CULINARY ARTS AND HOSPITALITY (CAH)

CAH F101  Introduction to the Culinary Field
1 Credit
Offered Fall and Spring
Provides an overview of the many facets of the food industry and begins
the student portfolio. Students will learn culinary related math concepts;
topics include basic math principles, weights and measures, recipe
conversion and baking formulas. These lessons will be used throughout
the culinary program.
Lecture + Lab + Other: 1 + 3 + 0

CAH F117  Art in Cake Icing
2 Credits
Offered As Demand Warrants
The preparation of cakes for icing and decorating. Topics include
borders, clowns, flowers, leaves, pattern transfer, frozen buttercream,
confectionery coating, royal icing, plus designing cakes, and rolled
buttercream. Use of an airbrush, flow in techniques and tiered cake
assembly covered.
Lecture + Lab + Other: 1 + 2 + 0

CAH F140  Culinary I: Principles and Techniques
4 Credits
Offered Fall
The student learns concepts of sanitation and safety as they relate to the
foodservice industry. Areas addressed include: tools, equipment, knife
skills, kitchen safety, food and plate presentation, food evaluation, basic
cooking principles to include moist and dry heat methods, seasonings,
flavorings and aromatics, fats, emulsions, dairy products, eggs and palate
development.
Prerequisites: CAH F101; CAH F150 (both may be taken concurrently).
Lecture + Lab + Other: 1 + 6 + 0

CAH F141  Culinary II: Stocks, Soups and Sauces
4 Credits
Offered Spring
Students study and apply cooking methods of scratch cookery through
small batch assignments. Areas of study include stocks, thickeners, roux
based sauces to include the four mother sauces, hot and cold emulsions,
butter sauces, salsas, vinaigrettes, and reductions as well as soups to
include cream, clear and potage soups.
Prerequisites: CAH F140; CAH F150.
Lecture + Lab + Other: 1 + 6 + 0

CAH F146  Introduction to Baking and Pastry
4 Credits
Offered Fall
Students learn to apply fundamental baking skills in preparing yeast
breads, quick breads, cookies, pies, pastries, cakes, custards, creams and
sauces. Students will gain confidence in their abilities while learning in a
professional bakery setting.
Prerequisites: CAH F101; CAH F140; CAH F150 (may be taken
concurrently).
Lecture + Lab + Other: 1 + 6 + 0
CAH F174  Vegetarian Cooking  
2 Credits  
Offered As Demand Warrants  
Preparation and service of vegetarian foods and balanced meals. Use of nourishing condiments will be explored. Recipes will include some seasonal, ethnic and gourmet foods; however the emphasis will be on preparing quick, healthful, tasty meatless meals.  
Lecture + Lab + Other: 0.5 + 3 + 0  

CAH F175  Protein Fabrication  
3 Credits  
Offered Fall  
Study focuses on the identification and fabrication of protein items to include poultry, beef, veal, pork, lamb, shellfish, and finfish. Students will be introduced to the concepts of protein cookery. Emphasis is on product fabrication to practical industry applications.  
Lecture + Lab + Other: 1 + 4 + 0  

CAH F176  Techniques of Healthy Cooking  
2 Credits  
Offered As Demand Warrants  
Demonstrations of healthy cooking techniques employing limited quantities of salt, sugar and fat. Participants will explore the use of fresh herbs, acidity, seasonings and cooking methods to provide flavor in a healthy and nutritional way. Basic cooking skills and recipe utilization will be taught through the semester.  
Lecture + Lab + Other: 0.5 + 3 + 0  

CAH F177  Understanding Brewing and Fermentation  
1 Credit  
Offered As Demand Warrants  
The student will receive an introduction to the history, science and process of brewing. Focus will be on the importance of sanitation for the home brewery, brewing traditional styles with an introduction to specialty brews. Attention will be given to the pairing of beer styles to food.  
Prerequisites: Students must be 21 years of age to enroll.  
Lecture + Lab + Other: 0.5 + 1 + 0  

CAH F178  Intermediate Brewing and Fermentation  
1 Credit  
Offered As Demand Warrants  
Emphasis in brewing will focus on the use of adjuncts and their specific purposes. The effects they have on the brewing/fermentation process will be paramount. Focus will be on the more advanced style of brewing called partial mash. We may, time and weather permitting, brew a batch from grain. All brews done in this class will make use of adjuncts and/or grains.  
Prerequisites: CAH F177; student must be 21 years of age to enroll.  
Lecture + Lab + Other: 0.5 + 1 + 0  

CAH F180  Artisan Breads  
2 Credits  
Offered As Demand Warrants  
Learn the fundamentals of bread making. Take simple ingredients and transform them into handcrafted fresh-baked bread. Learn how to mix, ferment, proof, and bake like a skilled artisan baker. Explore the world of breads starting with crusty French baguettes to sourdough, ciabatta, focaccia, multigrain and much more.  
Lecture + Lab + Other: 0.5 + 3 + 0  

CAH F181  International Breads  
2 Credits  
Offered As Demand Warrants  
Take a culinary tour around the world. Visit all the great bread baking countries and experience the diversity each place has to offer. Flaky and buttery croissants and brioch from France, sweet and fruity panettone from Italy, fresh mocha from Japan and much more!  
Lecture + Lab + Other: 0.5 + 3 + 0  

CAH F199  Culinary Arts Externship  
2 Credits  
Offered As Demand Warrants  
The student will complete a 240 hour externship. Student will begin to apply their education within the industry providing genuine experience that reflects the student’s career goals. The student will study in an approved establishment and will be evaluated by both the employer and the instructor. Enrollment in this class will be after completing the 2nd, 3rd or 4th semester.  
Prerequisites: Departmental approval required.  
Lecture + Lab + Other: 0 + 0 + 18  

CAH F230  Menu Planning  
1 Credit  
Offered Fall  
The importance of the menu in various food operations. The menu is considered to be the controlling factor in both commercial and noncommercial food service operations. Using a menu as a management tool in every area of the operation from planning the facility, purchasing food items, promoting items to customers and providing excellent service to help ensure success. The student will plan and write a variety of menus.  
Recommended: CAH F140; CAH F146; CAH F150.  
Lecture + Lab + Other: 1 + 0 + 0  

CAH F242  Culinary III: Vegetables and Starch  
4 Credits  
Offered Fall  
Students study and apply cooking methods of scratch cookery through small batch assignments. Areas of study include rice and grains, potato products, wheat based products to include pastas, dumplings, beans and soy products, fruits, vegetables, salads, center-of- the plate items and sandwiches. Students will continually be given the opportunity to express themselves through the art of plate presentation and garnishing.  
Prerequisites: CAH F140.  
Lecture + Lab + Other: 1 + 6 + 0  

CAH F243  Culinary IV: A la Carte Cookery  
4 Credits  
Offered Spring  
Study focuses on the preparation of food items for service in a guest-centered a la carte environment. Students will work in a a la carte stations to include salads, broiler, saute, expediter, and tournant. Line cooking skills for fine dining as well as time budgeting and management will be emphasized. Students will gain proficiency in the areas of kitchen sense, mise en place, and hustle. An increased focus on the concepts of food presentation is emphasized. Projects include menu design, research and design of dishes to include plate presentation. Students plan and prepare up-scale theme menus.  
Prerequisites: CAH F141, CAH F175, CAH F242.  
Lecture + Lab + Other: 1 + 6 + 0
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