



## **Professional Culinary Foundations**

MISC\_815.02 (150 Hours)

15 CEUs

Fall 2019

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### **Class Meeting Information**

This course meets at a professional kitchen.

Tuesdays and Wednesdays, October 15, 2019 – April 29, 2020

### **Instructor Information**

Name: Ray Estrada

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Ray L. Estrada, MBA, has over 23 years of global culinary and hospitality management experience. Ray has worked in every platform of food and beverage, which consists of fine dining, hotels, healthcare, education, and fast casual. Ray has been teaching culinary arts and hospitality management for 10 years. He has worked for top businesses such as The Walt Disney Company, Le Cordon Bleu, and Patina Restaurant Group. He has instructed many topics both on ground and online which include culinary fundamentals, regional cuisine, hospitality management, human resources management, wines, Italian cuisine, beverage management, concepts and theories, college success, tourism, sanitation and safety, and food operations.

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### **Course Description**

This course focuses on foundational and fundamental skills development and reinforcement; universal and widely adopted methods and techniques of cooking as well as recipes and activities that reinforce the same principles taught in professional culinary schools around the world. This comprehensive course covers a full basic professional cooking school curriculum including, but not limited to kitchen and food safety, knife skills, moist- and dry-heat cooking methods, seasoning, culinary nutrition, basic breads and baking, salads and dressings, and pastry basics.

### **Prerequisites – Classes or Knowledge Required Before Taking This Course**

None

### **Course Objectives**

At the end of this course, students will be able to:

- Understand basic food and kitchen safety and sanitation
- Select, handle and maintain a knife and demonstrate knife cuts
- Identify, describe and apply dry-heat cooking methods
- Identify, describe and apply moist-heat cooking methods
- Prepare stock, short stock, and broth production
- Demonstrate knowledge and application of seasoning and flavoring
- Explain and apply principles of plating
- Explain and demonstrate principles of egg cookery
- Explain and demonstrate principles of salad production and vegetable cookery
- Prepare and present a variety of classic and contemporary sauces
- Explain and demonstrate principles of meat, poultry and fish cookery
- Explain and demonstrate principles of pasta, legume, rice, and grain cookery
- Demonstrate knowledge of basic baking
- Demonstrate knowledge and application of basic pastry



### Course Text

The Professional Chef, Ninth Edition Enhanced by CIA, ISBN: 978-1-119-50152-7

### Evaluation and Grading

This program is not offered for credit. However, students must comply with all course policies set forth below to receive a certificate of completion from the Division of Continuing Education.

### Code of Conduct

All participants in the course are bound by the University of California Code of Conduct, found at <http://www.ucop.edu/ethics-compliance-audit-services/files/stmt-stds-ethics.pdf>

### Academic Honesty Policy

The University is an institution of learning, research, and scholarship predicated on the existence of an environment of honesty and integrity. As members of the academic community, faculty, students, and administrative officials share responsibility for maintaining this environment. It is essential that all members of the academic community subscribe to the ideal of academic honesty and integrity and accept individual responsibility for their work. Academic dishonesty is unacceptable and will not be tolerated at the University of California, Irvine. Cheating, forgery, dishonest conduct, plagiarism, and collusion in dishonest activities erode the University's educational, research, and social roles.

Students who knowingly or intentionally conduct or help another student engage in dishonest conduct, acts of cheating, or plagiarism will be subject to disciplinary action at the discretion of UCI Division of Continuing Education.

### Disability Services

If you need support or assistance because of a disability, you may be eligible for accommodations or services through the Disability Service Center at UC Irvine. Please contact the DSC directly at (949) 824-7494 or TDD (949) 824-6272. You can also visit the DSC's website: <http://www.disability.uci.edu/>. The DSC will work with your instructor to make any necessary accommodations. Please note that it is your responsibility to initiate this process with the DSC.



**Course Outline**

<b>Session 1 Topic</b>	Orientation / Getting Started: Kitchen Tools & Equipment / U.S Metric system and weight measurement, Food Service Culture Background
<b>Objectives</b>	This unit provides an overview and orientation to this course. It sets expectations and provides instructions for how to use the course platform to progress through activities and assessments. You will discover the organization of a commercial kitchen. Provide an introduction to the weight measurement systems, and kitchen culture through out the world.
<b>Session 2 Topic</b>	Food and Kitchen Safety, Culinary Math
<b>Objectives</b>	Food related illness and injury can be an issue both in home and professional kitchens, regardless of how well we think we know our food supply chain. In this unit, students will learn techniques and habits to keep their food and workstations sanitary and safe while understanding state and federal guidelines to food service. In introduction to culinary math on how to convert recipes to the amount of servings needed, and to convert certain weights to other measurement forms.
<b>Session 3 Topic</b>	Food and Kitchen Safety, Knife handling, Sharpening, and Introduction to Basic Knife Cuts, Product Identification
<b>Objectives</b>	Continuation of Food safety and food borne illnesses related to improper food handling. This session charts a path for students to become more comfortable and proficient with handling a knife, the difference between sharpening and honing a knife, and basic cuts of vegetables and fruits. In addition, students will begin to go over food products and understand the differences between products in the same category



<b>Session 4 Topic</b>	Product Identification, Nutrition, and Taste Profiles, Knife Cuts
<b>Objectives</b>	This week continues with product identification, and the basic nutritional information on food products. Students will have a better understanding of which foods provide certain nutrients and vitamins. Students will also learn other various cuts that are required in the commercial kitchen.
<b>Session 5 Topic</b>	Stocks, Broths, and Infused Liquids, Soup Introduction Moist-Heat Cooking Methods
<b>Objectives</b>	Students will learn how to make chicken, and vegetable stock, broth, and infused liquids that utilize vegetables, bones, fruits and other variables. These components are the base items for soups and sauces. Students will also begin to understand and prepare various soups.
<b>Session 6 Topic</b>	Soup Preparation and Thickening Agents
<b>Objectives</b>	This session will cover all soups which include, broth based, cream based, chowders, purees, and thickening agents. Thickening agents such as potatoes, rice, starches, and flours will be explained in addition to be utilized in certain soup recipes. Students will be able to determine which is the best thickening agent needed to be used for nutritional and financial decisions in recipe development.
<b>Session 7 Topic</b>	Sauces
<b>Objectives</b>	Students will apply their knowledge on stock, and broth preparation and learn how to prepare some sauces that come from those items. Students will understand and prepare four of the basic mother sauces which include Bechamel, Veloute, Hollandaise and Tomato. Students will also prepare derivative sauces from the base sauces described above.
<b>Session 8 Topic</b>	Meat Fabrication
<b>Objectives</b>	Students will learn how to fabricate a whole chicken, clean certain fish species, and certain cuts of beef and pork products. These cuts will be the most common on the industry. Students will also learn what cooking styles benefit certain cuts of meat.



<b>Session 9 Topic</b>	Meat Fabrication and Seasoning
<b>Objectives</b>	This unit begins to build a nutritional foundation that will help students make decisions related to personal health and our food supply, and shed light on various dietary restrictions that could influence cooking. Students will also understand how and where to season food products.
<b>Session 10 Topic</b>	Mid Term Assessment: Sanitation, Knife Cuts, Stocks, Soups, Product Identification, Kitchen Terminology, Recipe Conversion
<b>Objectives</b>	Students will be given written and hand on tests to ensure students have understood and can perform the Sessions objectives correctly. The test will include, cooking temperatures, basic food Bourne illness, Chicken Stock recipe, Cream Soup, Chicken Fabrication, Vegetable, Fruit, and Herb identification, and basic culinary math.