CULINARY ARTS AND HOSPITALITY (CAH)

Community & Technical College
Culinary Arts
907-455-2800

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 + 0 + 0

CAH F117  Introduction to Cake Decorating
2 Credits
Offered As Demand Warrants
A fun and informative introduction to classic and contemporary cake
decorating. Students will work with a variety of frosting types and cake
decorating tools to develop a foundation of cake decorating skills. Class
will be in the CAH bakery lab and professional food safety and sanitation
practices will be utilized.
Lecture + Lab + Other: 1 + 2 + 0

CAH F140  Culinary I: Principles and Techniques
4 Credits
Offered Fall
Students learn concepts of sanitation and safety as related 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 F150  Food Service Sanitation
2 Credits
Offered Fall and Spring
Designed for entry-level through supervisory positions of food service
establishments. Basic microbiology, safe food handling techniques, good
hygienic practices, pest control, employee training, and the Alaska laws
governing food service establishments. Upon successful completion
the student can earn ServSafe Managers Certification from the National
Restaurant Association Education Foundation.
Lecture + Lab + Other: 2 + 0 + 0

CAH F154  Food and Beverage Service
2 Credits
Offered Spring
Introduce students to dining room and front-of-the-house operations.
Students will gain competence in dining room operation and table
service techniques. Students will perform duties in the dining room of our
student-run restaurant.
Prerequisites: CAH F150 (may be taken concurrently).
Lecture + Lab + Other: 0.5 + 3 + 0

CAH F160  Principles of Nutrition
2 Credits
Offered Fall
Basic principles of nutrition with emphasis on nutrients and their function
in relation to human health.
Lecture + Lab + Other: 2 + 0 + 0

CAH F161  Pastry Tube Art
1.5 Credits
Offered As Demand Warrants
Basic cake and food product techniques including borders, flowers, cake
designing and proper use of pastry tube bags.
Lecture + Lab + Other: 0.5 + 2 + 0

CAH F170  Gourmet Cooking
2 Credits
Offered As Demand Warrants
Preparation and service of gourmet beef, poultry and seafood entrees for
the home cook. Recipes represent new ideas in home entertainment and
menus change every semester.
Lecture + Lab + Other: 2 + 0 + 0

CAH F171  Gourmet Baking
2 Credits
Offered As Demand Warrants
Preparation of a wide range of breads, pastries, fancy desserts, French
pastry and simple tortes. Recipes represent traditional methods of baking
along with current trends in home entertainment.
Lecture + Lab + Other: 0.5 + 3 + 0

CAH F172  Gourmet Asian Cooking
2 Credits
Offered As Demand Warrants
Preparing and serving Asian dishes. Study and use of proper cooking
methods will be emphasized. Students prepare and enjoy a full meal
Lecture + Lab + Other: 0.5 + 3 + 0
CAH F173  Introduction to Italian Cuisine  
2 Credits  
Offered As Demand Warrants  
An introduction to Italy's regional cuisines, signature dishes of various cities and historical context of preparations. Students will learn to use authentic and high-quality ingredients to create various Italian dishes. Emphasis on techniques used to prepare and handle various types of meats, pasta and desserts associated with different Italian dishes.  
Lecture + Lab + Other: 0.5 + 3 + 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.  
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 brioche 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 will be emphasised. Students will learn contemporary menu planning concepts and be introduced to costing, menu psychology and pricing.  
Special Notes: 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, pastas, dumplings, beans and soy products, fruits, vegetables, salads, and sandwiches. Students will continually be given the opportunity to express themselves through the art of plate presentation.  
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 la carte stations to include salads, broiler, saute and expeditor. Line cooking skills for fine dining as well as time budgeting and management will be emphasized.  
Prerequisites: CAH F141, CAH F175, CAH F242.  
Lecture + Lab + Other: 1 + 6 + 0
CAH F248  Intermediate Baking and Pastry
4 Credits  
Offered Spring
This course is designed to give the student an overall appreciation and increased understanding of bread and fine pastry. Students will learn to effectively produce a variety of specialty dough, pastries, and desserts such as tarts, individual pastries, soufflés, chocolates, plated desserts, ice cream and sugar work.
Prerequisites: CAH F146, CAH F150.
Lecture + Lab + Other: 1 + 6 + 0

CAH F250  Garde Manger
4 Credits  
Offered Spring
Students study traditional upscale pantry preparation. Students practice techniques for artistic displays of hors d'oeuvres, canapé, pâté, terrines and charcuterie. The student gains practical experience preparing and serving theme buffets for guests.
Prerequisites: CAH F141, CAH F175, CAH F242.
Lecture + Lab + Other: 1 + 6 + 0

CAH F253  Storeroom Purchasing and Receiving
2 Credits  
Offered Fall
Purchasing and receiving methods and specifications in a variety of food operations are covered in this course. Students will gain exposure to purchasing specifications for a variety of foods, using general purchasing methods, requirements, procedures and ethics.
Lecture + Lab + Other: 2 + 0 + 0

CAH F255  Human Resource and Supervision in Hospitality
3 Credits  
Offered Spring
Approaches for effective culinary or hospitality supervision are considered in this course. Methods of recruiting, selecting, training, and evaluating personnel are covered. Team building and conflict management concepts are examined. Skills in communication, empowerment and planning are introduced. This course fulfills a requirement of certification with the American Culinary Federation.
Lecture + Lab + Other: 3 + 0 + 0

CAH F256  Restaurant and Hospitality Cost Management
2 Credits  
Offered Spring
A course designed to relate principles of calculation to the food service industry. Recipe computations, food cost estimates, cash procedures, and payroll practices are studied. Practices for controlling portions, inventories and costs are explored as they affect business operations.
Prerequisites: CAH F101.
Lecture + Lab + Other: 2 + 0 + 0

CAH F257  Introduction to Wine Appreciation
1 Credit  
Offered As Demand Warrants
This is a foundation wine course with a focus on learning systematic professional tasting techniques, identifying the classic grape varietals, understanding the characteristics of wine, learning the language of wine, and beginning to identify how to pair wine with food. How to navigate a wine list will also be explored.
Prerequisites: Students must be at least 21 years of age to enroll.
Lecture + Lab + Other: 0.5 + 1 + 0