

# HOSP-1451: CONTEMPORARY CUISINE

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## Cuyahoga Community College

**Viewing: HOSP-1451 : Contemporary Cuisine**

**Board of Trustees:**

May 2023

**Academic Term:**

Fall 2023

**Subject Code**

HOSP - Hospitality Management

**Course Number:**

1451

**Title:**

Contemporary Cuisine

**Catalog Description:**

Preparation of contemporary cuisine with a wide variety of plate production techniques including appetizers, breads, soups, salads, side dishes, entrees, and desserts. Apply food pairing, plating, and garnishing techniques to contemporary cuisine. Skill training based on American Culinary Federation Apprenticeship competencies. Field trips may be required.

**Credit Hour(s):**

4

**Lecture Hour(s):**

2

**Lab Hour(s):**

6

## Requisites

**Prerequisite and Corequisite**

HOSP-1020 Sanitation and Safety; and HOSP-1031 Fundamentals of Culinary Arts, and HOSP-1552 Introduction to Baking & Pastries, and MATH-0955 Beginning Algebra or MATH-0990 Math Literacy for College Students, or appropriate Math placement score.

## Outcomes

**Course Outcome(s):**

Prepare contemporary cuisine products such as meat, fish, poultry, vegetable, fruit, starches, legumes, salads, soups, grains and sauces, sandwiches, breads, desserts, and breakfast cookery.

**Essential Learning Outcome Mapping:**

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

**Objective(s):**

1. Dress, filet, and classify the most common varieties of seafood such as flat fish, round fish, crustaceans, and mollusks.
2. Follow procedural patterns for lecture and laboratory sessions
3. Identify and butcher meat and poultry items with reference to kind, class, and cooking style.
4. Write weekly lab reports intended for the hospitality industry that is clear and concise, uses standard rules for written language, effectively organizes language, and includes culinary related terminology.
5. Identify standard characteristics of food products in meat, fish, poultry, vegetable, fruit, starches, legumes, salads, soups, sauces, breads, sandwiches, desserts, and breakfast cookery.
6. Follow procedures for pre-preparation and production of meat, fish, poultry, vegetable, fruit, starches, legumes, salads, sauces, soups, breads, sandwiches, desserts, and breakfast cookery.
7. Explore and utilize nutritional alternatives as well as classical methods of preparations.
8. Discuss use of North American Meat Institute (NAMI), meat buyer's guide within the industry.
9. Follow contemporary cuisine recipes using commercial utensils and equipment appropriately.
10. Follow a safe and sanitary procedures in utilizing the Hazardous Analysis Critical Control Point (HACCP) method.

11. Identify and practice tasks done by stations: prep, broiler, sauté and garde manger in a standard foodservice facility.

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**Course Outcome(s):**

Evaluate, modify, and prepare recipes using various cooking techniques.

**Essential Learning Outcome Mapping:**

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

**Objective(s):**

1. Follow recipes using commercial utensils and equipment appropriately.
2. Satisfactorily expand or reduce contemporary cuisine recipes weekly and calculate yields using reference tables and guides found in text.
3. Utilize product identification knowledge when following contemporary cuisine recipes.
4. Provide standard cost analysis weekly for selected production items reflected by contemporary cuisine recipes.
5. Explain and perform dry and moist cooking techniques in preparing contemporary cuisine recipes.
6. Write weekly lab reports intended for the hospitality industry that is clear and concise, uses standard rules for written language, effectively organizes language, and includes culinary related terminology.

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**Course Outcome(s):**

Produce, present and evaluate edible products that reflect current trends, appropriate portions, and creative style for contemporary cuisine.

**Essential Learning Outcome Mapping:**

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

**Objective(s):**

1. Recognize and use appropriate tools, production methods, and evaluation techniques for different cuts of poultry, meat, and seafood based on their unique characteristics, market form, and standards of quality.
2. Provide appropriate garnishment for broiled, sautéed, and cold kitchen items in production of poultry, seafood and meat.
3. Evaluate quality standards in various foods, using industry evaluation tools.
4. Analyze various plate presentations for artistic character and appeal.
5. Write weekly lab reports intended for the hospitality industry that is clear and concise, uses standard rules for written language, effectively organizes language, and includes culinary related terminology.

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**Methods of Evaluation:**

- a. Quizzes, midterm and a final exam
- b. Notebook to include student handbook, lab evaluations, and costing assignments
- c. Reports on guest lectures
- d. Projects
- e. Mystery Basket cooking exam
- f. Written lab reports

**Course Content Outline:**

- a. Sanitation and safety (HAACP method)
  - i. Personal hygiene
  - ii. Kitchen organization
- b. Tools and equipment
  - i. Stationary equipment
  - ii. Hand tools
  - iii. Plates and platters
- c. Production techniques
  - i. Cost analysis
  - ii. Production schedules
  - iii. Dry cooking techniques

- iv. Moist cooking techniques
- v. Production stations
  1. Prep
  2. Broiler
  3. Saute
  4. Garde Manger
  5. Baker
- d. Recipes & conversions
  - i. Weights & measures
  - ii. Writing recipes
  - iii. Modifying recipes
- e. Nutrition
  - i. Menu planning
  - ii. Healthier cooking techniques
  - iii. Function of ingredients
- f. Product identification, information and production:
  - i. Stocks, soups and sauces
  - ii. Fruits
  - iii. Vegetables
  - iv. Starches and grains
  - v. Salads and salad dressings, garde manger station
  - vi. Legumes
  - vii. Yeast breads & rolls
  - viii. Sandwiches
  - ix. Desserts
- g. Classification, butchering, evaluation, preparation and production techniques
  - i. Poultry
    1. Kind
    2. Class
    3. Cooking style
    4. Unique characteristics
    5. Market form
    6. Standards of quality
  - ii. Seafood
    1. Kind
    2. Class
    3. Cooking style
      - a. Flat fish
      - b. Round fish
      - c. Crustaceans
      - d. Mollusks
    4. Unique characteristics
    5. Market form
    6. Standards of quality
  - iii. Meat
    1. Kind
    2. Class
    3. Cooking style
    4. Unique characteristics
    5. Market form
    6. Standards of quality
- h. Plate production techniques
  - i. Appetizers
  - ii. Breads
  - iii. Soups
  - iv. Salads
  - v. Side dishes

- vi. Entrees
- vii. Desserts
- i. Garnishing techniques
  - i. Poultry
  - ii. Seafood
  - iii. Meat
  - iv. Salads
  - v. Sandwiches
- j. Plate presentation
  - i. Artistic character
  - ii. Appeal
  - iii. Creative style
  - iv. Current trends
- k. Product evaluation
  - i. Quality standards
  - ii. Industry evaluation tools

## Resources

American Culinary Federation. *Culinary Fundamentals*. Upper Saddle River, Pearson Prentice Hall, 2006.

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Baskette, Michael, and Eleanor Mainella. *The Art of Nutritional Cooking*. 3rd ed. Upper Saddle River, N.J. : Pearson/Prentice Hall, 2009.

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The Culinary Institute of America. *The New Professional Chef*. 9th Ed. New York : Wiley, 2011.

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Culinary Institute of America. *Techniques of Healthy Cooking*. 4th ed. Hoboken, New Jersey: John Wiley Sons, 2014.

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Mizer, David A., Mary Porter, and Beth Sannier. *Food Preparation for the Professional*. 3rd ed. New York : John Wiley Sons, 2000.

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Molt, Mary. *Food for Fifty*. 14th ed. Upper Saddle River, N.J. : Pearson Education, Inc., 2018.

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Bennion, Marion and Barbara Scheule. *Introductory Foods*. 14th ed. Upper Saddle River, N.J. : Pearson/Prentice Hall, 2014.

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Labensky, Sara and Steve, Gaye Ingram. *The Prentice Hall Essentials Dictionary of Culinary Arts*. Upper Saddle River, NJ : Prentice Hall, 2008.

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National Association of Meat Purveyors. *Meat Buyer's Guide to Standardized Meat Cuts*. 8th ed. Tucson, AZ: Wiley, 2014.

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Robinson, Fiona, ed., et al. *Seafood Handbook The Comprehensive Guide to Sourcing, Buying and Preparation*. Wiley, 2009.

---

Labensky, Sarah, Hause, Alan and Martel, Piscilla. *On Cooking*. 6th ed. Upper Saddle River, New Jersey, Pearson Education Inc., 2019.

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Culinary Institute of America. *The Professional Chef*. 9th ed. Hoboken, New Jersey, John Wiley Sons, 2011.

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Roizen Micahel, Michael Crupain, and Jim Perko. (2020) *What to Eat Wehn*, National Geographic.

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## Resources Other

### Topic

#### Knife Skills

#### Cooking Techniques

#### Vegetables/Starches

#### Sauces

#### Poultry

#### Beef & Lamb

#### Fish

#### Shellfish

### Video Titles

Sharpening, Batonnet, Dicing, Chiffonade, Chopping Parsley, Dicing an onion, Julienne, mirepoix, rounds/diagonals, tourner

Boiling, Braising, Broiling or Grilling, Pan Frying, Poaching, Roasting, Sauteing, Simmering, Stewing

Blanching and Shocking Vegetables, Cooking Grains Pilaf, Cooking Grains Risotto, Fresh Pasta Dough, Roasting Peppers, Tomato Concasse, Using a Mandoline

Bechamel, Brown Sauce, Hollandaise, Making Sauce in the sauté pan, veloute

Airline Breast of Chicken, Boneless Breast of Chicken, Carving poultry, Cutting a Bird into Pieces, Trussing Poultry

Portioning Strip Loin, Portioning Tenderloin, Pounding Cutlets, Tying Meats, Boning a Pork Loin, Frenching Lamb

Filleting Roundfish, Filleting Flatfish, Fish Stock,

Opening Clams, Opening Oysters, Deveining Shrimp, Lobster, Debearding Mussels

- a. Current professional and hospitality industry journals and magazines.
- b. Selected internet sites for development of recipes and menus.
- c. <https://www.meatinstitute.org> (<http://www.namp.com/>)
- d. [www.seafoodbusiness.com](http://www.seafoodbusiness.com) (<http://www.seafoodbusiness.com/>)
- e. <https://seafoodacademy.org/pdfs/seafood-guide.pdf>

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