

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

Course Prefix and Number: CUL 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. Part I of II. Prerequisites: Competencies in math through placement into program required math course and reading and writing as demonstrated by placement into ENG 111 or program head approval. Prerequisite or Co-requisite:

- Basic cooking techniques including sauté, shallow fry, deep fry, poach, boil, steam, bake, broil, grill, stew, and braise
- Basic breakfast cookery
- History and traditions in culinary arts
- Basic terminology of culinary arts, including culinary French
- Knife skills development

Effective Date/Updated: August 1, 2023