



Culinary Arts Department

CHEF 1340

Meat Preparation and Cooking

Course Description: Study of the preparation, composition, and cooking techniques for the most common proteins, like eggs, beef, pork, lamb, poultry, seafood, and game. Includes moist, dry, and combination cooking methods as related to both classical and modern methods of preparation of dishes.

Instructor:

Chef Kevin M. Booker, CCC

Email: kbooker@southplainscollege.edu

Phone: (806) 716-4315

Office Hours: LBC146, Monday/Wednesday 11:00am – 2:00pm, Friday 9:00am – 11:00pm

by appointment only (email to schedule)

Class Hours and Room:

Lab D

M/W: 2:30pm – 5:30pm

T/TH: 8:00am – 11:00am, 1:00pm – 4:00pm

Exam Schedule: Chapter tests are assigned on MyCulinary Lab. The Final will be a Practical Exam and a Written Exam held in the Culinary Lab, dates and times TBD.

Resource Text: On Cooking Plus MyLab Culinary and Pearson Kitchen Manager (*All ready purchased for Chef 1301 Basic Food Preparation*)

Required Materials: One - 3 ring binder with plastic page covers

Online homework can be found under the **Course Content** Tab on the Blackboard Homepage. Lecture resources, daily syllabi, recipes and handouts are available for student download under the **Course Recourses** Tab.

NOTE: You can log into MYCulinary Lab through Blackboard under the **Course Recourses** tab.

For Intellectual Exchange, Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations, CARE (Campus Assessment, Response, and Evaluation) Team, and Campus Concealed Carry, click here:

[Syllabus Statements \(southplainscollege.edu\)](http://southplainscollege.edu)

Grading Policy:

HOMEWORK:

1. Homework Assignments will be assigned online through **Blackboard MyCulinary Lab** throughout the semester. The due dates for each assignment are posted and DUE THE DATE POSTED, unless changed by instructor. Assignment dates are also on the Daily Syllabus for ease of reference.

CHEATING/ PLAGURISM

2. Individual effort must be demonstrated on all exams. Also considered inappropriate is the use of, in any fashion, a solution manual of any kind. It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. **Academic Dishonesty:** "At minimum, the first instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive a zero for the assignment. The second instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive an F in the course and be expelled from the program".

ATTENDANCE

3. Class attendance and attention will be crucial to the student's successful completion of this course. Attendance will be taken, you are **allowed ONE excused absences throughout the semester**, but are expected to complete all assignments by the due date. IF STUDENTS ARE ABSENT ON LAB DAYS, THEIR DAILY GRADE WILL BE GREATLY AFFECTED AND THERE WILL BE NO MAKE UP LAB. May be altered due to Covid-19.

4. The grading scale is as follows:

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F

5. The grading will be based on the following assignment:

Quizzes:	15%
Tests:	25%
Lab Grade:	40%
Written Final Exam:	10%
Practical Final Exam:	10%
	<u>100%</u>

6. If there is a problem or a dispute with a grade, it must be brought to your instructor's attention and resolved within 5 days of the grades return. After that, it will not be considered under any circumstances.
7. If you feel you need out of class help, please visit with your Instructor during office hours.

Notes:

- Online assignments and homework due dates will vary for each chapter. Keeping this in mind, it is the student's responsibility to be aware of due date and complete all assignments within allotted timeframe.
- There might be a possibility for extra credit or a bonus sometime during the semester. These extra points CANNOT raise your grade for a particular segment of your grade beyond 100%. For example, your maximum quiz average can only be 100% or test average can only be 100%.
- The **Finals** for this course will be a Practical Exam and a Written Exam to be held in Lab D, date and time is TBD.
- If you need special accommodations, you will still have to take the test on the scheduled date of the exam. If there is a conflict, you will have to show proof valid reason for the schedule change to your instructor, prior to the exam date, in order to take an exam at a different time.

NOTEBOOKS/ LAB BOOKS/ RECIPES

All notes, every single recipe, sketches, diagrams and information pertaining to the production of assigned recipe items must be recorded and saved.

LAB BOOKS- 3 RING BINDER

1. Your notes for class- prior to class date
2. Questions for clarification by Chef
3. Chef's notes- in class
4. Any handouts for that lesson
5. Recipes- in format
6. Special chef notes on recipes- special instruction
7. Special assignments, quizzes or research

Notebooks are intended to measure knowledge and participation in the learning process. It will also be used as a study guide for the Practical and Written Finals

Student Services:

As a student of South Plains College, there are multiple services available to you at no extra charge. To access these services or find out more about them; from the SPC home page click on "Student Services" tab, then click on "Health and Wellness", then on the drop-down menu click "- Health and Wellness" again. These services include **Mental Health Resources, Counseling @ SPC, Student Health, Disability Services, Drug & Alcohol Prevention, Title IX Pregnancy, Emergency Resources** (The South Plains College Emergency Resources Listing is where you can find community food assistance, help paying bills, and other free or reduced cost programs available to students and the community.), and **Texan Food Pantry** (The Texan Food Pantry provides non-perishable food and toiletries to any currently enrolled South Plains College student or employee who need a little extra help.).

PREPARED FOR CLASS:

All students are expected to arrive ON TIME in full and proper uniform and ready to begin the class.

ON TIME IS DEFINED AS; in the classroom, prepared to begin at the EXACT start time of the class.

TARDY / LATE: any time after the exact start of class. 3 TARDY/ LATES will result in a deduction of points from your lab grade.

EXCESSIVE TARDINESS is defined as more than 4 in a semester. Excessive tardiness will result in an unexcused absence.

Prepared Means:

- Proper/clean uniform, hat, apron and side towels
 - no hoodies, sweaters or jacket may be worn under your chef coat, only a standard t-shirt or standard long-sleeved shirt may be worn under you chef coat.
- Non-slip closed toe shoes
- Proper hygiene
 - Showered, shaved, hair clean, and pulled back if necessary
 - Clean fingernails, well-trimmed, no nail polish, fake nails or false eyelashes
 - Meaning fingernails shall not extend beyond the fingertip
 - No heavy colognes or perfumes
 - No jewelry, watches (a tight-fitting wedding band is acceptable)
- No outside food in the lab or classrooms
- Drinks are permitted ONLY in a closed top container, stored beneath the work surface
- No cell phones in classrooms. Must kept in lockers
 - If there is a sound reason to keep your cellphone, please get permission prior to class. Cellphones with permission will be placed on Chef's table.
- All students will have Lab books/notes/ recipes on table prior to class
- Student will have at all times
 - 1 BLACK sharpie, 1 pen (click type or capped) and 1 personal thermometer
 - Clean and sanitized knife kit.
 - Knives are to be sharpened, honed prior to class

STUDENT ABSENCES

- No more than 3 absences, excused or non-excused are allowed.
- More than 3 absences will result in an automatic withdrawal for the class
- If you are sick you will notify the Chef by text 1 hour prior to class.

COMMUNICATION:

With the Chef:

- Address the Chef by "chef" and the last name only.
- If the Chef gives an instruction, direction or constructive criticism the culinarian will respond, in a normal voice level.
 - "yes Chef"
 - "thank you, Chef"

EXPECTATIONS:

- A culinarian must be able to communicate both orally and in writing with other culinarians
- A culinarian is required to have knowledge of communication through body language and non-verbal cues.
- A culinarian is polite and greets the Chef and peers properly at the beginning of each class

MEAT
PREPARATION-
CHEF 1340

WEEK	DAYS	TOPICS	ON COOKING
1: 1/16 - 1/18	1	Orientation / Syllabus / Expectations	
	2	Basic Food Prep Review	
2: 1/22 - 1/25	3	Eggs / Lecture	Chapter 21
	4	Eggs / Lab	
3: 1/29 - 2/1	5	Poultry/ Lecture	Chapter 18
	6	Poultry / Lab	
4: 2/5 - 2/8	7	Poultry / Lab	
	8	Principles of Meat Cookery / Lecture	Chapter 13
5: 2/12 - 2/15	9	Principles of Meat Cookery / Lab	
	10	Principles of Meat Cookery / Lab	
6: 2/19 - 2/22	11	Beef / Lecture	Chapter 14
	12	Beef / Lab	
7: 2/26 - 2/29	13	Beef / Lab	
	14	Beef / Lab	
8: 3/4 - 3/7	15	Veal / Lecture	Chapter 15
	16	Veal / Lab	
3/11 - 3/15		Spring Break	
9: 3/18 - 3/21	17	Fish, Seafood / Lecture	Chapter 20
	18	Fish, Seafood / Lab	
10: 3/25 - 3/28	19	Fish, Seafood / Lab	
	20	Fish, Seafood / Lab	
11: 4/1 - 4/4	21	Pork / Lecture	Chapter 17
	22	Pork / Lab	
12: 4/8 - 4/11	23	Pork / Lab	
	24	Game/ Lecture	Chapter 19
13: 4/15 - 4/18	25	Bad Weather Make up Day	
	26	Lamb / Lecture	Chapter 16
14: 4/22 - 4/25	27	Lamb / Lab	
	28	REVIEW FOR FINAL	
15: 4/29 - 5/2	29	FINAL PRACTICAL	
	30	FINAL WRITTEN	
16: 5/6 - 5/9	31	DEEP CLEAN	
	32	DEEP CLEAN	