

Culinary Arts Level 1

CERTIFICATE PROGRAM



LaSalle College
Vancouver



1 Baking & Pastry Courses 3 credits	+	5 Culinary Arts Courses 21 credits	+	2 Operation Management Courses 6 credits	=	TOTAL 30 CREDITS
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Culinary Arts Level 1

COURSE DESCRIPTIONS

QUARTER 1

CUL105 FUNDAMENTALS OF CLASSICAL TECHNIQUES

The fundamental concepts, skills and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, soups, thickening agents, the grand sauces and emulsion sauces. Lectures and demonstrations teach organization skills in the kitchen, work coordination, and knife skills. The basics of vegetable cookery, starch cookery, meat and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying. Students must successfully pass a practical cooking examination covering a variety of cooking techniques.

Co-Requisite: Current Food Safe Certificate and CUL103 Sanitation & Safety

Credits : 6

CUL102 CONCEPTS AND THEORIES OF CULINARY TECHNIQUES

The fundamental concepts, skills and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, and soups, thickening agents, the grand sauces and emulsion sauces. Lectures teach organization skills in the kitchen and work coordination. The basics of stocks, soups, sauces, vegetable cookery, starch cookery, meat and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying.

Co-Requisite: Current Food Safe Certificate and CUL103 Sanitation & Safety

Credits : 3

CUL103 SANITATION AND SAFETY

This course introduces food and environmental sanitation and safety in a food production area. Attention is focused on food borne illness and their origins, and on basic safety procedures followed in the food service industry. Provincial regulations are addressed in terms of Food Safe, WHMIS, and Work Safe BC.

Credits : 3

CUL104 DIMENSIONS OF CULINARY

"Dimensions of Culinary" is a course that introduces students to a wide realm of topics in the culinary arts and culinary education. Students develop their communication skills. They learn to present and assimilate information logically, make decisions, develop effective study habits, use available resources, improve interpersonal relationships, and increase their professional performance. This course gives a profile of the hospitality industry and intends to provide a sense of its scope. The primary issues of concern to students are: career opportunities, the role of culinary education, the experience required to pursue particular opportunities, and the advantages and disadvantages of working in specific areas of the hospitality industry.

Credits : 3

QUARTER 2

CUL111 NORTH AMERICAN REGIONAL CUISINE

The course reinforces the knowledge and skill learned in the preceding classes and helps students build confidence in the techniques of basic cookery. The development of knife skills is accented. North American Regional cuisine explores the use of indigenous ingredients in the preparation of traditional and contemporary North American specialties. The concepts of mise en place, time-lines, plate presentation, and teamwork in a production setting are introduced and accentuated. Timing and organization skills are emphasized.

Prerequisites: CUL105 Fundamentals of Classical Techniques, and CUL103 Sanitation & Safety

Credits : 6

CUL115 NUTRITION

This course centers on an explanation of the basic principles of nutrition and its relationship to health. The structure, functions, and sources of nutrients – including proteins, carbohydrates, fats, vitamins, minerals, and water – are discussed. Current issues in nutrition are reviewed, including dietary guidelines, energy balance, vitamin supplements, and food fads.

Credits : 3

CUL121 INTRODUCTION TO BAKING

Students are introduced to the fundamental concepts, skills and techniques of baking. Special significance is placed on the study of ingredient functions, product identification and weights and measures as applied to baking. Lectures, demonstrations, production, tasting and testing, students learn yeast-raised dough mixing methods, pie dough, quick dough, cookie dough, and product finishing techniques. Students must pass a practical exam.

Prerequisite: Current Food Safe Certificate

CUL103 Sanitation & Safety

Credits : 3

CUL247 WORLD CUISINE

This course emphasizes both the influences and ingredients that create the unique character of selected world cuisines. Students prepare, taste, serve and evaluate traditional, regional dishes of Scandinavia, Russia, Switzerland, European and the Mediterranean as well as North Africa, Central and South America. Importance will be placed on ingredients, flavor profiles, preparation and techniques representative of these countries.

Prerequisites: CUL105 Fundamentals of Classical Techniques,

and CUL103 Sanitation & Safety

Credits : 3



LaSalle College
Vancouver

CULINARY KIT

price: \$995.00

KNIFE KIT

1. 3.5" Paring Knife 10419366
2. 7" Fork Legend 10419373
3. 9" Chef's Knife 10430323
4. 10" Wide Bread Knife 10419403
5. 10" Spatula 10419410
6. 6" Bonning Knife 10419427
7. 10" Steel 10424438
8. Swivel Peeler 10419441
9. 4"x1" Knife Guard 10419458
10. 6"x1" Knife Guard 10419465
11. 10"x2" Knife Guard (2) 10419472
12. 12"x2" Knife Guard 10419489
13. Pocket Thermometer 10419496
14. Plastic Bowl Scraper 10419502
15. Large Tongs 10419519
16. Scraper Heat Resistant 10420508
17. 12" Piano Whip 10419533
18. Measuring Spoon Set 10419540
19. Double Melon Baller 10419557
20. #2 Plain Tube Set 10419571
21. #6 Plain Tube Set 10419571
22. #2 Star Tube Set 10419571
23. #6 Star Tube Set 10419571
24. Exoglass Spoon 10419625
25. Fish Spatula 10419632
26. Cut Ruler 10419649
27. Long Nose Pliers 10419656
28. Triple Zip Knife Roll 10428283
29. 11" Granton Slicer 10419397

TEXTBOOK KIT

30. Sport Bag 10427323
31. Foodsafe Level I Workbook 10463666
32. Professional Food Manager 10414279

B&P ESSENTIAL KIT

33. Chef Jackets (3) 10416204
34. Chef Pants (3) 10416211
35. Bib Aprons (3) 10410035
36. Chef Hats (3) 10416228
37. Towels (6) 10416235