

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 web
<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.

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