

CULINARY ARTS (CULI)

CULI 1120 Credits: 2

Safety, Sanitation & Equipment Total Hours: 50

This course provides the student with an introduction to the principles of work safety, hygiene and health regulations. Fire safety and safe operation and maintenance of kitchen equipment is stressed. Special emphasis is placed on personal hygiene and appearance. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1121 Credits: 2

Basic Kitchen Skills Total Hours: 50

This course provides the student with kitchen terminology, weights and measures conversion, merchandising, recipe conversion, and receiving and storing inventory. Also included in the course are the introductions to the basic methods of cooking and baking. These topics are covered by lectures, assignments and tests. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1122 Credits: 2

Hot and Cold Sandwiches Total Hours: 50

This course enables the student to identify, handle and process the ingredients required to prepare hot and cold sandwiches, garnishes and accompaniments. Also included are the preparation, presentation and service of hot and cold sandwiches. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1124 Credits: 2

Hot & Cold Breakfast Cooking Total Hours: 50

This course provides the student with the practical skills associated with breakfast cooking, including egg cooking and breakfast meat cooking. Also included are French toast, waffle and hot cake production as well as fruits, cereal, and starch accompaniments. Emphasis is placed on efficient work methods and the quality of the finished products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1125 Credits: 1

Kitchen Mgmt & Health Care Total Hours: 25

This course investigates the study of yield testing, food costing, menu planning and pricing, and the basics of nutrition. The students learn these principles by way of lectures and practical assignments. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1126 Credits: 2

Stock, Soup & Sauce Cooking Total Hours: 50

This course provides an introduction to the principles of basic stocks, sauce and soup cooking. The student learns to prepare the stocks and thickening agents commonly used in the modern kitchen. The student also prepares thick and clear soups, mother sauces and their derivative sauces. Emphasis is placed on preparation, work methods and the finished products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1127 Credits: 1

Cold Kitchen Total Hours: 25

The student prepares salads, dressings and accompaniments for the daily salad bar. The student also is introduced to the preparation of meat, cheese and fruit platters. Emphasis is placed on work methods, presentation technique and the quality of the finished products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1130 Credits: 1

Vegetable and Starch Cooking Total Hours: 25

This course instructs students to select, store, clean, prepare and cut vegetables. Also included are vegetable cooking and finishing techniques, potato and rice cooking. Emphasis is placed on methods of work and the quality of the final products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

CULI 1131 Credits: 1

Meat and Poultry Cooking Total Hours: 25

This course provides an introduction to the principles of meat and poultry identification and dry heat and moist cooking methods. Also included are the preparation of sauces, garnishes, accompaniments, carving and portioning techniques. Emphasis is placed on methods of work and the quality of the finished products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

CULI 1132 Credits: 1

Seafood Cooking Total Hours: 25

This course provides the student with knowledge of identifying and storing of seafood. Included in the course are dry and moist heat methods of seafood cooking and the preparation of the appropriate sauces, garnishes and accompaniments. Importance is placed on methods of work and the quality of the finished products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

CULI 1133 Credits: 1

Vegetari Entrees, Pasta & Soup Total Hours: 25

This course offers the student the opportunity to further their knowledge of stocks, soups, as well as introducing vegetarian entrées cooking and pasta cooking including sauces and accompaniments. Emphasis is placed on methods of work and quality of the final products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

CULI 1135 Credits: 4

Meat, Poultry, Seafood Cutting Total Hours: 100

This course is centered around the cutting and processing of primary and secondary cuts of beef, pork, veal and lamb. Included in the course are the cutting and processing of an assortment of fish and poultry products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1136 Credits: 2

Meat, Poultry, Seafood Cooking Total Hours: 50

Building on skills acquired in previous courses, students apply dry and moist heat methods to cooking meat, poultry and seafood, including the appropriate sauces, garnishes and accompaniments. Importance is placed on methods of work, preparation, service techniques and the final products as served to the public. This course is part of the full-time Cooking - ESL, Cooking Foundation - High School, Culinary Arts Programs.

Prior Learning Assessment is available.

CULI 1137 Credits: 2**Vegetable, Egg, Starch, Pasta Total Hours: 50**

Building on skills learned in previous classes, the student will prepare vegetables, advanced potatoes and starches, vegetarian specialties, pasta dishes, and luncheon omelettes and egg dishes for the public. Emphasis is placed on method of work, preparation, service techniques and the final products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs. Prior Learning Assessment is available.

CULI 1140 Credits: 4**Baking and Desserts 1 Total Hours: 100**

In this course, students prepare pies, puff pastry, choux pastry, yeast goods, cakes and cookies. A variety of desserts are also taught in this course. Emphasis is placed on methods of preparation and baking techniques and the quality of the finished products. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs. Prior Learning Assessment is available.

CULI 1165 Credits: 5**Culinary Arts HS Bridging Total Hours: 125**

This is a supplement course to the Youth In Trades programs for the districts where VCC does not have a satellite campus. In addition to building on the skills learned in the Youth Train in Trades program, students will review and be assessed on the skills required to prepare for the technical and practical exam for Professional Cook 1.

Pre-requisite(s): Successful completion of Youth Train Trades program at a high school

CULI 1182 Credits: 2**Cook Practicum 1 Introductory Total Hours: 70**

Students are placed in their introductory industry practicum positions for a period of two weeks. During this time students are exposed to the daily routine of the basic institutional kitchen while utilizing both their language and culinary skills learned to date. Students work closely with their instructor and practicum supervisor to develop a work plan. This course is part of the full-time Professional Cook 1 Certificate (EAL Cohort) program.

Pre-requisite(s): CULI 1128, CULI 1501, CULI 1502, CULI 1503, CULI 1504, CULI 1505

CULI 1183 Credits: 2**Cook Practicum 2 Advanced Total Hours: 70**

After CULI 1508 in culinary training, students return to the industry for an additional two weeks. During this time students further their practical training by joining the staff of advanced institutional and hotel kitchens to further develop their skills and experience the daily routine of these environments. During this time they are evaluated by their supervisors and are periodically monitored by their VCC culinary instructor. This course is part of the full-time Professional Cook 1 Certificate (EAL Cohort) program.

Pre-requisite(s): CULI 1128, CULI 1501, CULI 1502, CULI 1503, CULI 1504, CULI 1505, CULI 1182, CULI 1506, CULI 1507, CULI 1508

CULI 1193 Credits: 6**Meat, Poultry & Seafood 1 Total Hours: 150**

In this course, students develop skills in the preparation and cooking of meat, poultry and seafood. Students develop skills in choosing appropriate ingredients for basic Asian dishes and learn basic techniques in cutting, seasoning and marinating. Students also learn various cooking methods including stir frying, deep frying, boiling, braising, steaming and barbecue. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196

CULI 1195 Credits: 1**Soups & Sauces 1 Total Hours: 25**

In this course students learn basic preparation and cooking of traditional Asian soups and sauces. Students are introduced to the ingredients, spices and presentation standards of Asian cuisine. Appropriate menu combinations are introduced. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196

CULI 1196 Credits: 1**Asian Culinary Principles Total Hours: 25**

This course is a general introduction to Asian Culinary Arts. Students learn about the history and principles of various Asian cuisines. Emphasis is placed upon developing skills in maintaining and properly using equipment and utensils. This course also introduces students to the importance of sanitary practices in the food industry and principles of work safety and health regulations. Topics covered include food handling and dangers of bacteria. Students develop skills in the proper handling of food while in the kitchen. Fire safety and safe operation and maintenance of kitchen equipment will be stressed. Special emphasis will also be placed on practicing good personal hygiene habits. This course is part of the full-time Asian Culinary Arts Program.

CULI 1197 Credits: 1**Cold Kitchen Hot Appetizers 1 Total Hours: 25**

This course introduces students to the preparation of salads, dressings, Sushi, Sashimi, rolls, etc., as well as the preparation of hot appetizers such as Dim Sum, Asian hors d'oeuvres, etc. Emphasis is placed on work methods, presentation techniques and the quality of the finished products. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196

CULI 1198 Credits: 1**Vegetables & Starches 1 Total Hours: 25**

Students learn to select, store, prepare and cook vegetables used in a variety of Asian cuisines. Rice and noodle cooking methods will be taught in the course. Emphasis is placed on developing cooking and presentation techniques as well as the quality of the final product. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196

CULI 1291 Credits: 1**Cold Kitchen Hot Appetizers 2 Total Hours: 25**

Building on the skills acquired in the first level of training, students prepare more advanced salads, rolls and hot appetizers. Emphasis is placed on choosing the proper ingredients, food presentation and wok methods. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196, CULI 1197

CULI 1293 Credits: 6**Meat, Poultry & Seafood 2 Total Hours: 150**

Building on the skills acquired in the first level of training, students prepare more advanced Asian cuisine meat, poultry and seafood dishes using a variety of cooking methods. In addition, students will study the preparation of appropriate sauces, garnishes and accompaniments. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196, CULI 1193

CULI 1295 Credits: 1**Soups & Sauces 2 Total Hours: 25**

This course builds on the skills learned and developed in CULI 1195. In addition to preparing, cooking and presenting more complex soups and sauces, students have the opportunity to work with specialty ingredients and spices that complement the main dishes. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196, CULI 1195

CULI 1298 Credits: 1**Vegetables & Starches 2 Total Hours: 25**

Building on the skills acquired in the first level of training, students continue to learn to select, store, clean, prepare and cook vegetables. Advanced methods for cooking rice and noodles are taught in this course. Emphasis is placed on wok methods, presentation techniques and the quality of the final product. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196

CULI 1299 Credits: 1**Kitchen Management Total Hours: 25**

In this course students learn to organize an efficiently and professionally-run kitchen. Students develop skills in menu planning, food purchasing, receiving and inventory procedures and calculating costs and profits. This course is part of the full-time Asian Culinary Arts Program.

Pre-requisite(s): CULI 1196

CULI 1501 Credits: 5**Kitchen Orientation Total Hours: 100**

This course provides an introduction to the food industry and the essential skills required for success as a cook. It introduces learners to language and terminology specific to the field of culinary arts. Career planning, job search strategies and sociocultural competencies appropriate to the workplace will be introduced and practiced. This course is part of the full time Culinary Arts program.

CULI 1502 Credits: 4**Culinary Techniques Total Hours: 100**

This course provides an introduction to the principles and techniques of basic stocks, sauce and soup cooking. Students learn to prepare stocks, soups and sauces commonly used in professional kitchens. Students also prepare salads, dressings and accompaniments. Emphasis is placed on preparation, work methods, presentation techniques and quality control.

CULI 1503 Credits: 4**Garde Manger & Breakfast Total Hours: 100**

This course provides the students with the opportunity to develop the skills to identify, handle and process the ingredients required to prepare breakfast, hot and cold sandwiches, garnishes, and accompaniments. Emphasis is placed on communication, teamwork, time management, and critical thinking skills, as well as, efficient work methods and quality control.

CULI 1504 Credits: 4**Baking Techniques Total Hours: 100**

This course introduces students to the principles of baking, including new terminology, ingredients, and quality standards specific to baked products. Students prepare quick breads, pies & tarts, yeast breads, fruit & custard desserts. Emphasis is placed on use of time management, communication, teamwork skills, methods of preparation, baking techniques and the quality of the finished products.

CULI 1505 Credits: 4**Butchery Total Hours: 100**

This course provides students with the knowledge and skills for identifying, processing and storing beef, poultry and seafood. The course introduces students to the factors to be considered in selecting cooking methods for various types of meat and seafood products. Emphasis is placed on communication, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control.

CULI 1506 Credits: 4**Production Kitchen Total Hours: 100**

Building on skills and knowledge acquired in previous courses, this course gives students the opportunity to further develop the skills and techniques used in dry and moist heat cooking for a service outlet. Emphasis is placed on communication, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control.

CULI 1507 Credits: 1**Flavour Principles & Menus Total Hours: 12**

This course introduces students to the basic principles of nutrition and its application in food preparation. This course also examines the study of taste and flavour and introduces students to institutional menus and terminology. This course is part of the full time Culinary Arts program.

CULI 1508 Credits: 4**Short Order Cafe Total Hours: 88**

Building on skills and knowledge acquired in previous classes, this course gives students hands-on experience preparing and serving multiple lunch items at service stations in a cafe setting. Finishing techniques will be applied to par-cooked vegetables and starches, meat, poultry and seafood. Emphasis is placed on communication, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control.

CULI 1509 Credits: 4**Catering Total Hours: 100**

Building on skills and knowledge acquired in previous classes, this course gives students hands-on experience in catering operations. Students plan and expedite the food, beverage and service requirements necessary for industry related events. This course introduces students to event coordination, marketing strategies, risk management and entrepreneurial skills. Emphasis is placed on customer service, leadership, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control. Students will be involved in planning and operating an external catering event as part of this course.

CULI 1510 Credits: 5**Short Order and Cafe Service Total Hours: 100**

This course introduces students to the basic principles of nutrition and its application in food preparation. This course also examines the study of taste and flavour and introduces students to institutional menus and terminology. Building on skills and knowledge acquired in previous classes, this course also gives students hands-on experience preparing and serving multiple lunch items at service stations in a cafe setting. Finishing techniques will be applied to par-cooked vegetables and starches, meat, poultry and seafood. Emphasis is placed on communication, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control.

CULI 1511 Credits: 5**Kitchen Orientation Total Hours: 100**

This course provides an introduction to the food industry and the essential skills required for success as a cook. It introduces learners to language and terminology specific to the field of culinary arts. Career planning, job search strategies and sociocultural competencies appropriate to the workplace will be introduced and practiced. Students receive Food safe Level 1 certification.

CULI 1516 Credits: 8**Cook Chill Product Kitchen 1 Total Hours: 200**

Building on skills and knowledge acquired in previous courses, this course gives students the opportunity to further develop the skills and techniques used in dry and moist heat cooking for a service outlet. Emphasis is placed on communication, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control.

CULI 1517 Credits: 1**Flavour Principles & Menus IE Total Hours: 16**

This course introduces students to the basic principles of nutrition and its application in food preparation. This course also examines the study of taste and flavour and introduces students to institutional menus and terminology.

CULI 1518 Credits: 8**Short Order Cafe I Total Hours: 184**

Building on skills and knowledge acquired in previous classes, this course gives students hands-on experience preparing and serving multiple lunch items at service stations in a cafe setting. Finishing techniques will be applied to par-cooked vegetables and starches, meat, poultry and seafood. Emphasis is placed on communication, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control.

CULI 1520 Credits: 3**Korean Cuisine Total Hours: 75**

This course introduces students to Korean cuisine. Emphasis is placed on ingredients, cooking techniques, food history and cultural influences. Students apply these techniques to prepare a variety of Korean dishes.

Pre-requisite(s): Department approval required

CULI 1526 Credits: 4**Cook Chill Production Kitchen2 Total Hours: 100**

Building on skills and knowledge acquired in the CULI 1506 Cook Chill Production Kitchen 1 course, this course gives students further opportunity to develop the skills and techniques used in dry and moist heat cooking for a service outlet. Students are relocated to a new kitchen facility, providing them the opportunity to adapt to new menus, a new environment, and different procedures and equipment. More emphasis is placed on communication, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control.

CULI 1528 Credits: 4**Short Order Cafe 2 Total Hours: 100**

Building on skills and knowledge acquired in CULI 1508 Short Order Cafe 1, this course gives students additional hands-on experience preparing and serving multiple lunch items at service stations in a cafe setting at the Broadway Quizine kitchen. Finishing techniques will be applied to a variety of new menu items including but not limited to par-cooked vegetables and starches, meat, poultry and seafood. Emphasis is placed on communication, teamwork, time management and critical thinking skills, as well as, efficient work methods and quality control.

CULI 2500 Credits: 3**Kitchen Mgmt & Cost Controls Total Hours: 50**

This course introduces students to kitchen management procedures, including the basic principles of human resources, Canadian Labour laws and food storeroom principles and inventory procedures. Students practice purchasing and receiving, food costing, menu pricing, inventory and cost control. Students fill requisitions for the service kitchens and outlets in the Culinary Arts Programs. Students continue to (re)develop their culinary career pathway.

CULI 2501 Credits: 1**Kitchen Management Total Hours: 12**

This course introduces students to kitchen management procedures, the basic principles of human resources, and Canadian Labour laws. Students continue to (re)develop their culinary career pathway.

CULI 2502 Credits: 2**Purchasing & Receiving Total Hours: 44**

This course introduces students to storeroom principles and procedures. Students practice purchasing and receiving, food costing, menu pricing, inventory and cost control. Students fill requisitions for the service kitchens and outlets in the Culinary Arts Programs.

CULI 2503 Credits: 2**Restaurant Customer Service Total Hours: 50**

In this course students are introduced to the operation of a restaurant dining room and bar service outlet, including ordering, clearing plates, processing cash payments, and promoting the restaurant. Students develop time management, communication, teamwork, and customer service skills by serving food produced by other courses in the Culinary Arts Program to the general public.

Co-requisite(s): CULI 2501, CULI 2502

CULI 2504 Credits: 1**Nutritional Menu Development Total Hours: 12**

This course introduces students to the principles of menu planning and nutrition. Students apply these principles to create a table d'hote menu.

Co-requisite(s): CULI 2505, CULI 2506

CULI 2505 Credits: 2**Advanced Cookery Total Hours: 44**

This course introduces students to advanced cooking techniques, ingredients, and equipment. Students apply these techniques to prepare specialty soups, sauces, vegetables, and starches. Emphasis is placed on time management, communication and teamwork skills.

Co-requisite(s): CULI 2504, CULI 2506

CULI 2506 Credits: 2**Global & Vegetarian Cuisine Total Hours: 44**

This course introduces students to traditional and ethnic cooking techniques and ingredients. Students apply these techniques to prepare a variety of global and vegetarian dishes.

Co-requisite(s): CULI 2504, CULI 2505

CULI 2507 Credits: 5**Advanced Baking Total Hours: 100**

This course introduces students to advanced baking techniques, pastry, and dessert production. Students prepare breads and a variety of desserts for a restaurant service outlet. Emphasis is placed on methods of preparation and the quality of the finished products. Students utilize plating and presentation techniques from previous courses. Students run the dessert station of the restaurant kitchen, and develop critical thinking, time management, communication, and teamwork skills to expedite dessert orders.

CULI 2508 Credits: 1.5**Restaurant Line Cooking Total Hours: 33**

This course introduces students to line cooking in an a la carte service restaurant. Students apply the knowledge, skills, and techniques learned in previous courses and adapt the methods to restaurant line cooking. Students develop critical thinking, time management, communication, and teamwork skills to expedite orders.

CULI 2509 Credits: 1.5**Appetizers & Platters Total Hours: 33**

In this course students prepare a variety of appetizers and are introduced to running the pass of a restaurant kitchen. Students develop critical thinking, time management, communication, and teamwork skills to expedite orders. Students build on plating and presentation skills and techniques learned in previous courses.

CULI 2510 Credits: 1.5**Advanced Butchery-Charcuterie Total Hours: 34**

This course provides students with the knowledge and skills for identifying, processing and storing pork, lamb, veal, specialty poultry and specialty seafood. Building on previous courses, students identify cooking methods for various types of meat and seafood products. Students prepare a variety of cured and preserved items. Emphasis is placed on time management, communication, and teamwork skills, methods of work, preparation, service techniques and quality control.

Co-requisite(s): CULI 2508, CULI 2509

CULI 2511 Credits: 8.5**Modern Cuisine Total Hours: 200**

This course introduces students to a variety of culinary techniques and processes that combine theoretical principles with chemistry and modern technology. Ingredients are prepared using new or adapted methodologies and equipment for molecular gastronomy. Students apply these skills by producing and serving these items in a restaurant setting and, compare traditional to modern production methods. Emphasis is placed on time management, communication and teamwork skills.

CULI 2512 Credits: 3**Culinary Practicum Total Hours: 100**

In this course students have the opportunity to apply their newly acquired knowledge and skills in an industrial catering establishment while on a practicum placement. Emphasis is placed on professionalism.

CULI 2513 Credits: 4.5**Restaurant Kitchen Total Hours: 100**

This course introduces students to station prep and cooking in an a la carte service restaurant. This includes the knowledge and skills for identifying, processing and cooking pork, lamb, veal, specialty poultry and specialty seafood products including cured and preserved items. Students apply the knowledge, skills, and techniques learned in previous courses and adapt the methods to restaurant cooking. Students are introduced to running the pass of a restaurant kitchen and develop critical thinking, time management, communication, and teamwork skills to expedite orders. Students build on plating and presentation skills and techniques learned in previous courses.