



CULI 1133: Vegetari Entrees, Pasta & Soup

EFFECTIVE DATE

DEPARTMENT

Professional Cook 1
DESCRIPTION

This course offers the student the opportunity to further their knowledge of stocks, soups, as well as introducing vegetarian entrée cooking and pasta cooking including sauces and accompaniments. Emphasis is placed on methods of work and 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;
- Identify and prepare a variety of items to accommodate vegetarian diets;
- Identify basic varieties of pasta;
- Prepare a variety of pasta with appropriate sauces, garnishes and accompaniments;
- Prepare and cook a variety of stocks and soups.
- 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

none specified

EVALUATION PLAN

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

COURSE TOPICS

- Vegetarian dietary requirements.
- Pasta varieties.
- Pasta sauces, garnishes and accompaniments.
- Basic stocks, soups, and sauces.

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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