

# Minnesota

## Articulated College Credit (ACC) Agreement

### [www.CTEcreditMn.com](http://www.CTEcreditMn.com)

**Agreement Name:** **Culinary Fundamentals I**

**Agreement Last Reviewed:** Fall 2023

**Next Review Date:** Fall 2025

College Courses			
Class	Title	School	Credits
CULN 1103	Culinary Fundamentals I	South Central College	2.0 of 4.0

### **Curriculum Content Objectives**

To receive credit, students will master 80% of the following content objectives:

\*Points 1, 3 & 4 are crucial objectives.

\*\*Points 2 & 8 can be accomplished through business community connections, videos, high school kitchen facilities, and the like.

\*\*\*Points 10, 11, 12 & 13 can be accomplished by demonstration, identification or preparation in a lab setting.

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| <p><b>*1. Apply measurement conversions</b></p> <ul style="list-style-type: none"> <li>a. Use volume measures (liquid versus dry)</li> <li>b. Use basic measurement skills</li> <li>c. Demonstrate ounce/lb. scales</li> </ul> <p><b>**2. Identify &amp; describe commercial kitchen equipment</b></p> <ul style="list-style-type: none"> <li>a. À la carte equipment</li> <li>b. Batch cooking equipment</li> <li>c. Explain and demonstrate equipment used in a commercial kitchen/lab, such as ovens, ranges, slicers, freezers, refrigerators, food processors, mixers, work stations/food prep counters, and safety equipment</li> </ul> <p><b>*3. Demonstrate sanitary food handling procedures</b></p> <ul style="list-style-type: none"> <li>a. Display proper personal hygiene</li> <li>b. Sanitize kitchen facilities</li> <li>c. Perform sanitary food handling</li> <li>d. Familiarize students with Serve Safe</li> </ul> <p><b>*4. Demonstrate the use of kitchen utensils.</b></p> <ul style="list-style-type: none"> <li>a. Use cutting tools</li> <li>b. Use pre-preparation/finishing utensils</li> <li>c. Exposure to basic cuts and the difference between them (chop-dice-julienne-mince, etc.).</li> </ul> <p><b>5. Demonstrate pre-preparation techniques</b></p> <ul style="list-style-type: none"> <li>a. Perform breading procedures</li> <li>b. Prepare vegetable cuts</li> <li>c. Identify culinary terms</li> </ul> | <p><b>6. Practice cooking doneness methods</b></p> <ul style="list-style-type: none"> <li>a. Identify heat transfer methods</li> <li>b. Identify cooking time variables</li> <li>c. Identify doneness temperatures</li> <li>d. Perform cooking doneness procedures</li> <li>e. Calculate roasting times</li> </ul> <p><b>7. Practice moist heat cooking methods</b></p> <ul style="list-style-type: none"> <li>a. Prepare braised entrée</li> <li>b. Prepare steamed food item</li> <li>c. Prepare blanched food item</li> <li>d. Prepare poached item</li> </ul> <p><b>**8. Identify &amp; describe equipment maintenance/cleaning procedures</b></p> <ul style="list-style-type: none"> <li>a. Clean grill</li> <li>b. Clean broiler</li> <li>c. Identify fryer filtering procedure</li> </ul> <p><b>9. Implement station organization methods</b></p> <ul style="list-style-type: none"> <li>a. Stock culinary station</li> <li>b. Perform mise en place preparation</li> </ul> <p><b>***10. Demonstrate stock preparation methods</b></p> <ul style="list-style-type: none"> <li>a. Demonstrate, identify or prepare chicken stock</li> <li>b. Demonstrate, identify or prepare beef stock</li> <li>c. Demonstrate, identify or prepare fish stock</li> <li>d. Demonstrate, identify or prepare vegetable stock</li> <li>e. Demonstrate, identify or prepare specialty stocks</li> </ul> <p><b>***11. Demonstrate use of thickening agents</b></p> <ul style="list-style-type: none"> <li>a. Prepare or demonstrate roux</li> <li>b. Prepare or demonstrate cornstarch slurry</li> <li>c. Prepare or demonstrate arrowroot slurry</li> <li>d. Prepare or demonstrate colored rouxs</li> </ul> |
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**\*\*\*12. Demonstrate how to make leading sauces such as:**

- a. Brown sauce
- b. Veloute sauce
- c. Tomato sauce
- d. Bechamel sauce
- e. Hollandaise sauce
- f. Butter sauce

**\*\*\*13. Demonstrate the different soup classifications (Clear & Cream). Demonstrate one and prepare one of the following:**

- a. Vegetable soup
- b. Chowder soup
- c. Bean soup
- d. Lentil soup
- e. Consommé
- f. Specialty soup
- g. Soup garnishes

**14. Identify convenience stocks**

- a. Critique convenience stocks
- b. Prepare convenience stocks

**15. Apply breakfast cooking methods**

- a. Identify breakfast foods

- b. Prepare breakfast egg dishes
- c. Prepare breakfast meats
- d. Prepare breakfast wheat based foods

**16. Identify breakfast beverages**

- a. Prepare breakfast beverages
- b. Evaluate breakfast beverage quality

**17. Be exposed to potato preparation methods**

- a. Identify culinary terms
- b. Prepare breakfast potatoes

**18. Distinguish the differences between fresh and dried herbs and spices**

- a. Identify dried herbs
- b. Identify fresh herbs
- c. Identify dried spices

**\*\*19. Tour the school food service department**

- a. Observe batch cooking equipment
- b. Observe dishwashing operation
- c. Observe sanitation procedures
- d. Observe flow of food from delivery through service
- e. Observe the cooler and dry storage spaces
- f. Prepare and ask questions of worker/director/manager, such as: (1) How did you get into the business?; and (2) What training was necessary for your position?

## **Assessments**

Students must achieve no less than 80% or B for a final grade in the high school course to receive ACC.

## **ACC Concept**

Through Articulated College Credit (ACC), specific college curriculum content goals and assessments are embedded in participating high school career and technical education (CTE) programs as specified in this agreement. Relevant knowledge, skills, and standards are taught by qualified CTE high school instructor(s) in one or more high school course. ACC is awarded if the student meets the college equivalency standards and later enrolls in the college(s) listed below requiring the course in a specific program.