



v c c . c a

CULI 1130: Vegetable and Starch Cooking

EFFECTIVE DATE

DEPARTMENT

Professional Cook 1
DESCRIPTION

This course instructs students to select, store, clean, prepare and cut vegetables. Also included are vegetable cooking and finishing techniques, potato and rice cooking. Emphasis is placed on methods of work and the quality of the final products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

CREDITS

1.0

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;
- Select and store vegetables, potatoes and starches;
- Clean, cut, blanch, cook and finish vegetables;
- Clean, cut, blanch, cook and finish potatoes;
- Prepare a variety of savory pot pies and quiches;
- Practice professional etiquette and personal hygiene during production;
- Work effectively as a team member during production;
- 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: 3

Other: 22

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

- Vegetable, potato, and starch identification
- Vegetable storage and preparation
- Starch storage and preparation
- Savory pies and quiches

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>.

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
Delta, B.C. Canada
V3M 6P1

604.871.7000

VCC.ca

Generated at: 12:46 am on Jun. 17, 2021