

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: CUL 220 Credits: 3

Course Title: Meat, Seafood, and Poultry Preparation

Course Description :

Provides the study and preparation of meat, poultry, shellfish, fish, and game, including alternative protein sources. Promotes the knowledge/skills required to select appropriate use of these foods as meal components. Students will produce various garnishes, accompaniments, sauces, and accessories to produce a plated dish. Prerequisites: CUL 218. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

General Course Purpose:

This course studies the identification, selection, and cooking techniques for various meat, seafood, and poultry preparations.

Course Prerequisites/Corequisites :

Prerequisites: CUL 218

Course Objectives:

Upon completing the course, the student will be able to:

- x Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, broil, roast, carve, skewer, gratiné, maintain temperature, grill, or otherwise produce meat, seafood, and poultry items;
- x Identify and select meats, poultry, shellfish, fish, and game;
- x Grill, broil, and plate meats, poultry, shellfish, fish, and game;
- x Roast, carve, and plate meats, poultry, shellfish, fish, and game;
- x Stew, steam, braise, poach, and plate meats, poultry, shellfish, fish, and game;
- x Prepare garnishes, accompaniments, sauces, and accessories for the main component for plating;
- x Prepare various protein alternatives;
- x Discuss sustainability practices and sourcing these products;
- x Discuss farm to table, organic vs. non-organic products, and other trends; and
- x Apply modern techniques and equipment as employed in the industry, including but not limited to: pressure cookers, vacuum sealing and sous vide.

Major Topics to be Included:

- x Tool identification and use
- x Butchery
- x Meat, seafood, and poultry classification

- x Purchasing, selection, and storage of proteins
- x Pairing accessory elements
- x Presentation, garnishing, and plating
- x Preparations and cooking techniques
- x Protein alternatives
- x Sustainability and product sourcing; including vendor identification
- x Farm to table
- x Organic vs. non-organic products and other related trends

Effective Date/Updated: August 1, 2024