



Southmoreland School District Intermediate Cooking-Semester

Intermediate Cooking-Semester Course Overview:

Prerequisite: Successful completion of Basic Cooking

This hands-on course is designed for high school students who have completed a basic cooking course or have foundational cooking experience. The course focuses on advancing culinary skills, exploring complex cooking techniques, international flavors, and creative presentation. Students will also deepen their understanding of nutrition, meal planning, and kitchen management. By the end of the semester, students will be able to prepare more sophisticated dishes, work efficiently in the kitchen, and create balanced, flavorful meals.

Module Titles:

Module 1: Advanced Kitchen Techniques

Module 2: Sauces, Stocks, and Flavor Building

Module 3: Baking and Pastry Fundamentals

Module 4: Advanced Nutrition and Dietary Needs

Module 5: Global Cuisines and Fusion Cooking

Module 6: Capstone Project – Multi-Course Meal

Module Overviews:

Module 1: Advanced Kitchen Techniques

Key Topics:

- **Refining knife skills: chiffonade, brunoise, and fine julienne**
- **Advanced cooking methods: poaching, braising, searing, sous vide introduction**
- **Cooking proteins to precise temperatures**
- **Preparing complex vegetable, grain, and starch dishes**
- **Kitchen efficiency and mise en place techniques**



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Objectives:

- Demonstrate advanced knife skills with accuracy and safety.
- Apply advanced cooking techniques to proteins, vegetables, and grains.
- Practice precise cooking to ensure proper doneness and flavor.
- Organize the kitchen for efficiency and practice mise en place.
- Incorporate multiple components into a single dish with timing coordination.

Module 2: Sauces, Stocks, and Flavor Building

Key Topics:

- Preparing foundational stocks (chicken, beef, vegetable)
- Mother sauces: béchamel, velouté, espagnole, hollandaise, tomato
- Flavor enhancement: reductions, emulsions, seasoning, and balancing flavors
- Using herbs, spices, and aromatics to elevate dishes

Objectives:

- Prepare foundational stocks and understand their role in cooking.
- Learn to create and apply mother sauces to various dishes.
- Master basic techniques for flavor balancing and seasoning.
- Incorporate herbs and spices effectively to enhance dishes.
- Apply sauces and reductions to complement proteins, vegetables, and grains.

Module 3: Baking and Pastry Fundamentals

Key Topics:

- Yeast breads and quick breads



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- Pastry doughs: shortcrust, puff, choux
- Custards, fillings, and basic desserts
- Plating and presentation techniques for baked goods

Objectives:

- Prepare and bake yeast and quick breads with correct technique.
- Create basic pastry doughs and fillings for sweet and savory applications.
- Develop an understanding of baking science and ingredient interactions.
- Practice presentation and plating skills for baked goods and desserts.
- Experiment with flavor combinations in baked dishes.

Module 4: Advanced Nutrition and Dietary Needs

Key Topics:

- Dietary restrictions: vegetarian, vegan, gluten-free, low-sodium
- Nutritional analysis for balanced meals
- Health-focused flavor substitutions and techniques
- Meal planning for special diets and active lifestyles

Objectives:

- Modify recipes to accommodate dietary restrictions without sacrificing flavor.
- Analyze meals for macronutrient and micronutrient balance.
- Apply healthy cooking techniques for diverse dietary needs.
- Plan meals considering health, taste, and presentation.
- Experiment with alternative ingredients to enhance nutrition and taste.



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Module 5: Global Cuisines and Fusion Cooking

Key Topics:

- Regional specialties from Europe, Asia, Africa, and Latin America
- Combining traditional flavors to create fusion dishes
- Ingredient sourcing for authentic international cuisine
- Plating and presentation for culturally inspired dishes

Objectives:

- **Prepare international dishes while respecting traditional techniques and flavors.**
- **Explore fusion cooking by combining techniques and flavors from multiple cultures.**
- **Source and utilize global ingredients effectively.**
- **Practice advanced plating techniques for visually appealing dishes.**
- **Understand cultural influences on flavor profiles and meal presentation.**

Module 6: Capstone Project – Multi-Course Meal

Key Topics:

- Planning a three- or four-course meal
- Advanced menu design, presentation, and timing
- Peer and instructor evaluation of cooking, flavor, and plating
- Reflection on skill growth and culinary creativity

Objectives:

- Design and execute a multi-course meal with balanced flavors and textures.
- Apply advanced cooking, baking, and plating techniques in a comprehensive project.



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- Collaborate effectively in the kitchen to manage time and workflow.
- Critically evaluate personal and peer dishes for improvement.
- Demonstrate confidence and creativity in cooking and meal presentation.