.
- There are no acceptable excuses that will prevent the loss of points. This includes doctor's notes, police reports, deaths, extenuating circumstances, or acts of God.
- This policy is final and no exceptions will be made.
- This policy applies to the entire Culinary Arts Curriculum that begins with the CULA rubric.

PARTICIPATION:

Students must demonstrate teamwork as consistent with industry. This is necessary as students contribute to the learning environment and become active learners by attending class and participating. Students who read text assignments prior to class will be equipped to participate and will obtain the most from this course. Participation points will be granted or denied depending on how the student exhibits enthusiasm, interest, teamwork, organization, and preparedness.

Daily production/participation will be assigned as follows:
- Production Schedule—1 pt
- Proper Uniform—1 pt
- Professionalism/Participation—1 pt

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- MEP/Recipes/Plating and Station Diagrams—1 pt
- Sanitation—1 pt

If students fail to produce any of the above requirements, students may be asked to go home resulting in a 5-point loss or leave the kitchen until the missing item(s) can be produced resulting in a 3-point deduction.

ACADEMIC INTEGRITY:

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at http://life.umt.edu/vpsa/student_conduct.php.

DISABILITY ACCOMMODATION:

Eligible students with disabilities will receive appropriate accommodations in this course when requested in a timely way. Please contact me after class or in my office. Please be prepared to provide a letter from your DSS Coordinator. For more information, visit the Disability Services website at http://www.umt.edu/dss/ or call 406.243.2243 (Voice/Text) or http://www.umt.edu/dss.

CULINARIAN CODE:

All students are expected to uphold all teachings of the American Culinary Federation's Culinarian Code:

As a proud member of the American Culinary Federation, I pledge to share my professional knowledge and skill with all culinarians. I will place honor, fairness, cooperation and consideration first when dealing with my colleagues. I will keep all comments professional and respectful when dealing with my colleagues. I will protect all members from the use of unfair means, unnecessary risks and unethical behavior when used against them for another's personal gain. I will support the success, growth, and future of my colleagues and this great federation.
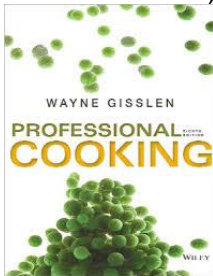
REQUIRED TEXTBOOK:

The Professional Chef (9th Edition), (2011). The Culinary Institute of America, Wiley. (ISBN: 978-0470421352)

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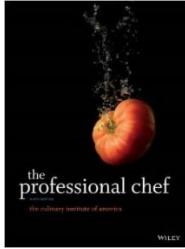
RECOMMENDED TEXTBOOK:

Gisslen, W., Professional Cooking, Eighth Edition, (2015). Wiley and Sons. (ISBN: 978-1-118-63672-5)

SUPPLIES: Knife kit, camera, calculator.

CELL PHONE POLICY: Cell phones are allowed in class only as a means to record photos for the final notebook.

UNIFORM POLICY: Students will be required to be in full Culinary Uniform to be accepted into class. Daily line-ups will take place and any student that is not in full uniform will be sent home and will lose participation points for the day.

COURSE OUTLINE:
All weekly plans, reading assignments, project due dates, and testing dates are to be delivered and explained the first day of class. Final comprehensive written exam date will be announced at this time.

I. Meat and Game Cookery
    a. Sautéing
    b. Grilling/Broiling
    c. Braising/Sous Vide
    d. Frying/Pan-Frying
    e. Butchery

    f. Variety Meats

II. Poultry Cookery
    a. Sautéing
    b. Grilling/Broiling

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- c. Roasting
- d. Frying/Pan-Frying
- e. Butchery

III. Fish and Shellfish
  - a. Cleaning
  - b. Butchery
  - c. Sautéing
  - d. Steaming/Simmering
  - e. Roasting

IV. Vegetables
  - a. Identification
  - b. Cleaning and Fabrication
  - c. Blanch and Shock
  - d. Sauté
  - e. Steaming
  - f. Roasting
  - g. Braising
  - h. Frying
  - i. Batch Cookery

V. Starch

- a. Rice and Risotto
- b. Fresh Pasta
- c. Polenta
- d. Legumes
- e. Potato Cookery

VI. Station Organization
  - a. Mise en Place
  - b. Product storage
  - c. Brigade Set-up
  - d. Sanitation
  - e. Production Schedules

VII. Plating Presentation
  - a. BUFF
  - b. Classic Presentations
  - c. Modern Plating Presentations

VIII. Buffet
  - a. Set-up
  - b. Menu Design
  - c. Organization
  - d. Execution