CUL 233 - FARM TO TABLE

Course Description

This course explores plant-forward cooking using seasonally available local ingredients for use at events in Lobdell's, the Great Lakes Culinary Institute's teaching restaurant. This course will engage students in growing practices, harvesting, menu planning, preparation and production of food, and the food system. Students will explore how to reduce the carbon footprint of a food system and bring food to the table at its peak of freshness and height of nutritional value. The course includes on-site visits with farmers, food processors, and experts in our local food system to promote understanding of health and sustainability practices related to food safety, water and waste systems, food marketing, distribution, and the local food movement. Group 2 course.

Credit Hours

3

Contact Hours

6

Lab Hours

6

Required Prerequisites

CUL 102, CUL 110, CUL 111, and CUL 118

General Education Outcomes supported by this course

Quantitative Reasoning

Course Learning Outcomes

Knowledge:

- Define key concepts, terms, and relationships appropriate to professional cooking.

Application:

- Modify recipes to reflect the quantity needed for production.
- Demonstrate acceptable procedures when preparing potentially hazardous foods to include time/temperature principles.
- Demonstrate proficiency in using the appropriate tools and cooking techniques to achieve professional quality results in the modern food service industry.
- Compare local produce picked at the peak of freshness, flavor, and nutritional value with commodity produce.

Integration:

- Integrate the use of fresh ingredients, proper cooking methods and quality service to achieve customer satisfaction.
- Connect the purchasing and harvesting of fresh seasonal produce, appropriate preparation techniques, limited waste, and business profitability.

Human Dimension:

- Discuss and evaluate the importance of professional ethics as it applies to the food service industry.
- Explore and reflect upon the impact of access to quality, affordable food on our local community and public health issues.

Caring - Civic Learning:

- Recognize and demonstrate the importance of sustainable practices in a food service operation.
- Explore the impact of responsible environmental stewardship on our local food system.
- Reflect on the environmental impact of traditional and organic techniques for growing, harvesting, and producing crops.

Learning How to Learn:

- Interpret and self-assess standardized recipes to create and improve upon various menu items.