

# CUL 166 : Foods 3

## *Fall*

This course provides students with continued practice of skills learned and applying them to meat and seafood cookery. A study of the fundamental principles of meat, fish, and shellfish preparation and cookery, including the Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism in the kitchen will be studied, as well the development of customer service techniques and habits in the dining room. In addition, students will continue to develop skills in basic mathematical operations and study of their applications in the food service industry including, percentages, weights and measures, ratio and proportion, weights and measures conversions, determination of portion costs for menu items, and portion control.

**Credits** 3

**Lecture Hours** 1

**Lab Hours** 2

### **Prerequisites**

ServSafe Certification

### **Prerequisite Courses**

CUL 162