# MOHAWK VALLEY COMMUNITY COLLEGE

# UTICA AND ROME, NEW YORK

**Course Name: FS153 Culinary Fundamentals 2 Course Credit Hours: C - 1, P - 6, ILS - 0 CR - 4 Course Prerequisites/Corequisites:**

**Prerequisite – FS103- Culinary Fundamentals 1**

1. ***Catalog Description***

This course builds upon the techniques in Culinary Fundamentals 1. Topics include proper cooking methods such as sautéing, frying, roasting, grilling, braising, broiling, poaching, and stir frying. Emphasis is placed on operating in a safe and sanitary manner. Laboratories employ a variety of cooking methods using professional kitchen equipment, commercial kitchen cleaning, and build understanding for clean facilities.

1. ***Student Learning Outcomes:*** 
   * Demonstrate proper techniques of dry heat, moist and combination cooking techniques such as: steaming, poaching, braising, sauteing, frying, roasting and broiling.
   * Apply the appropriate cooking technique to various proteins and vegetables
   * Prepare a range of hot and cold foods suitable for buffets, kitchen lines and a la minute table side
   * Show the ability to operate commercial kitchen equipment in a safe and appropriate manner
   * Demonstrate competence in Prevent food poisoning and food-borne illness by exercising proper hygiene, food handling, storage
2. ***Major Topics***

* Cooking Review
* Egg cookery
* Appetizers and Hors d’Oeuvre
* Pork Fabrication and Production
* Beef Fabrication - Dry heat Cooking
* Beef Fabrication - Moist heat Cooking
* Veal and Lamb cooking
* Fish Fabrication and Production
* Seafood Fabrication and Production
* Poultry Fabrication and Cookery
* Project Presentations

Rev 3.7.23