

Date Prepared: July 25, 2000

COURSE OUTLINE

 New x Revised

Effective Date: August 21, 2000

1. **COURSE PREFIX NUMBER:** HRI 218 **CREDIT HOURS:** 3
2. **COURSE TITLE:** Fruit, Vegetable and Starch Preparation
3. **PREREQUISITES:** None
4. **COURSE DESCRIPTION:** Instructs the student in the preparation of fruits, vegetables, grains, cereals, legumes and farinaceous products. Promotes the knowledge/skills necessary to prepare menu items from fruits, vegetables, and their byproducts, and to select appropriate uses as meal components. Prerequisite: HRI 219. Corequisite: HRI 220. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.
5. **CONTENT:** (Major Headings)
 - a. This course consists of the study and preparation of fruits, nuts, vegetables, grains, cereals, legumes and farinaceous products.
6. **GENERAL COURSE OBJECTIVES:**

Upon successful completion of the course, the student will be able to

 - a. Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, mash, puree, whip, beat, roll, stuff, grate, hull, stem, pit, maintain holding temperature, cook, or otherwise produce food.
 - b. Identify and select fruits, nuts, vegetables, cereals, grains, beans, tubers, and farinaceous products for preparation and/or cooking.
 - c. Prepare items by peeling, paring, coring, portioning, washing, sectioning, zesting, cutting, marinating, turning, glazing, or scoring.
 - d. Cook fruit, nut, vegetable, grain, legume and farinaceous items by steaming, braising, poaching, sautéing, stewing, simmering, boiling, frying, baking, roasting, grilling, stir-frying, blanching, or broiling.
 - e. Prepare dough and fabricate pastas.