

**HIBBING COMMUNITY COLLEGE  
COURSE OUTLINE**

**COURSE NUMBER & TITLE:** CAMT 1602: Basic Food Production Principles

**CREDITS:** 6 (0 Lec / 6 Lab)

**PREREQUISITES:** None

**CATALOG DESCRIPTION:**

Food Production Principles teaches the preparation and serving of stocks, sauces, soups, meats, and poultry using various cooking methods and techniques. This course also includes basic baking methods and uses for the preparation of finished products such as quick breads, yeast breads, pies, cakes, and cookies.

**OUTLINE OF MAJOR CONTENT AREAS:**

- I. Preparation and serving
  - A. Soups
  - B. Stocks
  - C. Sauces
  - D. Various meat items
  - E. Fish
  - F. Poultry
  - G. Starch products
  - H. Salads
  - I. Desserts
- II. Basic baking
  - A. Terminology
  - B. Methods
  - C. Preparing various doughs and shaping various products
- III. Uses of convenience items
  - A. Preparation
  - B. Critique finished product
- IV. Garnishing various prepared items

**COURSE GOALS/OBJECTIVES/OUTCOMES:**

Students will

1. sanitize work environment.
2. prepare white stock.
3. prepare brown stock.
4. prepare variety stocks.
5. prepare brown sauce.
6. prepare white sauce.
7. prepare veloute sauce.

8. prepare hollandaise sauce.
9. prepare secondary sauces.
10. prepare thick soups.
11. prepare thin soups.
12. prepare specialty soups.
13. prepare broiled red meats.
14. prepare broiled poultry.
15. prepare broiled fish/shellfish.
16. prepare grilled red meats.
17. prepare grilled poultry.
18. prepare grilled fish/shellfish.
19. saute red meats.
20. saute poultry.
21. saute fish.
22. prepare roasted meats.
23. prepare roasted/baked poultry.
24. prepare roasted/baked fish/shellfish.
25. deep-fry red meats.
26. deep-fry poultry.
27. deep-fry fish/shellfish.
28. poach poultry.
29. poach fish/shellfish.
30. panfry red meats.
31. panfry poultry.
32. panfry fish/shellfish.
33. prepare steamed red meats.
34. prepare steamed poultry.
35. prepare steamed fish/shellfish.
36. prepare braised red meats.
37. prepare braised poultry.
38. prepare braised fish/shellfish.
39. prepare combination dishes.
40. cut vegetables.
41. prepare vegetables.
42. prepare fruits.
43. prepare salad dressings.
44. prepare salads.
45. prepare sandwiches.
46. prepare farinaceous products.
47. evaluate prepared products.
48. display teamwork.
49. exhibit professionalism.
50. garnish various fruits/vegetables items.
51. garnish various red meats items.
52. garnish various poultry items.
53. define baking terminology.

54. identify baking tools.
55. identify baking equipment.
56. exhibit kitchen safety.
57. recall weights/measures.
58. sanitize work environment.
59. recall personal hygiene.
60. define baking ingredients.
61. identify ingredient functions.
62. identify mixing methods.
63. determine fault causes.
64. identify cookie doughs.
65. prepare drop cookies.
66. identify and prepare quick breads.
67. identify yeast doughs.
68. prepare sweet roll doughs.
69. prepare soft roll doughs.
70. prepare hard roll doughs.
71. identify pie fillings.
72. select toppings.
73. prepare convenience foods.
74. critique finished convenience items.
75. identify and prepare pie shells.
76. exhibit professionalism.
77. display teamwork.
78. prepare variety cookies.
79. practice time management.

**MNTC GOALS AND COMPENTENCIES MET:**

N/A

**HCC COMPETENCIES MET:**

Working Productively and Cooperatively  
Communicating Clearly and Effectively  
Thinking Creatively and Critically

**STUDENT CONTRIBUTIONS:**

Students are expected to

- demonstrate and exercise safety skills.
- attend all lectures.
- participate in class activities.
- participate and implement input into class discussions.
- hand in outside assignments when due.

**STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS  
SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.**

**SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVES ON HAZARDOUS  
MATERIALS, ETC.)**

Text book

Knife kit

Uniforms

Pocket thermometer

<b>AASC APPROVAL DATE:</b> March 19, 2014
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<b>REVIEW DATE:</b> March 2019
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