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 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 F117; 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, sausas, 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 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 F179  Cultural 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 F140  Intermediate Baking and Pastry  
4 Credits  
Offered Fall  
This course is designed to give the student an overall appreciation and increased understanding of bread and fine pastry. Students will learn 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: CAH F140, CAH F150.  
Lecture + Lab + Other: 1 + 0 + 0

CAH F150  Garde Manger  
4 Credits  
Offered Spring  
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

CAH F258  Intermediate Wine Appreciation  
1 Credit  
Offered As Demand Warrants  
This course will focus on the study of wine from around the world 
with an emphasis on the similarities and differences of those regions. 
Consideration will be given to the influence of many factors that affect 
the grapes. A goal will be to identify the varietals through tastings. Must 
be 21 years of age to enroll.  
Prerequisites: CAH F257.  
Lecture + Lab + Other: 0.5 + 1 + 0