



The Art of Cooking

Coral Team Course Design

Abstract

Technology has revolutionized the way people do day-to-day activities such as communication, meeting new people and learning new things. This course aims to enhance the way people learn the basic skills of cooking through innovative self directed online methods. This course is designed for the novice to the culinary expert, as it not only teaches the basics but also explores various approaches to cooking.

This course allows learners to find their passion for cooking and apply them to holistic online learning approaches to enhance their knowledge.



Purpose of Course

- **Purpose:** Explore the world of cooking through online learning methods and discovering own passion
- **Learning Objectives:**
 - To discover different learning approaches to cooking
 - To explore cultural cooking styles
 - To reflect upon your current strengths as a cook
 - To learn about new ingredients
 - To think about cooking holistically



Course Outline

- Week 1: Introductions
- Week 2: Exploring New Ingredients
- Week 3: Reading/Video/Podcast
- Week 4: Partners
- Week 5: Team Assignment
- Week 6: Readings/Resources
- Week 7: Potluck Dinner
- Week 8: Reflective Paper



Week 1: Introductions

- **Online Discussion:** Introduce yourself and your cooking style.
- Please tell the group a little bit about yourself, your favourite dish(s) to cook, and what ingredients you most use in your cooking and why?



Week 2: Exploring New Ingredients

- Choose a Country you have visited or would like to visit and explore its method and style of cooking.
 - What ingredients are primary to the local cuisine?
 - What is the history of cooking in the Country?
 - Write a 500 word response on anything you want to explain your new findings, and choose one recipe that you think represents the local cuisine.



Week 3: Reading/Video/Podcast

- **Video Cooking School:**
<http://rouxbe.com/>
- **Cooking Podcast:**
<http://freeculinaryschool.com/tag/cooking-podcast/>
- **Cooking Blog:**
<http://www.reluctantgourmet.com/>



Assignment:

- Review the above websites i.e. cooking lessons, recipes, and free tutorials. What are the advantages and disadvantages to these methods of learning to cook versus traditional methods?



Week 4: Partners

- Choose a Country and find an interesting resource to explore how it relates to cooking- this can be ANYTHING.
- Present the resource to your partner and provide them with guiding questions.
- Schedule time to meet online and discuss the 2 resources (one from each partner).
 - Are the resources connected in any way?
 - How do they contribute to your knowledge of cooking?

Example:

RESOURCE: <http://thaicookingwithjam.blogspot.com/>

Discussion: In Jam's blog she discusses the history of tapioca, and how the ingredient has evolved over time. Do you think that the replacement of authentic products with their artificial counterpart has had a positive or negative effect on the cooking culture? Explain.



Week 5: Team Assignment

- Members must combine recipes to create a 3-course meal. The meal can be for any occasion, formal or non-formal.
 - How would you present the meal at a dinner party? Would there be a theme? What colours and décor would you include?
 - Present assignment in a online format.



Week 6:

Readings/Resources

Thinking about the food we eat

- Watch the following video and please discuss:
http://www.ted.com/talks/lang/eng/mark_bittman_on_what_s_wrong_with_what_we_eat.html
- Look at the food in your cupboards at home, and your eating practices. What steps do you take to promote a healthy body, and a healthy earth?
- Do you think of Mark Bittman's talk? Do you agree? Disagree?
- How can awareness of ingredient choices be promoted?
- Interesting article to read: <http://www.ingredientsnetwork.com/ifi-article/full/natural-ingredients-the-natural-way-ifi-octnov-09>

Extra Reading

- [Make Your Dining Experience More Spicy](#)



Week 7: Potluck Dinner

- Choose one new dish for a final potluck dinner. The ingredients must be something different than the ones you discussed as being in your "regular environments".



Week 8: Reflective Paper

- Write a Reflective Paper on your cooking experience throughout this program.

