

## Culinary 1

### **Food Safety and Sanitation**

- Food Borne Illness
- Accident Prevention
- Proper Storage and Preparation of Foods

### **Kitchen Readiness**

- Equipment and Measurement
- Recipe Comprehension
- Culinary Mathematics
- Mis en Place (organization)
- Knife Skills
- Table Setting / Etiquette

### **Quick Breads**

- Chemical Leavening Agents
- Role of Ingredients

### **Recipes Prepared**

- *Banana Bread, Cheddar Biscuits, Whole Wheat Pancakes, Assorted Cookie Types*

### **Yeast Breads**

- Natural Leavening Agents
- Fermentation
- Kneading and Gluten Formation

### **Recipes Prepared**

- *Pizza, Bread Sticks*

## **Stocks, Soups, Sauces**

- Building Flavor
- Mother Sauces
- Thickening Agents

## **Recipes Prepared**

- *Chicken Soup, Macaroni and Cheese, Chicken and Vegetable Stir Fry, Graham Cracker Crust Pudding Pie*

## **Nutrition**

- Vital Nutrient Groups
- Meal Appeal
- Vegetable Classification and Cookery
- Egg Cookery
- Grains
- Protein Foods
- Dairy Products
- Vegetarian Food Plans

## **Recipes Prepared**

- *Roasted Rainbow Vegetables, Quiche, Meatballs and Spaghetti, Homemade Ice Cream*
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