

Northwest Arkansas Community College
(Food Studies Division)

Discipline Code

FDST

Course Number

1043

Course Title

Methods

Catalog Description

The purpose of this course is to give the students specialized instruction in the center- of- the -plate items and continue to further the knowledge gained in Introduction to Food Preparation and Theory. This course builds on basic food preparation knowledge and skills by focusing on presentation and consumption of center-of-the-plate items and products. Special attention will be given to meat, fish, poultry and wild game cooking and presentation. In addition, this course further broadens knowledge of culinary arts within the commercial kitchen.

Prerequisites

FDST 1013 and FDST 1023

Credit Hours

3 credit hours

Contact hours

75 lab contact hours

Load hours

3.75 load hours

Semesters Offered

Fall, Spring

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Demonstrate proper dry heat and moist heat cooking methods

- Demonstrate the different types and cooking styles for poultry, shellfish, fish, meat and vegetables
- Prepare appropriate side dishes and sauces to complement center of the plate items
- Demonstrate proper hot and cold plating techniques and presentations

General Education Outcomes Supported

- Students develop higher order thinking skills.
- Students can employ a variety of sources to locate, evaluate, and use Information.

Standard Practices

Topics list

- Roasting, Deep Frying, Pan Frying, Frying with Batters, Grilling, Sautéing, Stir Frying, Sous Vide, Braising, Deep Poaching, Shallow Poaching, Steaming, Cooking En Papillote and Pan Smoking
- Fresh Pasta Making Method
- Review of Vegetable Cooking Methods
- Plate Presentation Techniques
- Rice Varietal identification and Cooking Methods
- Review of Stocks and Mother Sauces
- Dairy and Meat Alternatives
- Cooking Meat, Fish and Shellfish to Proper Temperatures
- Seasonality
- Mystery Basket Challenge

Learning activities

- Daily PowerPoint Lecture
- Class Discussion
- Online Weekly Readings, Videos and Podcasts
- Lab Practical Recipe Preparation
- Field Trips
- Guest Speakers

Assessments

- Lab based competency learning activities
- Quizzes/exams
 - Practical lab based
 - Written
- Proficiency of technique is observed and assessed upon presentation of daily recipe
- Verbal daily review of student uniform, and professional behavior
- Participation in Brightwater/NWACC service-learning activity

Grading Guidelines

- 90% weighted average score or above on all graded assignments = 'A'
- 80%-89% weighted average score on all graded assignments = 'B'

- 70%-79% weighted average score on all graded assignments = 'C'
- 60%-69% weighted average score on all graded assignments = 'D'
- Less than 60% weighted average score on all graded assignments = 'F'

Revised

April 21, 2022