

**WILMINGTON UNIVERSITY
COLLEGE OF EDUCATION AND LIBERAL ARTS
BASIC COURSE INFORMATION**

COURSE NUMBER CUL 201

COURSE TITLE The Home Cook: Savory & Sweet

CREDITS 3

PREREQUISITE

FACULTY MEMBER

TERM

METHOD OF CONTACT/ OFFICE HOURS

COURSE TIME BREAKDOWN

40 Hours of Structured Learning Activities

TEXTBOOKS

*A list of course textbooks are available on the Wilmington University Bookstore website:
<http://bookstore.wilmu.edu/>

COURSE DESCRIPTION

This online course is designed for novice cooks interested in exploring dual worlds of taste in home cooking: savory and sweet. Students will be introduced to cooking techniques, each of which can be executed in either sweet or savory modes. The techniques involved are solid, basic and everyday family type cooking techniques and teach students to prepare the same basic dishes in both modes in order to develop their palates and their ability to distinguish tastes. Students will read and research weekly resource materials and be required to complete weekly cooking assignments in addition to participating in class sharing and discussion. This obviously means that a kitchen for cooking is readily available for all the assignments. While the course does not have a lab fee or textbook, ordinary foodstuffs and kitchen supplies, and some purchase of food will be required to complete the assignments. Weekly shopping lists are posted on the course site. However, since students will be able to share and eat what they cook, it will be well invested. All ingredients will be easily available from local supermarkets and no special or unusual equipment is required.

COURSE OBJECTIVES

This course will provide students with the knowledge and skills to:

1. Describe and implement the essential skill of creating the classic “Mis en Place” for all cooking assignments.
2. Demonstrate mastery of specific kitchen tools for the selected techniques.
3. Develop skill in ”reading” a recipe, including management of preparation time and cooking time as well as techniques for prepping food.
4. Create dishes using learned techniques and imagination.
5. Distinguish between the taste profiles of sweet and savory dishes created from the same cooking techniques.

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6. Identify the basics of taste and flavor and the differences between them.
7. Develop appreciation for the importance of texture and mouthfeel in identifying tastes.
8. Identify and create both savory and sweet versions of the same dish.
9. Develop skill in alter and substitute ingredients to adjust dishes to personal taste preferences.
10. Demonstrate understanding of specific foods used as ingredients in dishes being prepared
11. Compose an insightful analysis and review of food prepared and tasted each week.
12. Apply the basic principles behind specific cooking skills by creating multiple dishes using the same basic techniques and ingredients.
13. Assess the importance of seasoning in creating a successful dish.

METHODOLOGY

A. Teaching and Learning Strategies

B. Evaluation Methods

ATTENDANCE POLICY:

EVALUATION PROCEDURE AND GRADING POLICY:

LATE ASSIGNMENT POLICY:

COELA CLASSROOM STANDARDS: See Canvas “Syllabus” area

COURSE SCHEDULE (all assignments and due dates):