



# CULI 1131: Meat and Poultry Cooking

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## EFFECTIVE DATE

## DEPARTMENT

Professional Cook 1  
**DESCRIPTION**

This course provides an introduction to the principles of meat and poultry identification and dry heat and moist cooking methods. Also included are the preparation of sauces, garnishes, accompaniments, carving and portioning techniques. Emphasis is placed on methods of work and the quality of the finished 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;
- Identify and apply a variety of moist and dry heat cooking methods for meat and poultry;
- Prepare and serve a variety of cooked meats and poultry with appropriate sauces and accompaniments;
- Prepare a variety of meat sauces including jus, jus lie and pan gravy;
- Portion and carve different types of meat and poultry.
- 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: 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**

- Dry and moist heat cooking methods
- Basic meat and poultry entrees
- Basic meat and poultry sauces and accompaniments
- Meat and poultry portioning and carving

## **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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