



CHEF 1401 Basic Food Preparation

Credit: 4 semester credit hours (2 hours lecture, 4 hours lab)

Prerequisite/Co-requisite: CHEF 1305

Course Description

A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism.

Required Textbook and Materials

1. *Professional Cooking 8th ed.*, Author Wayne Gisslen
 - a. ISBN number 978-1-118-63672-5
2. *Professional Cooking 7th ed. Study Guide*, Author Wayne Gisslen
3. Chef coat, black pants, non-skid shoes, knife set and case
4. A package of #882 Scantrons and #2 pencils.

Course Objectives

Upon completion of this course, the student will be able to:

1. Name and identify cooking techniques, to handle and understand cooking materials.
2. Use nutrition, safety and sanitation principles as should be applied to the industry.
3. Understand the Brigade System and professionalism

Course Outline

- A. The Food Service Industry
 - a. History of Modern Food Service
 - b. The Organization of modern Kitchens
 - c. Standards of Professionalism
- B. Nutrition, Safety, and Science in the Food Service Industry
 - a. Food Hazard
 - b. Personal Hygiene
 - c. Preventing Cuts and Burns
- C. Tools and Equipment
 - a. Introduction to Quality Food Equipment
 - b. Processing equipment
- D. Basic Cooking Principles
 - a. Moist Heat
 - b. Dry Heat
- E. Menu, Recipes and Cost Management
 - a. Menu Forms and Function
 - b. Building Menu

Approved 01/2015

Basic Cooking Class Syllabus

G Thomas



Basic Cooking Class Syllabus:

How you can reach wealth by using proven millionaires ideas , **Resources in Education** ,1987 **Lame Excuses** ,
Analysis of Fooed [sic] and Nutrition Syllabus for Family Life Teachers in Somalia & Guideline for Reform
Zahra Siad Nalie,1983 **The Journal of Home Economics** ,1913 **Class Teaching and Management** William
Estabrook Chancellor,1910 *Bon Appétit* ,1998 *Washington State Curriculum Journal* ,1947 **Documents of the**
Assembly of the State of New York New York (State). Legislature. Assembly,1910 [Reconstructing Perceptions of](#)
[Systemically Marginalized Groups](#) Ponciano, Leslie,2023-04-18 The professions that are designed to help others are often
deeply ingrained with a pervasive deficit perspective that may hinder the potential for people who have been historically
marginalized to achieve positive outcomes and may in unintentionally perpetuate marginalization and limit success
Reconstructing Perceptions of Systemically Marginalized Groups edited by Leslie Ponciano offers a transformative solution
by applying a strengths based approach to research theory and practice Challenging the prevailing mindset this book
empowers professionals in various fields to create empowering environments that recognize the value of individuals and
promote positive outcomes Covering a wide range of topics from childhood adversity to media influence and vocational
training this comprehensive resource equips academic scholars with practical insights and strategies to challenge prevailing
narratives and promote inclusivity By embracing the strengths based approach outlined in this book professionals can
actively contribute to dismantling the deficit perspective paving the way for a more equitable and empowering future for
people who have been historically marginalized **Appendix to the Journal of the House of the Representatives** New
Zealand. Legislature. House of Representatives,1906 **Appendix to the Journals of the House of Representatives of**
New Zealand New Zealand. Parliament. House of Representatives,1906 **Gujarāta Saṃsodhana Maṇḍalanuṃ**
Traimāsika Gujarat Research Society,1983 **The School World** ,1906 **The Cambridge Review** ,1906 Vols 1 26
include a supplement The University pulpit vols 1 26 no 1 661 which has separate pagination but is indexed in the main vol
Resources in Education ,1993 *University of the State of New York Bulletin* ,1918 [Guide to Cooking Schools](#),
1993 Lawrence H. Caplan,Dorlene V. Kaplan,1992-10 *New York State Education Department Bulletin* ,1910
Education Department Bulletin ,1910

This book delves into Basic Cooking Class Syllabus. Basic Cooking Class Syllabus is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Basic Cooking Class Syllabus, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Basic Cooking Class Syllabus
- Chapter 2: Essential Elements of Basic Cooking Class Syllabus
- Chapter 3: Basic Cooking Class Syllabus in Everyday Life
- Chapter 4: Basic Cooking Class Syllabus in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Basic Cooking Class Syllabus. The first chapter will explore what Basic Cooking Class Syllabus is, why Basic Cooking Class Syllabus is vital, and how to effectively learn about Basic Cooking Class Syllabus.

3. In chapter 2, this book will delve into the foundational concepts of Basic Cooking Class Syllabus. This chapter will elucidate the essential principles that must be understood to grasp Basic Cooking Class Syllabus in its entirety.

4. In chapter 3, the author will examine the practical applications of Basic Cooking Class Syllabus in daily life. This chapter will showcase real-world examples of how Basic Cooking Class Syllabus can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Basic Cooking Class Syllabus in specific contexts. This chapter will explore how Basic Cooking Class Syllabus is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Basic Cooking Class Syllabus. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Basic Cooking Class Syllabus.

<https://navigator.inspirato.com/book/detail/fetch.php/Affordable%20Home%20Workout%20Step%20Plan%20For%20Workers%206109.pdf>

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Basic Cooking Class Syllabus Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to

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