CULINARY ARTS AND HOSPITALITY (CAH)

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 brioches 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 varietals, 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 varietals 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