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## CULI 1126: Stock, Soup & Sauce Cooking

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### EFFECTIVE DATE

### DEPARTMENT

Professional Cook 1  
**DESCRIPTION**

This course provides an introduction to the principles of basic stocks, sauce and soup cooking. The student learns to prepare the stocks and thickening agents commonly used in the modern kitchen. The student also prepares thick and clear soups, mother sauces and their derivative sauces. Emphasis is placed on preparation, work methods and the finished products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

### CREDITS

2.0

### YEAR OF STUDY

1st Year Post-secondary

### PREREQUISITES

None

### COREQUISITES

None

### COURSE LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

- Adhere to industry health and safety standards in the preparation, handling and storage of food;
- Prepare types of common stocks and identify their uses;
- Cut vegetables in standard shapes and sizes for soup cooking;
- Prepare a variety of clear, cream, puree, and specialty soups;
- Compose mother sauces and their secondary derivatives.
- Practice professional etiquette and personal hygiene during production;
- Work effectively as a team member during production and service;
- Implement principles of kitchen management for inventory and cost control;
- Evaluate product outcomes for consistency and accuracy in yield, flavor, texture and overall appearance according to product specifications and standards

**PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)**

Permission to challenge this course must be obtained from the department head. PLAR must occur prior to the program start and will be conducted according to content-specific guidelines created by the department. PLAR is unavailable to students enrolled in the Culinary Arts Diploma (International Cohort).

**HOURS**

Lecture: 5  
Other: 45

**INSTRUCTIONAL STRATEGIES**

A combination of lecture, demonstration, discussion and independent study will be used.

**GRADING SYSTEM**

Letter Grade (A-F)

**PASSING GRADE**

70%

**EVALUATION PLAN**

| Type          | Percentage | Assessment activity                                 |
|---------------|------------|---|
| Lab Work      | 75         | evaluated and marked daily products and performance |
| Quizzes/Tests | 25         |   |

**COURSE TOPICS**

- Common stocks
- Thickening agents
- Vegetable cuts

- Soup varieties
- Garnishes for soups
- Mother sauces and derivatives

## LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:  
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

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### Broadway campus

1155 East Broadway  
Vancouver, B.C. Canada  
V5T 4V5

### Downtown campus

250 West Pender Street  
Vancouver, B.C. Canada  
V6B 1S9

### Annacis Island campus

1608 Cliveden Avenue  
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