

# 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 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

**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 F160 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 Spring

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 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**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 F179 Masterclass in Indian Cuisine**

2 Credits

Offered As Demand Warrants

This class will focus on Indian Cuisine techniques, highlighting regional differences through ingredients, spices and preparation methods. Students will learn the incorporation of varying cooking techniques using fresh ingredients that will emphasize traditional home cooking. Students will learn to prepare dishes using meats, seafood, vegetables, rice, flour and legumes.

**Lecture + Lab + Other:** 1 + 3 + 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 brioche 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.

**Prerequisites:** Departmental approval required.**Special Notes:** Enrollment in this class will be after completing the 2nd, 3rd or 4th semester.**Lecture + Lab + Other:** 0 + 0 + 18**Grading System:** Letter Grades with option of Plus/Minus**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**Grading System:** Letter Grades with option of Plus/Minus**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**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 expediter. 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