CULINARY ARTS AND HOSPITALITY (CAH)

Community & Technical College
Culinary Arts & Hospitality Program
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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Pass/Fail Grades

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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

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 saucers. 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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

CAH F156  Principles of Nutrition
2 Credits
Offered Spring
Basic principles of nutrition with emphasis on nutrients and their function in relation to human health.
Lecture + Lab + Other: 2 + 0 + 0
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Pass/Fail Grades
CAH F171  Fundamentals of 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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

CAH F175  Protein Fabrication
3 Credits
Offered As Demand Warrants
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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Letter Grades with option of Plus/Minus

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 brioches from France, sweet and fruity panettone
from Italy, fresh mocha from Japan and much more!
Lecture + Lab + Other: 0.5 + 3 + 0
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

CAH F230  Menu Planning
1 Credit
Offered As Demand Warrants
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
Grading System: Letter Grades with option of Plus/Minus
Culinary II: 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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

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, souffles, chocolates, plated desserts, ice cream and sugar work.
Prerequisites: CAH F146, CAH F150.
Lecture + Lab + Other: 1 + 6 + 0
Grading System: Letter Grades with option of Plus/Minus

CAH F250 Garde Manger
4 Credits
Offered Spring
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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Letter Grades with option of Plus/Minus

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades