

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

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

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

**Course Description (including lecture hours, lab hours, total contacts)**

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. Corequisite: HRI 219. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

**General Course Purpose**

HRI-106 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. HRI-106 will “level the playing field” and allow for a more uniform approach to the discipline.

**Course Prerequisites/Corequisites** (*Entry-level competencies required for enrollment*)

Admission to the School of Culinary Arts, Tourism, and Hospitality Management.  
Corequisite enrollment with HRI-219 -- Stock, Soup, and Sauce Preparation

**Course Objectives** (Each item should complete the following sentence.)

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

1. Identify, clean, and maintain all necessary kitchen equipment including cooking equipment, preparation equipment, and ware-washing equipment.
2. Understand the history and development of modern culinary arts
3. Demonstrate mastery of classical knife cuts.
4. Demonstrate an understanding of human perception of taste and flavor.
5. Demonstrate an understanding of the basic cooking techniques.
6. Demonstrate an understanding of the principles of breakfast cookery.
7. Demonstrate the set-up, maintenance, and break down of a kitchen work station.
8. Demonstrate an understanding of the principles of Mise en Place
9. Demonstrate an understanding of basic food safety and sanitation.
10. Work as a member of a team, demonstrating acceptable teamwork and communication

**Major Topics to be Included**

1. Food safety and sanitation
2. Equipment identification and maintenance
3. Herb and spice product identification
4. Basic cooking techniques including sauté, shallow fry, deep fry, poach, boil, steam, bake, broil, grill, stew, braise
5. Basic breakfast cookery
6. History and traditions in Culinary Arts
7. Basic terminology of culinary arts including culinary French
8. Knife skills development

**Effective Date of Course Content Summary:** May 19, 2008