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CULI 1135: Meat, Poultry, Seafood Cutting

EFFECTIVE DATE

DEPARTMENT

Professional Cook 1
DESCRIPTION

This course is centered around the cutting and processing of primary and secondary cuts of beef, pork, veal and lamb. Included in the course are the cutting and processing of an assortment of fish and poultry products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

CREDITS

4.0

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;
- Determine grades of beef, pork, veal and lamb according to their grading stamps;
- Identify the bones, primal cuts and dividing lines on a side of beef, veal, pork and a carcass of lamb;
- Determine cooking methods for the secondary cuts including cured and smoked cuts of pork;
- Cut and prepare a side of beef, veal, pork and a carcass of lamb for cooking;
- Identify types of chickens and other varieties of domestic poultry and their appropriate cooking methods;
- Cut and de-bone chickens, ducks and turkeys and prepare for cooking;
- Identify a variety of fat and lean fish and their potential cooking methods;
- Identify, cut and portion a variety of round and flat fish, and shellfish based on their required cooking methods.
- Identify, cut and portion a variety of crustaceans and mollusks based on their required cooking methods.
- 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: 25

Other: 75

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

- Determining grades of beef, pork, veal and lamb
- Identify grading stamps
- Side of beef, veal, pork and carcass of lamb
- Primal cuts
- Secondary cuts
- Dividing lines
- Cured and smoked pork portioning
- Poultry and other varieties of domestic poultry de-boning and portioning
- Fish and shellfish portioning

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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