



CULI 1137: Vegetable, Egg, Starch, Pasta

EFFECTIVE DATE

DEPARTMENT

Professional Cook 1
DESCRIPTION

Building on skills learned in previous classes, the student will prepare vegetables, advanced potatoes and starches, vegetarian specialties, pasta dishes, and luncheon omelettes and egg dishes for the public. Emphasis is placed on method of work, preparation, service techniques and the final products. This course is part of the full-time 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 advanced cooking methods to prepare a variety of vegetables;
- Use advanced cooking methods to prepare a variety of potatoes;
- Use advanced cooking methods to prepare different types of rice;
- Use advanced cooking methods to prepare a variety of pastas;
- Prepare a variety of advanced sauces, garnishes and accompaniments for vegetables and starches;
- Prepare a variety of egg-based lunch entrees;
- Prepare a variety of advanced vegetarian entrees;
- 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: 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

- Vegetable cookery
- Potato and starch cookery
- Vegetarian entrees
- Egg-based lunch entrees
- Advanced sauces, garnishes and accompaniments for vegetables and starches

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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Downtown campus

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