

Course Title	<b>FOOD PREPARATION</b>
Course Code	<b>HTL 112</b>
Course Purpose and Objectives	The purpose of this course is to introduce students to the food preparation procedures. This course focuses primarily on safety and sanitation, knife skills, distinguishing the different methods of cooking and culinary chapters in fruits and vegetables, potatoes and grains, soups and stocks, sauces, pasta dishes and international dishes. On completing of this course, students will be able to understand and analyze the key elements in managing individual behavior in a professional kitchen.
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Demonstrate skills in acceptable sanitation and food handling procedures.</li> <li>2. Demonstrate skills in handling kitchen utensils, tools and professional equipment.</li> <li>3. Demonstrate skills in working as a part of a team.</li> <li>4. Make recipes focusing on the methods of cooking and demonstrate knife skills.</li> <li>5. Identify the key areas of managing individual behaviour in a professional kitchen.</li> </ol>
Course Content	<ul style="list-style-type: none"> <li>• Principles and processes of cookery</li> <li>• Soups</li> <li>• Pasta and dumplings</li> <li>• Poaching - boiling</li> <li>• Steaming</li> <li>• Stewing</li> <li>• Braising</li> <li>• Roasting</li> <li>• Grilling</li> <li>• Frying</li> <li>• Baking</li> <li>• Cold dishes</li> </ul>