

Master Course Syllabus

For additional course information, including prerequisites, corequisites, and course fees, please refer to the Catalog: <https://catalog.uvu.edu/>

Semester: Spring 2025

Year: 2025

Course Prefix: CA

Course and Section #: CA 1120 002

Course Title: Cooking Skill Development

Credits: 5

Course Description

Teaches basic food service skills in a commercial kitchen environment utilizing standardized recipes and operational procedures. Strong emphasis on equipment safety, sanitation, station organization, mise en place, and product handling. Provides daily end-product critiquing. Emphasizes sanitary food handling practices and professional work habits.

General Topics covered in CA1120 include an Introduction to Culinary and Hospitality History, Standard Kitchen Operations and Sanitation, Kitchen Equipment and Tools identification, usage, cleaning, and maintenance, product receiving, storage, labeling, and handling, mise en Place, culinary terms, standardized recipes, scaling, and yields, etc.

Cooking Topics covered in CA1120 include Knife Skills, stocks, soups, Mother Sauces, principles of cooking, Cooking Methods: Dry Heat, Combination, and moist heat, Breakfast Cooking, introduction to Vegetables, Grains, Pasta, Starches, and Legumes, and introduction to Protein Fabrication.

Course Attributes

This course has the following attributes:

- General Education Requirements
- Global/Intercultural Graduation Requirements
- Writing Enriched Graduation Requirements
- Discipline Core Requirements in Program
- Elective Core Requirements in Program
- Open Elective

Other: *Click here to enter text.*

Instructor Information

Instructor Name: Joseph McRae CEC,CEPC

Student Learning Outcomes

Students will, with a minimum of 70% accuracy, complete the following:

1. Identify and demonstrate correct methods in using and cleaning standard professional kitchen equipment.

2. Demonstrate proper methods to adjust recipe yields, cost recipes, and determine selling prices.
3. Demonstrate the proper use of standard culinary terms and standardized recipes.
4. Demonstrate and identify the setup of proper mise en place, tools, and equipment to coincide with daily production associated with the Professional Kitchen.
5. Identify standard industry products utilized. Demonstrate daily receiving process, inspection, storage, rotation, labeling, and handling associated with the Professional Kitchen.
6. Demonstrate, produce, and evaluate proper knife skills preparation and cutting techniques utilizing fresh vegetables, starches, and fruits.
7. Explain, produce, and evaluate classical and contemporary Mother sauces and stocks typically used in a commercial food service kitchen.
8. Describe, demonstrate, produce, and evaluate a variety of soups from each category.
9. Demonstrate, produce, and evaluate proper methods for cooking and serving assorted proteins, vegetables, and starches using moist, dry, and combination methods.
10. Demonstrate the ability to fabricate poultry properly, flat and round fish.
11. Identify, produce, and evaluate breakfast cookery items, such as meats, eggs, breakfast products, and battered products.
12. Identify the role sustainability plays in the Professional Kitchen.

Course Materials and Texts

On Cooking, 6th Edition

Labensky, Hause, Martel – Pearson

Pen; Black Sharpie Marker; Thermometer; knife kit

Course Requirements

Course Assignments, Assessments, and Grading Policy

DAILY LAB GRADE RUBRIC

Attendance						
Class Attendance If you are absent you will receive a zero for the day. If you are more than 30 minutes late, then you will be considered absent.	5 pts Excellent On time for designated class start.	0 pts Unacceptable Late to class.				5
Professionalism, Appearance, Dress Code						
Cleanliness and Personal Hygiene	5 pts Excellent Uniform is spotless and impeccably clean. Demonstrates excellent personal hygiene.	4 pts Good Uniform is clean, with minor stains or creases. Good personal hygiene, with minor lapses.	3 pts Satisfactory Some visible stains on the uniform. Adequate personal hygiene, with noticeable lapses.	2 pts Needs Improvement Uniform is visibly dirty. Poor personal hygiene, affecting the overall impression.	0 pts Unacceptable Uniform is soiled and unsuitable for a culinary environment. Unacceptable personal hygiene standards.	5
Uniform You will not be allowed into the kitchen if you are missing a hat or have the incorrect shoes. If you can't do your lab work in the kitchen, then you can't receive a grade for the day.	5 pts Excellent Wearing complete and correct uniform including chef coat, pants, apron, hat, thermometer, sharpie.	4 pts Good Missing one element of the uniform.	3 pts Satisfactory Missing two elements of the uniform.	2 pts Needs Improvement Missing three elements of the uniform.	0 pts Unacceptable Not wearing essential uniform components.	5
Sanitation						
Food Safety and Sanitation As a prerequisite and to permit entrance to this class, you are required to obtain either a Utah Food Handlers Permit or a ServSafe Food Manager Certification.	20 pts Excellent Adheres to all Utah Food Handlers Permit guidelines.	15 pts Satisfactory 1 sanitation infraction	10 pts Needs Improvement 2 sanitation infractions	5 pts Unacceptable 3 sanitation infractions	0 pts Unacceptable 4 or more sanitation infractions	20
Attitude/Teamwork/Initiative						
Enthusiasm and Proactiveness	10 to >7.0 pts Excellent Exceptional enthusiasm and energy. Eager and proactive, takes initiative without being asked.	7 to >4.0 pts Satisfactory Eager worker with genuine interest. Actively participates and enjoys daily challenges.	4 to >2.0 pts Needs Improvement Interest varies, generally needs motivation. Participation is inconsistent, requires encouragement	2 to >0 pts Unacceptable Constant motivation needed, poor attitude. Unwilling to start tasks without directive or urging.		10
Team Collaboration This refers to both the overall kitchen cleanliness throughout the lab period and an individuals contribution to the class. (Some of this metric depends on the overall cooperation of the class where equipment and space belongs to the class and not one individual.)	10 pts Excellent Students consistently maintain a well-organized kitchen workspace, including proper equipment sanitation before and after use, minimizing the risk of accidents and promoting efficiency. Actively concerned and involved with teammates. Works hard and collaborates seamlessly.	8 pts Satisfactory Students generally keep the kitchen organized, and equipment sanitation is observed, but some instances of oversight are noted. Participates in teamwork, cooperates with teammates.	6 pts Average Generally interested but lacks motivation to cooperate and assist teammates consistently.	2 pts Needs Improvement Students often neglect kitchen organization and equipment sanitation, posing potential safety hazards. Poor cooperation and assistance to teammates, requires constant attention and urging.	0 pts Unacceptable Students consistently disregard kitchen organization and equipment sanitation. Student leaves group work for others to complete.	10

Mise En Place & Organization						
Workstation Organization and Mise En Place	15 pts Excellent Student maintains a clean and organized workstation, minimizes the risk of contamination, and ensuring food safety. Student has superior attention to detail and is driven to constantly	11 pts Satisfactory Student maintains a reasonably organized and clean workstation, with occasional lapses in practice. Performs duties without needing constant guidance.	7 pts Below Average Student neglects to maintain an organized workstation or risks contamination and safety hazards. Student needs multiple reminders of instruction and show a lack of personal preparation for	3 pts Needs Improvement Student frequently neglects to maintain an organized workstation or risks contamination and safety hazards or after warning. Student needs multiple reminders of instruction and show mediocre personal	0 pts Unacceptable Student consistently disregards food handling guidelines and shows an excessive lack of organization at the workstation. Student lacks drive or a sense of urgency. Student constantly needs	15
	Productivity & Quality of Work					
Productivity	20 pts Excellence Completed two of the extra tasks for the day or an elevated task.	15 pts Above Average Completed one of the extra tasks for the day.	10 pts Average Completed all assigned tasks for the day.	5 pts Good Student is missing one of the assigned tasks for the day.	0 pts Needs Improvement Student is missing two or more assigned tasks for the day.	20
	Quality of Work	10 pts Exceptional Demonstrates outstanding use of techniques and methods. Consistently produces items with a high level of skill and expertise.	9 pts Proficient (7-9 points) Shows solid proficiency in fundamental techniques and methods. Competently handles ingredients and equipment but may occasionally lack the finesse seen in exceptional performance.	6 pts Basic (4-6 points) Displays a basic understanding of essential skills but may struggle with execution. Requires improvement in precision and technique, with occasional errors.	4 pts Limited (1-3 points) Shows limited ability in executing fundamental skills. Requires substantial improvement in handling ingredients, tools, and techniques.	0 pts Unsatisfactory Fails to demonstrate basic culinary skills. Consistently produces work that is below the expected standard.

DAILY LAB STRUCTURE: DAILY SCHEDULE: (subject to change with notice)

8:00 am	Roll and inspection (you are late at 8:01 am)
8:05 am – 8:45 am	Class lecture and learning opportunities.
9:00 am – 9:45 am	Instructor Lab/Lecture and Product Demonstration
9:45 am – 1:15 pm	Daily Production
1:15 pm – 1:25 pm	Review of Daily Curriculum
1:25 pm – 1:35 pm	Family Meal
1:35 pm _ 2:30 pm	Clean and organize the kitchen.
2:30 pm	Dismissal

*** We will be stopping multiple times during the lab session to clean and sanitize the facility*

DAILY CURRICULUM OUTPUT:

This class is organized so that students who can complete more dishes will have the opportunity to do so, while those who wish to move more focused will be required to finish only the assigned dish. **You will not be graded on how fast you are!** If a student does a beautiful job on one dish and another student produces a lot of subpar dishes, they will be graded accordingly. Each student should feel comfortable with constant, gentle pressure to improve, otherwise known as stress.

CANVAS:

Everything about this class is outlined here and in Canvas. You are responsible for keeping up with all assignments, independent study, journals, quizzes, etc. **ALL WORK IS DUE AT ITS DESIGNATED DUE TIME AS OUTLINED IN CANVAS.....**

.....NO LATE WORK/SUBMISSIONS WILL BE ACCEPTED

*Please make sure you connect your email address to your UVU email address.
All communication from me will be done through Canvas.*

JOURNAL:

A weekly student journal is required for CA 1120 and will be reviewed weekly. Journal entries must be uploaded as a **Word document** directly onto Canvas. Please follow the journal template/samples given in the CA handbook, available on Canvas in the files folder. Keep all journal entries class-specific, factual, objective, and valuable. No useless, non-essential information is required. Journals are for YOU. It should include USEFUL details you can and will access in 3-5 years. Your daily DLO handout should be the basis for your journal entries. You will lose points if your journal does not include **critical information**, such as the ratio of flavoring liquid/acid in a butter sauce reduction. Examples of acceptable journal entries are in the Canvas files folder.

QUIZZES:

Quizzes will be on Canvas on the date. Each quiz will be based on the chapters outlined in the Weekly Learning Opportunities listed below in the course details. The purpose of this class is for you to learn information essential for you as you work in industry.

FINAL WRITTEN EXAM:

A comprehensive written exam will be given on the last day of class. It will cover all materials outlined in all independent work assignments and the materials covered in the lab.

FINAL PRACTICAL EXAMS:

There will be one comprehensive practical examination towards the end of the block. It will cover all the materials covered in the lab during the block. It will be a compulsory evaluation of all cooking skills, butchery, and knife techniques learned over the block. Details will be provided several days before the exam.

EVENT COMMITMENT:

UVU is committed to engaged learning. Being involved in CAI catering fulfills this *and* allows students to see classroom learning applied. I hope you will achieve this and learn as much as possible from the events you participate in.

Each student is required to accrue a minimum of 7.5 hours of CAI catering service during the block. **These hours are more than those for mandatory days, as noted in the syllabus and by the instructor.** (During mandatory days, students will arrive and work as a class.) The service time sheet must be completed, signed by the supervising chef, and submitted as outlined in Canvas. This will be 5% of your total class grade. You may receive partial credit for hours completed.

The student must sign up for and keep track of their hours and then submit their completed forms to their instructor.

Available catering opportunities will be posted in Canyon Park's main office and the catering manager's office at the UCCU Events Center.

If you do not show up to a catering event that you have signed up for, you will only be eligible for 2.5% of the catering grade.

INSTRUCTOR: Respect everyone in the class, including the instructor.

EXPECTATIONS:

Attend every class prepared for class (including completed reading assignments, required tools, and scaled recipes needed for the class).

Appropriately conduct yourself while in class, including giving the instructor your attention during lectures and demonstrations.

Agree to do the work as outlined on Canvas on time.

Acknowledge that previous academic preparation (ex., writing, and math skills) will affect your performance in each course.

Acknowledge that your perception of effort is insufficient to justify a distinguished grade and that you must earn a grade.

You will not plagiarize or otherwise steal work from others.

Take personal responsibility when things go south; do not make excuses or blame others.

Required or Recommended Reading Assignments

BOOK PROJECT: This project is two part:

Part One: Reading

Read the first section of THE SOUL OF A CHEF by Michael Ruhlmann
(provided by Chef)

This section is about the Certified Master Chef (CMC) Examination, one of the most grueling challenges a chef can face. The CMC certification from the American Culinary Federation is the highest designation bestowed upon a chef in the United States of America.

Part Two: Assignments

Assignment Part One:

Write a summary of your interpretation of the section of the book. How would it affect you if it did? After reading this section, do you have any other thoughts or "takeaways"?

Assignment Part Two:

In this section, the author, Michael Ruhlmann, makes a statement about whether he believes "cooking" is an "Art or a Craft," and I'd like to think he is talking about cooking in a professional setting. The second part of this assignment is to answer that question yourself, and I will pose it to you this way.... Is being a professional chef or pastry chef and creating/presenting amazing food products/dishes to and for the public an art form or a craft/skill? Research the matter however you choose, use your personal experiences, and utilize your experiences in the program so far to help you decide. THEN, pick a side and DEFEND it in writing. Please explain why you feel it is ONE or the OTHER. Maybe analyze the difference between each. No fence-sitting. It's either an art or a craft, so explain why you believe it is that in detail. Don't play the middle and lobby for both.

Then, create a document that includes complex, detailed answers to both parts of the assignment. This document should be a Word or PDF doc and uploaded to Canvas as outlined. It should be appropriately formatted, well written, and any length that you think is required to make your case and defend it correctly.

Course Schedule

INDEPENDENT STUDY OPPORTUNITIES: **Subject to change based on events and scheduling. This is a rough outline and further details are on Canvas. Read the chapter and take the associated quiz.**

WEEK 1: Independent Study Work

These quizzes have a deadline on Sunday at 11:59 pm.

Chapters	1	Professionalism Chefs & Restaurants: Modern Food Service Operations The Modern Kitchen Brigade: The Professional Chef
	2	Food Safety & Sanitation Sanitation: Contaminants (Biological; Physical; Chemical) Cross Contamination: HACCP: Food Allergies/Contaminants Safety in the Workplace
	5	Tools and Equipment Standards: Knives: Hand Tools: Measuring and Portioning Strainers: Processing Equipment: Storage Equipment Heavy Equipment: Safety Equipment: Energy Conservation

WEEK 2: Independent Study Work

These quizzes have a deadline on Sunday at 11:59 pm.

Chapters	4	Menus and Recipes Standardized Recipes: Measurements & Conversions Recipe Conversions: Unit Costs/Recipe Costs Selling Price: Food Cost: Recipe Writing
	6	Knife Skills Knife Safety: Caring and Sharpening Knives: Gripping Controlling your Knife: Using your Knife: Mandolins
	9	Mise en Place Defining Mise en Place: Selecting Tools & Equipment Measuring Ingredients: Preparing Ingredients: Flavorings Preparing to Cook

WEEK 3: Independent Study Work

These quizzes have a deadline on Sunday at 11:59 pm.

Chapter	7	Flavor and Flavorings Flavor and Taste: Flavoring Food: International Flavors: Herbs and Spices: Salt: Oil, Vinegar, Condiments Alcohol; Wine Beer & Spirits
	8	Dairy Products Milk and Milk Products: Cheese
	10	Principles of Cooking

Heat Transfer: Effects of Heat on Food: Determining Doneness
 Cooking Methods: Dry-Heat Cooking: Moist-Heat Cooking
 Combination Cooking
 13 Principles of Meat Cookery
 Inspection and Grading: Purchasing & Storing: Aging:
 Preparing
 Dry-Heat Cooking Methods: Moist-Heat Cooking Methods:
 Combination Cooking Methods

WEEK 4: Independent Study Work

These quizzes have a deadline of September 17th, 2023, at 11:59 pm.

Chapters 11 Stocks and Sauces
 Ingredients: Principles and Process of Stock Making
 Sauces/ Mother Sauces: Butter Sauces: Using Sauces
 12 Soups
 Characteristics of Soups: Clear Soups: Thick Soups
 Other Soups: Garnishing Soup: Soup Service
 18 Poultry
 Muscle Composition: Nutritional Information:
 Inspection & Grading of Poultry: Purchasing, Receiving &
 Inspection: Storage: Butchering: Cooking Methods for
 Poultry

WEEK 5: Independent Study Work

These quizzes have a deadline of September 24th, 2023, at 11:59 pm.

Chapters 21 Eggs and Breakfast
 Eggs, Nutrition, Freshness, sizing: Inspection & Grading
 of Eggs: Purchasing, Receiving & Inspection: Storage:
 Cooking Methods
 Breakfast Meats: Cakes, Crepes, Cereals & Grains
 22 Vegetables
 Identifying Vegetables: Nutritional Information:
 Purchasing:
 Storing Vegetables: Cooking Methods: Preserving
 Vegetables
 23 Potatoes, Grains and Pasta
 Identifying each: Nutritional Components of Each:
 Purchasing
 & Storing of Each: Cooking Methods for each

WEEK 6: Independent Study Work

These quizzes have a deadline of October 1st, 2023, at 11:59 pm.

Chapters 24 Healthy Cooking and Special Diets
 Principles of Healthy Cooking: Recipe Modifications:
 Accommodating Special Diets: Vegetarians: Vegans
 36 Plate Presentation
 Presentation Techniques for Food: Presentation
 Techniques

WEEK 7:

There are no quizzes this week.

BOOK REPORT DUE Sunday, April 20

WEEK 8:

WRITTEN EXAMINATION TUESDAY, April 22, 2025

PRACTICAL EXAMINATION TUESDAY, Wednesday April 22,23 2025

General Description of the Subject Matter of Each Lecture or Discussion

~~ Weekly Lab Schedule (WLS)

Spring 2025 02

Subject to change (with notice) based on events and scheduling:

This is a ROUGH outline. Details will be provided on a Daily Learning Opportunity sheet (DLO) distributed each morning before class by the instructor.

WEEK 1: INTRODUCTION

Day 1 WELCOME: Introductions

Student Round Table, learn names, student backgrounds

Instructor Introduction and Background, Q&A

Class Business: CAI Handbook review and sign off

Syllabus Review and sign-off

Equipment Training and checklist

Discussion: Uniforms, Inspections,

Cleaning & Sanitation

Food Receiving, Storage & Labeling; Recycling

Mise en Place

Product Identification

Herbs, Spices, Vinegar tasting; Salt tasting

Kitchen Cleaning, sanitation, trash, organization, etc.

Scavenger Hunt in the Kitchen (for a perfect score for the day)

Day 2: Discussion & Demo:

Professionalism – Chapter 1 – History/Background

Kitchen Station Set-Up

Mise en Place- defined and practiced, how it will be measured

Fat discussion: Canola/Whole Butter/Clarified/EVOO

The Basics:

Peeling Carrots / Onions / Shallots/ Garlic/ Potatoes

Storing peeled potatoes

Chopping Garlic – Brunoise Shallots

Storing chopped garlic and shallots
Cleaning Leeks and storing
Mirepoix- Differences, why and when to use
Herbs from Identification (yesterday)
Washing and storing herbs by designation (delicate- hearty)
Picking and chopping herbs
Chiffonade of Basil
Knife Cut Demo:
Potatoes: Large, Medium, Small Dice, Brunoise, Batonee,

Julienne

Day 3: Discussion & Demo:

Review of Day 2: Sanitation Discussion, Time & Temperature Abuse

Knife Cuts:

Sliced Onions – Julienned Onions
Julienne Leeks – Bias Leeks – Leek half-moons and dice
Carrot Rondelles – Paysane – obliques
Peppers: processing for diced, julienne, chopped
Potatoes: Tourne – Chateau

Chicken Fabrication: Standard CAI process – Spatchcock – Halves-

Quarters

WEEK 2:

Day 1: Chicken Fabrication – Trussing

White Stock Process (Chicken) - Teams

Brown Stock Process (Veal) – Teams

Veg Stock Process - Teams

Knife Cuts

Squash: Batonee; Julienne; Dices; Tournee

Avocado: How to clean, slice, dice, etc.

Tomato: Peeling, seeding; Julienne, Dice, Concasse

Mushrooms: Types of...Cleaning, storing, slicing, quartering,

dicing

Day 2: Chicken Fab

Veal 2 (remouillage)

Knife Cuts:

Citrus: Zest/ micro plane zest; Zester zest; Peeler julienne zest
Supremes, process and storage

Mango: Peel; julienne; dice

Pineapple: Peel; Utilize tops/cores; Halves; wedges; diced;

chunks, slices

Melon: Peeling, cleaning, wedges, slices, diced, etc.

Apples (Pears or other): Peeling; cleaning; wedges; slices; diced;

etc.

Rice/Bean/Grain Processes:

Pilaf Process: Basic Rice Pilaf- CP Way

Day 3: Chicken Fab

Stocks / White and Brown

Knife Cuts (TBD)
Dry Heat Cooking Introduction:
 Roasting Trussed Chicken (Teams)
 Sauté Chicken Breast – Grilled Chicken Breast
Thickening Agents: Roux; Slurry
Mother Sauces:
 Brown Sauce (Espagnole) Team Production
Rice Pilaf revisited; add flavoring

WEEK 3:

Day 1: Brigade Inspection

Mise en Place, Stocks, Knife Cuts, Chicken Fabrication
Soups: Clear Soups; Chicken Noodle; Beef Barley; Chicken Bouillon,
Consommé
Thickening Agents: Roux; Slurry; Liaison; Puree; Others
Mother Sauce: Tomato Sauce

Day 2: Brigade Inspection

Mise en Place, Stocks, Knife Cuts, Chicken Fabrication
Mother Sauce: Velouté & Bechamel
Thickening Agents: Roux; Slurry; Liaison; Puree; Others
Soups: Thick Soups: Leek Puree Soup; Cream of Tomato Soup;
Potato & Cheese Soup with Bacon

Day 3: Brigade Inspection

Mise en Place, Stocks, Knife Cuts, Chicken Fabrication, Soups
Mother Sauce: Hollandaise & Butter Sauces
Dry-Heat Cooking: Sautéing & Grilling (Chicken, Vegetables and
Potatoes)

WEEK 4:

Day 1: Brigade Inspection

Mise en Place, Stocks, Knife Cuts, Chicken Fabrication, Soups
Soups: Other Soups; Bisques; Cultural; Cold Soup
Dry-Heat Methods: Frying all methods: Breading, Batters, Dredging
With Proteins, Vegetables and Potatoes/other
Sautéing and Grilling Revisited as needed

Day 2: Brigade Inspection

Mise en Place, Stocks, Knife Cuts, Chicken Fabrication, Soups
Moist-Heat Cooking: All methods and styles
 Boiling, Blanching; Parboiling, Steaming, en papillote
 With Proteins, Vegetables and Potatoes/other
Stewing Method: With Proteins, Vegetables and Potatoes/other

Day 3: Brigade Inspection

Mise en Place, Stocks, Knife Cuts, Chicken Fabrication, Soups
Breakfast Cookery:
Eggs all cooking methods:

Omelets, Fried, Poached, Boiled, Baked, Frittata, etc.
Breakfast meats: Bacon, Sausage, Hams, etc.
Pancakes; Crepes; Blini's; Waffles
Quiche/Custards, Shirred, Cottage, etc.
Cereals & Grains
Breakfast service methods

WEEK 5:

Day 1: Brigade Inspection

Mise en Place, Stocks, Knife Cuts, Chicken Fabrication, Soups
Combination Cooking Method: with Protein, Vegetables and Starches
Braising, Poaching, etc.
Risotto Method: Blanching and finishing Risotto

Day 2: Brigade Inspection

Methods
Mise en Place, Stocks, Knife Cuts, Fabrication; Soups, Cooking
Combination Cooking Method: with Protein, Vegetables and Starches
Round Fish Fabrication: UT Red Trout
Butterflied, Steaks, Fillets, Portioning, etc.
Degree of doneness: Cook with all the cooking methods

Day 3: Brigade Inspection

Methods
Mise en Place, Stocks, Knife Cuts, Fabrication; Soups, Cooking
Combination Cooking Method: with Protein, Vegetables and Starches
revisited
Flat Fish Fabrication: Dover Sole - Petrale Sole
paupiettes
Prepare to cook whole; double fillets, single fillets; Portioning;
Degree of doneness: Cook with all the cooking methods

WEEK 6

Day 1: Brigade Inspection

Methods
Mise en Place, Knife Cuts, Soups, Sauces, Fabrication, Cooking
Pasta, Beans & Grains: All cooking Methods: Simmering; Pilaf & Risotto
White) Dry Pastas (Linguini, Penne, Fettucine); Dry Beans (Black, Kidney,
Grains (Quinoa, Faro, Bulgur)
Preparing Stock for consommé: Onion Brulé, etc.
Brown Chicken Jus

Day 2: Brigade Inspection

Methods
Mise en Place, Knife Cuts, Soups, Sauces, Fabrication, Cooking
Vegetables: Roasting Peppers, Garlic, Onions, etc.
techniques
Prepare multiple vegetables with ALL cooking methods &
Consommé: Chicken Consommé Double Process start to finish
Clarification, garnishing & service styles

Day 3: Brigade Inspection

Mise en Place, Knife Cuts, Soups, Sauces, Fabrication, Cooking

Methods

Potatoes: All types prepared using all cooking methods

Mealy, Waxy, Tubers, Specialty, etc.

Prepared with all the cooking methods

WEEK 7

Day 1: Brigade Inspection & Mise en Place

Review Day 1

Mother Sauces: Veloute; Bechamel; Tomato; Espagnole;

Hollandaise; Butter

Day 2: Brigade Inspection & Mise en Place

Review Day 2

Fabrication: Chicken; Hen; Trout; Sole

Dry-Heat Methods: Saute; Grill; Roast; Bake; Fry; Broil; Barbecuing

All proteins, Vegetables and Starches

Finish with Mother Sauces from Day 1

Day 3: Brigade Inspection & Mise en Place

Review Day 3

Fabrication: Chicken; Hen; Trout; Sole

Moist-Heat & Combination Methods:

Boil; Poach; Simmer; Steaming; Stewing; Braising, en papillote; etc.

All proteins, Vegetables and Starches

Finish with Mother Sauces from Day 1

WEEK 8:

Day 2: FINAL PRACTICAL EXAM - PRACTICAL INDIVIDUAL DAY ONE

Day 3: FINAL PRACTICAL EXAM - PRACTICAL INDIVIDUAL DAY TWO

Required Course Syllabus Statements

Generative AI

AI programs are not a replacement for your human creativity, originality, and critical thinking. Writing, thinking, and researching are crafts that you must develop over time to develop your own individual voice. At the same time, you should learn how to use AI and in what instances AI can be helpful to you. The use of generative AI tools (e.g. ChatGPT, Google Bard, etc.) is permitted in this course for the following activities:

- Brainstorming and refining your ideas;
- Fine tuning your research questions;
- Finding information on your topic;

- Drafting an outline to organize your thoughts; and
- Checking grammar and style.

The use of generative AI tools is not permitted in this course for the following activities:

- Impersonating you in classroom contexts, such as by using the tool to compose discussion board prompts/responses assigned to you or content that you put into a Teams/Canvas chat.
- Completing group work that your group has assigned to you, unless it is mutually agreed upon that you may utilize the tool.
- Writing a draft of a writing assignment.
- Writing entire sentences, paragraphs or papers to complete class assignments.

You are responsible for the information you submit based on an AI query (for instance, that it does not violate intellectual property laws, or contain misinformation or unethical content). Your use of AI tools must be properly documented and cited in order to stay within university policies on academic honesty. Any student work submitted using AI tools should clearly indicate what work is the student's work and what part is generated by the AI. In such cases, no more than 25% of the student work should be generated by AI. If any part of this is confusing or uncertain, please reach out to me for a conversation before submitting your work.

Using Remote Testing Software

This course does not use remote testing software.

This course uses remote testing software. Remote test-takers may choose their remote testing locations. Please note, however, that the testing software used for this may conduct a brief scan of remote test-takers' immediate surroundings, may require use of a webcam while taking an exam, may require the microphone be on while taking an exam, or may require other practices to confirm academic honesty. Test-takers therefore shall have no expectation of privacy in their test-taking location during, or immediately preceding, remote testing. If a student strongly objects to using test-taking software, the student should contact the instructor at the beginning of the semester to determine whether alternative testing arrangements are feasible. Alternatives are not guaranteed.

Required University Syllabus Statements

Accommodations/Students with Disabilities

Students needing accommodations due to a permanent or temporary disability, pregnancy or pregnancy-related conditions may contact UVU [Accessibility Services](#) at accessibilityservices@uvu.edu or 801-863-8747.

Accessibility Services is located on the Orem Campus in BA 110.

Deaf/Hard of Hearing students requesting ASL interpreters or transcribers can contact Accessibility Services to set up accommodations. Deaf/Hard of Hearing services can be contacted at DHHservices@uvu.edu

DHH is located on the Orem Campus in BA 112.

Academic Integrity

At Utah Valley University, faculty and students operate in an atmosphere of mutual trust. Maintaining an atmosphere of academic integrity allows for free exchange of ideas and enables all members of the community to achieve their highest potential. Our goal is to foster an intellectual atmosphere that

produces scholars of integrity and imaginative thought. In all academic work, the ideas and contributions of others must be appropriately acknowledged and UVU students are expected to produce their own original academic work.

Faculty and students share the responsibility of ensuring the honesty and fairness of the intellectual environment at UVU. Students have a responsibility to promote academic integrity at the university by not participating in or facilitating others' participation in any act of academic dishonesty. As members of the academic community, students must become familiar with their [rights and responsibilities](#). In each course, they are responsible for knowing the requirements and restrictions regarding research and writing, assessments, collaborative work, the use of study aids, the appropriateness of assistance, and other issues. Likewise, instructors are responsible to clearly state expectations and model best practices.

Further information on what constitutes academic dishonesty is detailed in [UVU Policy 541: Student Code of Conduct](#).

Equity and Title IX

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by applicable law, including Title IX and 34 C.F.R. Part 106, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services. Inquiries about nondiscrimination at UVU may be directed to the U.S. Department of Education's Office for Civil Rights or UVU's Title IX Coordinator at 801-863-7999 – TitleIX@uvu.edu – 800 W University Pkwy, Orem, 84058, Suite BA 203.

Religious Accommodation

UVU values and acknowledges the array of worldviews, faiths, and religions represented in our student body, and as such provides supportive accommodations for students. Religious belief or conscience broadly includes religious, non-religious, theistic, or non-theistic moral or ethical beliefs as well as participation in religious holidays, observances, or activities. Accommodations may include scheduling or due-date modifications or make-up assignments for missed class work.

To seek a religious accommodation, a student must provide written notice to the instructor and the Director of Accessibility Services at accessibilityservices@uvu.edu. If the accommodation relates to a scheduling conflict, the notice should include the date, time, and brief description of the difficulty posed by the conflict. Such requests should be made as soon as the student is aware of the prospective scheduling conflict.

While religious expression is welcome throughout campus, UVU also has a [specially dedicated space](#) for meditation, prayer, reflection, or other forms of religious expression.