

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** CUL 106    **Credits:** 3

**Course Title:** Principles of Culinary Arts I

**Course Description:**

Introduces the fundamental principles of food preparation and basic culinary procedures. Stresses the use of proper culinary procedures combined with food science, proper sanitation, standards of quality for food items that are made, and proper use and care of kitchen equipment. Part I of II. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

**General Course Purpose:**

The course is designed to establish a shared set of standards that will be reinforced in subsequent courses leading to an AAS degree in Culinary Arts. Students entering the Culinary Arts program will have widely differing backgrounds and experience levels.

**Course Prerequisites and Co-requisites:**

Prerequisites: Competencies in math through placement into program required math course and reading and writing as demonstrated by placement into ENG 111 or program head approval.  
Prerequisite or Co-requisite: HRI 115.

**Student Learning Outcomes:**

Upon completing the course, the student will be able to:

- Identify, clean, and maintain all necessary kitchen equipment, including cooking equipment, preparation equipment, and ware-washing equipment;
- Describe the history and development of modern culinary arts;
- Demonstrate mastery of classical knife cuts;
- Explain the concepts of human perception of taste and flavor;
- Demonstrate the basic cooking techniques;
- Apply the principles of breakfast cookery;
- Set up, maintain, and break down a kitchen work station;
- Apply the principles of Mise en Place;
- Practice basic food safety and sanitation procedures; and
- Work as a member of a team, demonstrating acceptable teamwork and communication.

**Major Topics to Be Included**

- Food safety and sanitation
- Equipment identification and maintenance
- Herb and spice product identification
- Basic cooking techniques including sauté, shallow fry, deep fry, poach, boil, steam, bake, broil, grill, stew, and braise
- Basic breakfast cookery
- History and traditions in culinary arts

- Basic terminology of culinary arts, including culinary French
- Knife skills development

**Effective Date/Updated:** August 1, 2023