

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

**Course Prefix and Number: HRI 299**

**Credits: 2**

**Course Title:** Capstone Study in Culinary Arts

**Course Description**

Provides the student and instructor an opportunity to work together to identify the critical areas of need in the student's repertoire. An individualized plan will be developed to address student weakness and to lead progressively to a group demonstration of critical skills. Lab, lecture, research, and out of class projects will be utilized. Laboratory 4 hours per week.

**General Course Purpose**

This is a skills based program designed to certify competency in a defined skill set. The student's areas of strength and weakness will be identified and individual strategies will be developed to assist the student in demonstrating proficiency in the competencies.

**Course Prerequisites/Corequisites**

HRI 106, HRI 219, HRI 218, HRI 220, HRI 206, HRI 207, HRI 145, HRI 128.

**Course Objectives**

At the completion of this course, students should be able to:

- a. Demonstrate proficiency in the use of common culinary tools and equipment.
- b. Demonstrate an understanding of the role of nutrition in cuisine.
- c. Demonstrate proficiency in the preparation of stocks, bases, rubs, marinades, and other foundations of flavor.
- d. Demonstrate proficiency in preparation of classical and modern sauces.
- e. Demonstrate proficiency in the preparation of classical, modern, international, and cold soups.
- f. Demonstrate proficiency in the preparation of sandwiches, salads, and the repertoire of the Garde Manger
- g. Demonstrate an understanding of and proficiency in the basic cooking methods including braising, stewing, sautéing, pan searing, pan frying, stir frying, deep frying, roasting, baking, poaching, steaming, simmering, boiling, curing, smoking, drying, and pickling.
- h. Demonstrate an understanding of and demonstrate proficiency in the principles of safe and sanitary food production.
- i. Demonstrate an understanding of and proficiency in cost effective menu planning.
- j. Demonstrate an understanding of and proficiency in the preparation of food items for all meal periods.
- k. Demonstrate an understanding of and proficiency in food presentation including buffet and plated styles.

**Major Topics to be Included**

1. Product identification
2. Cooking techniques
3. Menu planning and costing
4. Safe, sanitary, and efficient kitchen behavior
5. Mise en place technique and organisation
6. Food presentation techniques

**Effective Date of Course Content Summary (Month, Date Year):** August 21, 2008