

# CULINARY ARTS AND HOSPITALITY (CAH)

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## CAH F060 Basic Techniques of Cooking I

3 Credits

Basics in the culinary arts field designed for students with special needs.

**Lecture + Lab + Other:** 1.5 + 6 + 0

## CAH F070 Basic Techniques of Cooking II

6 Credits

An open ended course providing an appropriate learning sequence for students with special needs.

**Lecture + Lab + Other:** 3 + 12 + 0

## CAH F101 Introduction to the Culinary Field

1 Credit

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 F105 Principles of Food Service I

3 Credits

Offered Fall, Spring, As Demand Warrants

Food service and the principle variations which students may encounter in the industry; professional standards, kitchen safety, first aid, storeroom operation, kitchen equipment and basic culinary terminology.

**Lecture + Lab + Other:** 3 + 0 + 0

## CAH F117 Art in Cake Icing

2 Credits

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

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

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 F145 Bakery Production I

5 Credits

Basic commercial baking skills and procedures. Standardized recipes and procedures stressed. End product critiqued daily. Emphasis on sanitary food handling practices and professional work habits.

**Lecture + Lab + Other:** 5 + 0 + 0

## CAH F146 Introduction to Baking and Pastry

4 Credits

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

Designed for entry-level through supervisory personnel 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; the course also satisfies a requirement for certification with the American Culinary Federation.

**Lecture + Lab + Other:** 2 + 0 + 0

## CAH F152 Supervisory Development

2 Credits

Problems and challenges that food service supervisors deal with every day. Development of personnel management methods.

**Lecture + Lab + Other:** 2 + 0 + 0

## CAH F154 Food and Beverage Service

2 Credits

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. Note CAH F150 may be taken concurrently.

**Lecture + Lab + Other:** 0.5 + 3 + 0

## CAH F160 Principles of Nutrition

2 Credits

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

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

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

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

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

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

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

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

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

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 Fall

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 Fall

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

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

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

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

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, 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**CAH F248 Intermediate Baking and Pastry**

4 Credits

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 flans, tarts, individual and miniature pastries, souffles, chocolates, plated desserts, ice cream and sugar work, tortes and mousse tortes.

**Prerequisites:** CAH F146, CAH F150.**Lecture + Lab + Other:** 1 + 6 + 0**CAH F250 Garde Manger**

4 Credits

Students study traditional upscale pantry preparation. Students practice techniques for artistic displays of hors d'oeuvres, canape', pate', 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

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

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

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

This is a foundation wine course with a focus on learning systematic professional tasting techniques, identifying the classic grape varieties, understanding the characteristics of wine, learning the language of wine, and beginning to identify how to pair wine with food. Proper service techniques and how to navigate an extensive 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

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 climate, topography, and culture along with many other factors that affect the grapes. A goal will be to identify the varieties through focused blind tastings. Focus will be on preparing the new sommelier with special attention given to selecting wines with integrity for a cellar. Costing and inventory controls will also be covered. Must be 21 years of age to enroll.

**Prerequisites:** CAH F257.**Lecture + Lab + Other:** 0.5 + 1 + 0