



**Luna Community College**

**Culinary Arts Program**

**2012-2015**

## Curriculum Profile

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# Luna Community College

## Culinary Arts Program

### 2012-2015 Program Goals

A student who graduates with a Certificate in Culinary Arts will:

1. Define basic professional cooking terminology.
2. Understand controversies in food safety and technology.
3. Develop menus and write precise recipes.
4. Accurately prepare foods from standardized recipes.
5. Identify and employ the basic techniques, products and tools of French, Italian, and Global Kitchens.
6. Order, purchase and store foods in a commercial kitchen facility.
7. Possess ServSafe® Certification.
8. Operate commercial kitchen machinery in a safe manner.
9. Calculate the costs and sales price of a standardized recipe.
10. Demonstrate professional attitude and work habits.
11. Demonstrate basic culinary skills necessary for entry-level employment.

### Career Opportunities

The food service industry is the third largest retail industry in the nation and third in national volume sales and the nation's largest retail employer. One out of six employed in the retail field is a restaurant employee. The shortage of highly skilled cooks and chefs is acute; employment opportunities for well-qualified beginners are especially positive. Potential positions for graduating students include: prep cook, breakfast cook, dinner cook, fry cook, hotel cook, kitchen helper, kitchen manager, pastry cook, short order cook, hospital cook, deli manager.

CULINARY ARTS  
**Certificate**  
 Minimum of 35 Credit Hours

Luna Community College’s Culinary Arts curriculum incorporates the American Culinary Federation’s standards for knowledge and skill competencies. This program emphasizes hands-on learning in our state-of-the-art kitchen laboratory. Each class focuses on professional food production in a commercial kitchen and prepares students for entry-level positions within the foodservice industry. Students learn how to handle food safely, follow standards of culinary professionalism and develop basic cooking skills. Classroom instruction emphasizes the business of cooking, giving students a fundamental understanding of managerial work in the foodservice industry.

The Certificate in Culinary Arts can be applied toward the **Associate of Applied Science Degree in Vocational/Technical Studies** as outlined in the 2012-2015 Catalog

**Institutional Proficiency Requirements**

In addition to the courses listed below for this program of study, students must also complete institutional proficiencies of ENG095, MATH075 and READ095 that to meet all graduation requirements.

<b>Certificate Requirements</b>		<b>Credit Hours: 35</b>
<b>Program Requirements</b>		<b>(26 hours)</b>
BAKE 102	Baking Principles	4
CUL 101	Culinary Concepts and Mathematics	3
CUL 107	Current Topics in Food Safety	1
CUL 115	ServSafe® Certification	1
CUL 140	Catering	2
CUL 140L	Catering Lab	2
CUL 208	Culinary Arts Practicum	4
CUL 220	French and Italian Kitchen	3
CUL 230	Global Kitchen	3
CUL 237	Restaurant Experience	1
CUL 237L	Restaurant Experience Lab	2
<b>Related Studies</b>		<b>(3 hours)</b>
CSA 150	Computer Fundamentals	3
<b>Approved Electives</b>		<b>(6 hours)</b>
BAKE 140	Intermediate Baking Principles	3
BAKE 160	Bread Baking	3
BAKE 208	Specialty Pastry Skills	2
CUL 120	Introduction to Vegetables and Starches	3
CUL 122	Introduction to Meats, Poultry and Fish	3
CUL 123	Introduction to Stocks, Soups and Sauces	3
CUL 128	Garde Manger	3
CUL 250	Healthy Cooking Techniques	3

# Course Descriptions and Outcomes

## CULINARY ARTS (CUL)

### **CUL101**                      **Culinary Concepts and Mathematics**                      3;(3,0)

Topics will include an introduction to the safe use of foodservice tools and equipment, basic cooking principles and a glossary of cooking terms. Mathematics will teach what every caterer, chef and baker need to know in order to price a menu, scale recipes up or down and figure out how much that fish really costs.

#### Learning Outcomes:

- 1) read, follow and write a recipe;
- 2) define basic cooking and measuring principles;
- 3) choose appropriate equipment to execute basic food preparation and cooking techniques;
- 4) identify basic nutrients and their dietary sources;
- 5) describe the principles of heat transfer and the physiology of taste;
- 5) use recipe conversions to scale recipes up and down;
- 6) cost a recipe;
- 7) develop and price a menu; and
- 8) use an order sheet to place an order with a wholesale vendor.

#### Teaching Materials/References

On Cooking, Labensky & Hause, 5th Edition Update, ISBN: 978-0-13-345855-8  
Culinary Math, McGreal & Padilla, 2<sup>nd</sup> Edition, ISBN: TBA

### **CUL107**                      **Current Topics in Food Safety**                      1;(1,0)

The growing number of national and global outbreaks due to contaminants in the food supply and technological advances in agriculture and food processing require that the culinary professional become conversant with issues surrounding these trends. This course assists the new culinary arts student in gaining a fundamental understanding of conventional and organic agriculture and how choices in selecting food products affect the economy, public health and the environment.

#### Learning Outcomes:

1. Demonstrate familiarity with current food safety controversies.
2. Recognize and describe advances in food technology.
3. Distinguish between the legalities and ethics of serving food safely.
4. Evaluate the risks and benefits of conventional vs. organic agriculture.
5. Identify FDA conventional, organic and GMO labeling requirements.
6. Create a menu that demonstrates the principles of sustainability using local food sources.
7. Prepare a short presentation on any subject regarding agriculture, food safety or food technology.

#### Teaching Materials/References:

There is no assigned textbook for this course. Readings from a variety of sources will be assigned on a week-to-week basis. Please check your e-mail for .pdf documents of assigned readings.

**CUL115****Serv-Safe® Certification**

1;(1,0)

A short course in the fundamentals of serving safe food and protecting the customer from injury and food-borne illness. Students will learn how to receive, store, cook, hold and serve food in a safe manner. Students who successfully complete the course will receive Manager Level ServSafe® Certification—a nationally, recognized credential in food safety.

## Learning Outcomes:

- 1) Demonstrate an understanding of basic food safety principles involving: 1) basic microbiology, flow of food, types of contamination, design and maintenance sanitary facilities.
- 2) Compare differences between in our jurisdiction and the FDA 2013 Food Code.
- 3) Evaluate food safety practices at various foodservice operations.

## Teaching Materials/References:

ServSafe ManagerBook, Sixth Edition with pencil/paper exam sheet.  
ISBN: 978-1-58280-299-2

**CUL120****Introduction to Vegetables and Starches**

3;(2,2)

For the beginning student, this course will emphasize product identification and cooking techniques for a variety of vegetables. Multiple cooking methods for preparing grains and other starches will be explored.

## Learning Outcomes:

- 1) Identify a variety of grains, legumes, starches and vegetables;
- 2) Evaluate the quality of raw and prepared vegetables;
- 3) Apply proper cooking techniques for different legumes, vegetables, starches and grains;
- 2) Accurately follow a recipe;
- 3) Demonstrate proper moist, dry and combination cooking techniques for vegetables;
- 4) Apply preparation techniques for vegetables, including washing, degorging, peeling, trimming, breading, battering and portioning; and
- 5) Consistently produce classical knife cuts for vegetables (taillage).

## Teaching Materials/References:

On Cooking, Labensky & Hause, 5th Edition Update, ISBN: 978-0-13-345855-8

**CUL122****Introduction to Meats, Poultry and Fish**

3;(2,2)

This course introduces students to the principles of cutting and cooking meats, poultry, and fish. Students will learn which cooking method is best used for different meat products. Emphasis will be placed on butchering and product identification.

## Learning Outcomes:

1. Identify popular cuts of meat by NAMP IMPS;
2. List primal and subprimal cuts of lamb, pork, beef and veal.
3. Locate primal cuts on lamb, pork, beef and veal carcasses;
4. Quarter and bone out a whole chicken or duck;
5. Fillet a flatfish or roundfish;
6. Trim excess fat and silverskin from beef or lamb and portion meat into fabricated cuts; and
7. Identify and execute the best cooking methods for lean, fatty, tough and tender meats and fish.

Teaching Materials/References:

On Cooking, Labensky & Hause, 5th Edition Update, ISBN: 978-0-13-345855-8

**CUL123**                                      **Introduction to Stocks, Soups and Sauces**                                      3;(2,2)

In this course, students prepare stocks from scratch, the foundation of outstanding soups and sauces. From that base, classical French and regional soups from throughout the world will be prepared. The course then moves to explore the classic French mother sauces, Modernist techniques and different approaches to sauce making from around the globe.

Learning Outcomes:

- 1) apply sauce making theory to the production of sauces;
- 2) compare different classes of sauces;
- 3) prepare brown and white stocks, demi-glaces and fumets;
- 4) clarify a stock for consommé;
- 5) identify and use the basic liaisons in sauce making;
- 6) identify and prepare the classical mother sauces and their derivatives;
- 7) identify and prepare clear, bound and cut vegetable soups;
- 8) use classical and contemporary techniques in sweet and savory sauce making; and
- 9) identify and use Mexican, Italian and Asian sauce making techniques.

Teaching Materials/References:

On Cooking, Labensky & Hause, 5th Edition Update, ISBN: 978-0-13-345855-8

**CUL128**                                      **Garde Manger**                                      3;(2,2)

Garde Manger is the art of preserving and preparing cold food. This beginner's course covers the proper preparation of salads, dressings, sandwiches, charcuterie and cold appetizers. Students will also learn the fundamentals of making cheese from scratch.

Learning Outcomes:

- 1) prepare vinaigrettes, citronettes and emulsified salad dressings;
- 2) identify and prepare simple, composed and mayonnaise-based salads;
- 3) identify and prepare a variety of sandwich components (breads, spreads, fillings)
- 4) cure, smoke and slice meats;
- 5) explain cheese-making theory and practice and prepare simple cheeses from scratch;
- 6) prepare flavored oils, vinegars, condiments and other pantry staples
- 7) prepare charcuterie from scratch; and
- 8) differentiate between hors d'oeuvres and appetizers and prepare the latter from an original recipe.

Teaching Materials/References:

On Cooking, Labensky & Hause, 5th Edition Update, ISBN: 978-0-13-345855-8

**CUL140****Catering**

2;(2,0)

Through lectures, students will learn the business of catering from menu pricing, design and development, to the fundamentals of marketing. Front-of-the-house responsibilities will be taught, including the basics of selecting, serving and appreciating wine.

## Learning Outcomes:

1. Distinguish among different types of catering businesses;
2. Identify how these differences impact labor requirements, equipment needs, and menu constraints;
3. Use demographic information to identify potential niche catering markets;
4. Develop an informal marketing plan to reach target markets;
5. Price and prepare formal proposals for a catering event; and
6. Suggest appropriate wines pairings for a particular menu.

## Teaching Materials/References:

Catering Management, 4th Edition, Scanlon ISBN 978-1-1180-9149-4

**CUL140L****Catering Lab**

2;(0,4)

Taken in tandem with CUL 140, students will gain 54 hours of practical experience through catering different large, small, on-site, off-site, professional, community and social events. Through practical labs students will learn how to manage a catering function from preparing a theme menu, organizing labor and ordering raw materials for an event to billing a client. Front-of-the-house management and organization will be taught, including: setting up a room, setting up a buffet line, table settings, and the rules of service.

## Learning Outcomes:

1. Organize the back-of-the-house for a catering event;
2. Organize the front-of-the-house for a catering event;
3. Set-up a dining room and buffet line according to various service styles;
4. Demonstrate mastery of waiting tables from set-up to clearing.

## Teaching Materials/References:

Catering Management, 4th Edition, Scanlon ISBN 978-1-1180-9149-4

**CUL208****Culinary Arts Practicum**

4;(0,8)

This course provides the graduating culinary arts student with 128 hours of on-the-job experience in a professional environment: a stepping-stone to post-graduation employment. As a requirement for credit, students will also create a portfolio of a five-course theme dinner, complete with recipes, pictures, and food costing as a culmination of the knowledge and skills gained through the culinary arts program.

## Learning Outcomes:

After successful completion of the course, students will:

1. Have worked 128 hours in a professional food service environment;
2. Receive a positive recommendation from their externship employer;
3. Develop a five-course menu for eight;
4. Cook at least one serving of each of the courses on the menu and photograph it;
5. Develop a working recipe for each of the menu items;

6. Complete a food costing of the menu.

Teaching Materials/References:

No textbook, consultation with Culinary Arts Program advisor on portfolio project and externship paperwork.

**CUL220**

**French and Italian Kitchen**

3;(2,2)

Students will learn the products, tools, techniques, trends and aesthetics of preparing French and Italian cuisines. This course explores the distinctive features of each of France's major provincial cuisines and the impact of history, geography and economics on the regional foods of Italy. Weekly menus feature both savory and sweet courses.

Learning Outcomes:

After successful completion of this course, students will be able to:

- 1) Describe the role food plays in French culture;
- 2) Differentiate among historically important movements in haute cuisine: Cuisine Classique, Nouvelle Cuisine, and Modernist Cuisine;
- 3) Differentiate between Haute and Regional dishes;
- 4) Identify key French provinces according to history, geography and economic conditions: the three main influences on regional food;
- 5) Define French and Italian labeling laws for certain agricultural products.
- 6) Identify protected French and Italian food product names;
- 7) Identify French and Italian grape varieties, the regions in which they are grown and the wines produced by them.
- 8) Identify classic regional Italian dishes and agricultural products and the regions from which they originate; and
- 9) Identify and pair pastas with appropriate sauces.

Teaching Materials/References:

You can get an electronic copy of the recipes, lecture note outlines and background material on each region from your instructor. Please bring a thumb drive to your instructor for this material.

You must print out these pages for use in the classroom, examinations and laboratory. Lecture Prezi presentations are available online at: <http://prezi.com/user/kitisibcivni/prezis/>

**CUL230**

**Global Kitchen**

3;(2,2)

This intermediate course explores the world's great non-European cuisines. The focus is primarily on the regional foods of Mexico and China and introduces students to the foodways of East India, Thailand, Vietnam and Japan. Students will learn the products, tools, techniques, and aesthetics of each of these cuisines.

Learning Outcomes:

After successful completion of this course, students will be able to:

- 1) Distinguish among well-known regional Mexican, Caribbean, and Latin- American dishes and ingredients;
- 2) Define cooking terms and techniques from the regions examined in this course;
- 3) Identify and correctly use specialty kitchen tools;
- 4) Distinguish the regional origin of well-known Chinese dishes and ingredients;



- 5) Use correct technique to prepare a stir-fried dish; and
- 6) Identify differing meal patterns from around the globe.

Teaching Materials/References:

International Cuisine, Nenes, Michael F. and Robbins, Joel. ISBN 978-0-470-41076-9

**CUL237** **Restaurant Experience** 1;(1,0)

This course is designed for the intermediate culinary arts student committed to meeting the demands of working in a fine-dining restaurant. Lectures will explore the inner-workings of managing and operating a virtual restaurant using a simulator computer program.

Learning Outcomes:

- 1) Demonstrate restaurant management competency through completion of a restaurant simulation project.
- 2) Demonstrate restaurant management competency through completion of ProSim coursework.
- 3) Calculate the Cost of Goods for two recipes.
- 4) Calculate menu prices for two recipes based on C.O.G. percentages, Factor Pricing, and Perceived Value Pricing.

Teaching Materials/References:

ProSim Restaurant: ISBN: 9781932449334

**CUL237L** **Restaurant Experience Lab** 2;(0,4)

The Restaurant Experience Laboratory will emulate real-world expectations of skill levels, speed and professionalism that students will encounter as restaurant employees. Students will run an on-campus restaurant, serving lunch to the general public on Fridays for eight weeks. Students will rotate through the various positions within a restaurant during this eight week period.

Learning Outcomes:

1. Modify three standard recipes for restaurant service.
2. Manage a station for lunch service.
3. Organize mise en place for lunch service.
4. Expedite lunch service.
5. Organize and wait tables in the Front of the House.
6. Calculate and report receipts for lunch service.

Teaching Materials/References:

None.

**CUL250** **Healthy Cooking Techniques** 3;(2,2)

This course provides an introduction to the principles of planning, preparing, and presenting nutritionally-balanced meals in foodservice and home settings. In general, the adaptation of cooking methods and ingredients will be used to achieve a healthier cooking style. Specific topics include the changing nutritional needs of humans during the developmental life span and dietary needs associated with certain chronic diseases.

Learning Outcomes:

- 1) Define the characteristics of a nutritious diet and its role in a healthy lifestyle.
- 2) Define dietary guidelines and FDA labeling requirements.
- 3) Create a menu using various menu planning guidelines.
- 4) Define a healthy weight and describe weight management techniques.
- 5) Describe the changing nutritional requirements through the human life cycle.
- 6) Identify food customs that relate to religious and ethnic differences.
- 7) Identify common food allergies and appropriate substitutions.
- 8) Describe the role of food in diseases such as cancer, heart disease and diabetes.
- 9) Prepare a food diary and personal nutritional analysis.
- 10) Adapt recipes utilizing healthier ingredients and cooking techniques.
- 11) Prepare foods utilizing a variety of healthy cooking techniques

Teaching Materials/References:

Techniques of Healthy Cooking, Fourth Edition. The Culinary Institute of America. ISBN: 9780470635438

## **BAKING (BAKE)**

**BAKE102**

**Baking Principles**

4;(2,4)

This course explores the role that different ingredients play in baking. Through tastings and lectures, students will become familiar with variations in baking ingredients. Through labs, students will discover how changes in ingredient quality; quantity and type can affect the final product. Students will produce the four basic French pastry doughs; the six categories of cake, and master the three mix methods for cookies. The fundamentals of cake decoration will also be taught.

Learning Outcomes:

- 1) identify the function of flour, leaveners, sugar, eggs, fats, dairy products, thickeners, chocolate and salt in baked goods;
- 2) identify different varieties of each of the above classes of ingredient;
- 3) read and follow a recipe, including producing accurate weight and volume measurements;
- 4) identify and demonstrate fundamental baking techniques such as folding, mixing, emulsifying,
- 5) select the appropriate equipment to perform each of the above tasks;
- 6) recognize and produce the four main pastry doughs;
- 7) identify production techniques for the 7 classes of cookie; and
- 8) identify and produce high-fat and low-fat cakes and basic cake decoration techniques.

Teaching Materials/References:

On Baking by Labensky, 3rd Edition. ISBN: 978-0-13-237456-9

**BAKE140****Intermediate Baking Principles**

3;(2,2)

This course provides the student who chooses a career in baking with an in-depth exploration of the art of desserts. Use of specialized bakeshop equipment and baking theory in addition to modern production and presentation methods will be emphasized. The course will also provide an in-depth exploration of large cake design and production. *Prerequisite: BAKE102.*

**Learning Outcomes:**

After successful completion of this course, students will be able to:

1. prepare the doughs and batters which are the foundation of classic baking, e.g. pate brisee, pate a choux, puff pastry, genoise and sponge cakes, butter cakes.
2. prepare the fillings and frostings required for classic baking, e.g. crème anglaise, Bavarian cream, crème patissiere, italian and american buttercreams, swiss and italian meringues, stabilized crème Chantilly, and chocolate ganache.
3. identify and assemble a variety of classic pastries.
4. decorate cakes and pastries with piped buttercream and piped chocolate decorations.
5. prepare an assortment of savory pastries

**Teaching Materials/References:**

On Baking by Labensky, 3rd Edition. ISBN: 978-0-13-237456-9

**BAKE160****Bread Baking**

3;(2,2)

Students will master the techniques of producing consistent quick and yeast breads. Lectures will emphasize the chemistry of quick breads and the microbiology of yeast breads. Students will learn how to adjust sea-level recipes for altitude. Labs will emphasize a variety of production methods and will familiarize the student with equipment and techniques specific to bread baking.

**Learning Outcomes:**

After successful completion of this course, students will be able to:

- 1) Adjust a quick bread recipe for altitude baking;
- 2) Scale a formula up or down, using baker's percentages;
- 3) Produce a variety of quick breads using both physical and chemical leaveners;
- 4) Produce a variety of quick breads using the biscuit, creaming, and muffin methods;
- 5) Produce rich and lean yeast breads;
- 6) Produce a laminated yeast dough;
- 7) Produce and maintain a mother sponge for sourdough breads;
- 8) Shape bread dough in a variety of traditional forms;
- 9) Understand the theory of yeast metabolism; and
- 10) Prepare a variety of yeast doughs using the sponge and straight dough methods.

**Teaching Materials/References:**

Bread: A Baker's Book of Techniques and Recipes, by Hamelman, ISBN: 0-471-16857-2

**BAKE208****Specialty Pastry Skills**

2;(1,2)

This course explores in detail the extremes of the baker's art: viennoiserie and special-needs baking. Viennoiserie is the category of rich yeast pastry doughs that includes danishes, croissant and brioche. In order to satisfy customers with special dietary concerns, the professional baker needs to understand different religious and health restrictions related to food. This course teaches the techniques of developing and modifying recipes to create gluten-free, sugar-free, low-fat, kosher and vegan desserts.

**Learning Outcomes:**

After successful completion of this course, students will be able to:

1. Define Viennoiserie and identify baked Viennoiserie products;
2. Prepare non-laminated Viennoiserie products;
3. Prepare a selection of pastries from a laminated dough;
4. Recognize and list appropriate substitutions for allergens in baked goods;
5. Prepare vegan, kosher, lactose-free, gluten-free or low Glycemic Index desserts;
6. Adapt bakeshop formulas to meet dietary needs; and
7. Test adapted recipes.

**Teaching Materials/References:**

On Baking by Labensky, 3rd Edition. ISBN: 978-0-13-237456-9