# MOHAWK VALLEY COMMUNITY COLLEGE

# UTICA AND ROME, NEW YORK

# Course Outline

**Course Name: FS103 Culinary Fundamentals 1**

**Course Credit Hours: C - 1, P - 6, ILS - 0 CR - 4**

**Course Prerequisites/Corequisites: Corequisite - FS150 Safety and Sanitation**

### Catalog Description

This course introduces the fundamentals of commercial food preparation, with an emphasis on the use and care of tools and equipment, basic knife skills, and mise en place. Topics include areas of food preparation such as weights, measures, portions, and conversions as well as an introduction to commercial kitchen cleaning. Emphasis is placed on operating in a safe and sanitary manner.

1. ***Student Learning Outcomes:*** 
   * Show proficiency in moist heat cooking methods
   * Show proficiency in making various soups, stocks and sauces
   * Demonstrate skill in knife, tool and equipment handling
   * Demonstrate proficiency in salad production
   * Demonstrate the ability to solve applied problems in the food preparation area
   * Operate equipment safely and correctly
   * Demonstrate basic culinary product knowledge
   * Apply safety and sanitation principles

### Major Topics:

1. Expectations, kitchen tour equipment identification equipment cleaning
2. knife skills, weights & measurements, roux, slurry mise en place
3. Stocks, knife skills, weights & measurements, & mise en place
4. Mother Sauces, small sauce production
5. Vegetable cookery
6. Potato cookery
7. Grain Cookery
8. Exam Practical