

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number:** HRI 106

**Credits:** 3

**Course Title:** Principles of Culinary Arts I

**Course Description:** Introduces the fundamental principles of food preparation and basic culinary procedures. Stresses the use of proper culinary procedures combined with food science, proper sanitation, standards of quality for food items that are made, and proper use and care of kitchen equipment. Prerequisites: (1) competency in Math Essentials MTE 1-3 as demonstrated through the placement and diagnostic tests or by satisfactorily completing the required MTE units, or equivalent, and (2) competencies in reading and writing as demonstrated by placement in ENG 111 or placement in co-requisites ENG 111 and ENF 3 or completion of a college-level composition course. Students needing to complete developmental studies courses in English or mathematics may take those courses concurrently with HRI courses, if approved by the program head. Prerequisite or Co-requisite: HRI 158 or HRI 115. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

**General Course Purpose:** HRI 106 is designed to establish a shared set of standards that will be reinforced in subsequent courses leading to an AAS degree in Culinary Arts. Students entering the Culinary Arts program will have widely differing backgrounds and experience levels. HRI 106 will “level the playing field” and allow for a more uniform approach to the discipline.

**Course Prerequisites/Corequisites:** Prerequisite or co-requisite: HRI 158 or HRI 115. The Culinary Arts AAS degree requires that students have the following competencies: (1) competency in Math Essentials MTE 1-3 as demonstrated through the placement and diagnostic tests or by satisfactorily completing the required MTE units, or equivalent, and (2) competencies in reading and writing as demonstrated by placement in ENG 111 or placement in co-requisites ENG 111 and ENF 3 or completion of a college-level composition course. Students needing to complete developmental studies courses in English or mathematics may take those courses concurrently with HRI courses, if approved by the program head.

**Course Objectives:**

Upon completing the course, the student will be able to

- a. Identify, clean, and maintain all necessary kitchen equipment, including cooking equipment, preparation equipment, and ware-washing equipment;
- b. Describe the history and development of modern culinary arts;
- c. Demonstrate mastery of classical knife cuts;
- d. Explain the concepts of human perception of taste and flavor;
- e. Demonstrate the basic cooking techniques;
- f. Apply the principles of breakfast cookery;
- g. Set up, maintain, and break down a kitchen work station;
- h. Apply the principles of *Mise en Place*;
- i. Practice basic food safety and sanitation procedures; and
- j. Work as a member of a team, demonstrating acceptable teamwork and communication.

**Major Topics to Be Included**

- a. Food safety and sanitation
- b. Equipment identification and maintenance
- c. Herb and spice product identification
- d. Basic cooking techniques including sauté, shallow fry, deep fry, poach, boil, steam, bake, broil, grill, stew, and braise
- e. Basic breakfast cookery
- f. History and traditions in culinary arts
- g. Basic terminology of culinary arts, including culinary French
- h. Knife skills development

**Effective Date of Course Content Summary:** August 6, 2014