

## PRESERVING AND CANNING THE HARVEST: COURSE SYLLABUS - Fall Term

**COURSE TITLE:** Preserving & Canning the Harvest

**COURSE NUMBER:** CA8.386

**CLASS MEETS:** Hybrid/Monday/CC-219

**INSTRUCTOR:** Chef Audrey Anderson

**CONTACT:** [andersau@linnbenton.edu](mailto:andersau@linnbenton.edu)

**Credits:** 2

**Number of Sessions:** 10

**Time:** 2:30-3:30pm

**Length of Sessions:** 1hr

**PHONE:** (541) 917-4397

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**DESCRIPTION:** This is a hands-on kitchen canning and preservation course. This course will focus on extending the shelf life of foods and providing nutrition throughout the year. This is a class focusing on the science of canning and the art of tastefully preserving food products for entertaining and long term storage. After taking this class students should understand fundamental cooking processes and procedures, know how to prepare food in a safe manner, understand reasons why preparations are done, the importance of food safety and flavor. Through lecture, research, hands-on participation and demonstration, students learn about various culinary techniques.

**OUTCOMES:** Upon successful completion of this course, students will be able to:

Demonstrate how to safely and properly extend the shelf life of foods. Demonstrate use of various preservation methods including canning, pickling, fermenting, and drying. Demonstrate proper use of tools and equipment needed for preservation. Demonstrate safety, sanitation and time management techniques used in a professional kitchen.

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**GRADING:** A to F

**Attendance:** Students are required to attend all class sessions. Tardiness is not accepted. If you are unable to attend class, please notify Chef Audrey at least 2 hours in advance via email.

**Daily Performance and Class Participation:** Students should actively participate in classroom and kitchen lab activities as related to the daily agenda and subject matter. Open to learning, sharing and participating in a positive and productive manner. We all leave together at the end of class once the kitchen is clean and the instructor has excused everyone.

**Kitchen Attire:** Students will be cooking in a professional commercial kitchen. The following is required kitchen attire:

- Face Covering Required
- Culinary students are required to be in chef whites
- Long pants
- Short sleeve shirt, no tank tops
- Close-toed/non-slip shoes
- Apron: will be provided
- Long hair restrained and pulled back
- No jewelry on the hands, fingers or wrists. To include but not limited to watches, bracelets, and rings.
- Please avoid strong smelling cologne, perfumes and lotions as this will inhibit sensory evaluation for you and your classmates.

**Safety and Sanitation:** Will be covered in depth on the first day of class. Students are expected to hold safety and sanitation procedures in high regard for the safety of you and your classmates.

**Kitchen Equipment:** You will be exposed to commercial kitchen equipment that is used for College food service and the Culinary Arts program. Students will be instructed how to properly use equipment, knives, utensils, etc. If you are unsure or uncomfortable utilizing a specific piece of equipment, please consult your instructor immediately so as to avoid mishandling and equipment malfunction.

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## Weekly Class Schedule

### **Week 1: Welcome and Introduction**

- Syllabus Review
- Recipe Review
- Safety and Sanitation review

### **Week 2: Water Bath Canning**

- Lecture:
  - Canning
- Kitchen Tour
- Water Bath Canner How To

### **Week 3: Fermentation/Preservation**

- Lecture:
  - Fermentation/Preservation
- Kimchi/Sauerkraut

### **Week 4: Fermentation Continued**

- Lecture:
  - Drying Herbs & Vegetables
- Garlic Honey
- Flavored Vinegars – OSU Food Preservation

### **Week 5: Fruit Canning**

- Lecture:
  - OSU Canning Fruits
  - Jerky – OSU Food Preservation
- Curing Salmon for Week 6

### **Week 6: Meats, Pressure Canning**

- Lecture:
  - Canning Tuna – OSU Food Preservation
  - Pressure Canning
- Maple Cured Smoked Salmon

### **Week 7: Holiday, No Class**

### **Week 8: Pickles**

- Traditional Garlic Dill Pickles
- Bread and Butter Pickles

**Week 9: Pantry**

- Basic Course Mustard

**Week 10: Finals Week**