



Prerequisites:

- This course is open to all students.



Course Description:

- This class is designed to introduce and build upon concepts involved in basic cooking and baking techniques.
- Class time will be filled with hands-on food preparation to include: knife skills, familiarity with different cooking utensils and vessels, discussion of food labels, basic nutrition, ingredient knowledge, safety and hygienic food handling, measurement conversions, and following of recipes.
- Students will be taught the resourcefulness needed to be able to prepare a meal with what's available in the pantry. Weekly topics will vary between main dishes, side dishes, appetizers, sauces, condiments, soups, salads, desserts, etc.
- At home practice is strongly encouraged.



Commitment:

- This course meets on Thursdays and can be taken as a one semester or two semester course.
- Fall and Spring menus will differ.



A typical class will look like...

Upon entering the Culinary Lab, pull hair, sleeves, and jewelry back, wash hands, suit up with a clean apron, refer to class prep notes, and fill out "Mise en Place" worksheet (when applicable).

We will cook/bake for approximately 45-50 minutes of the 70-minute class hour, with time reserved at the beginning and end of class for prep, instruction, and cleanup. Some recipes will be completed at individual learning stations, while other recipes will require pairs or groups of students to complete.

Any leftovers will go home with the students, so please come ready to learn and eat!



Books and Supplies

- \$60 lab / supply fee for ingredients
- Apron of choice - laundered and returned each week
- Roll of paper towels, box of sandwich bags, box of quart size bags
- Food storage container - Reusable or disposable
- Misc. items borrowed from home as needed (i.e. lemon juicer, garlic press, zester).