



CULI 1136: Meat, Poultry, Seafood Cooking

EFFECTIVE DATE

DEPARTMENT

Professional Cook 1
DESCRIPTION

Building on skills acquired in previous courses, students apply dry and moist heat methods to cooking meat, poultry and seafood, including the appropriate sauces, garnishes and accompaniments. Importance is placed on methods of work, preparation, service techniques and the final products as served to the public. This course is part of the full-time Cooking - ESL, 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; Use institutional methods to prepare and serve of variety of cooked meats, poultry and seafood;
- Prepare a variety of sauces to accompany meat, poultry and seafood entrees;
- Prepare a variety of garnishes to accompany meat, poultry and seafood entrees;
- Portion, carve and serve different types of meat, poultry and seafood entrees in a retail food outlet;
- Practice professional etiquette and personal hygiene during production and service;
- 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: 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

- Institutional moist and dry heat cooking methods
- Institutional meat, poultry and seafood entrees
- Institutional meat, poultry and seafood sauces, accompaniments, and garnishes
- Portioning seafood
- 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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