

HOSP-2992: CULINARY EVALUATION AND AMERICAN REGIONAL CUISINE

Cuyahoga Community College

Viewing: HOSP-2992 : Culinary Evaluation and American Regional Cuisine

Board of Trustees:

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Academic Term:

Fall 2023

Subject Code

HOSP - Hospitality Management

Course Number:

2992

Title:

Culinary Evaluation and American Regional Cuisine

Catalog Description:

Capstone course in Culinary Art. Practice preparation of classical and contemporary cuisine, including American Regional cuisine. Collaborate with visiting professional chefs to prepare various appetizers, soups, salads, entrees and desserts. Final evaluation by American Culinary Federation (ACF) professional chefs of practical exam, including menu and recipe development, costing, purchasing, organization of station, and preparation, cooking, and presentation of student menu. Professional chef evaluations are based on American Culinary Federation and current industry standards. Industry experience at a community event or function may be required.

Credit Hour(s):

2

Lab Hour(s):

6

Requisites

Prerequisite and Corequisite

HOSP-2350 Restaurant Operations, HOSP-2560 Garde Manger, and HOSP-1940 Culinary Arts/Professional Baking Field Experience.

Outcomes

Course Outcome(s):

Apply for and obtain ACF Certified Culinarian status after successfully completing the practical exam and completing the culinary degree program.

Objective(s):

- a. Develop and effectively produce a menu utilizing the ACF apprenticeship guidelines for a practical culinary arts exam, with evaluation by certified ACF culinary arts professionals.
- b. Describe characteristics and origins of selected classical, contemporary, and regional cuisine.
- c. Demonstrate and practice learned utilization of garnishes in simulated and actual restaurant plate symmetry and presentations.
- d. Recognize and utilize the most frequently used vocabulary of classical, contemporary, and regional cuisine in recipes and menus.
- e. Research and discuss the characteristics and history of classical, contemporary, and regional cuisine.
- f. Identify and review standards and methods for evaluating culinary skills.

Course Outcome(s):

Comply with ACF professional standards when working as a professional culinarian.

Objective(s):

- a. Complete a guided self-evaluation of selected individual culinary skills based on established professional standards.
- b. Formulate and carry-out an individual plan for improving selected individual basic culinary skills as determined through the guided evaluation and review of ACF culinary arts competencies.
- c. Formulate and carry-out an individual plan for enhancing individual culinary skills with review and practice of selected new culinary skills

Course Outcome(s):

Work as a professional culinarian in a restaurant or other culinary setting.

Objective(s):

- a. Discuss the diverse selection of high-quality ingredients indigenous to the United States.
- b. Prepare selected recipes from nine regional culinary traditions and two chosen speciality traditions of American cuisine using indigenous ingredients, cooking methods and presentations.
- c. Prepare and serve menus designed by visiting local professional chefs.
- d. Demonstrate the fundamentals of handling food in a safe and sanitary manner.
- e. Demonstrate the ability to work within a restaurant environment to produce timely appetizers, entrees, vegetables and starches from within the regional American culinary traditions.
- f. Demonstrate skills in plate presentation and buffet presentation of selected classic American dishes.
- g. Recognize and demonstrate productive attitudes and work habits in the kitchen.
- h. Prepare and present selected classical or contemporary menus following professional chefs' recipes.
 - i. Execute classical cuisine menus using nutritional and classical guidelines through team work and planning.
 - j. Prepare and present foods from New England Cuisine.
 - k. Prepare and present foods from Mid-Atlantic Cuisine.
 - l. Prepare and present foods from Southern Cuisine.
- m. Prepare and present foods from Southwestern Cuisine.
- n. Prepare and present West Coast Cuisine.
- o. Prepare and present Midwestern Cuisine.

Methods of Evaluation:

- a. Culinary skill evaluation tests
- b. Evaluation of individual plan for culinary skill improvement and enhancement
- c. Culinary laboratory evaluations
- d. Use of ACF standards for evaluating culinary skills
- e. Final evaluation of results of ACF practical exam
 - i. Local professional chefs evaluation of cooking practical exam
 - ii. Evaluation of menu and recipe development, costing, and purchasing
- f. Professionalism as demonstrated by appropriate attire, adherence to National Restaurant Association Safe Food Handler standards, attitude and teamwork, punctuality, initiative, resourcefulness, and creativity
- g. Quality of final products
- h. Assignments and/or reports
- i. Tests

Course Content Outline:

- a. Review of classical cuisine
 - i. History
 - ii. Typical vocabulary, recipes, and menus
 - iii. Brigade system
 - iv. Classical French cuisine
- b. Contemporary
 - i. Typical menus and vocabulary
 - ii. Modern culinary techniques
- c. American regional cuisine

- i. New England
 - 1. Typical ingredients and dishes
 - 2. Preparation of selected New England Cuisine dishes
- ii. Mid-Atlantic States
 - 1. Typical Mid-Atlantic ingredients and dishes
 - 2. Preparation of selected Mid-Atlantic Cuisine dishes
- iii. The Deep South
 - 1. Typical Deep South ingredients and dishes
 - 2. Preparation of selected Deep South dishes
- iv. Florida and the Caribbean
 - 1. Typical Floridian and Caribbean ingredients and dishes
 - 2. Preparation of selected Floridian and Caribbean dishes
- v. Cajun and Creole Cuisines
 - 1. Typical Cajun and Creole ingredients and dishes
 - 2. Preparation of selected Cajun and Creole Cuisine dishes
- vi. Central Plains and Rocky Mountain States
 - 1. Typical Central Plains and Rocky Mountain States ingredients and dishes
 - 2. Preparation of selected Central Plains and Rocky Mountain Cuisine dishes
- vii. Tex-Mex and the American Southwest
 - 1. Typical Tex-Mex and American Southwest ingredients and dishes
 - 2. Preparation of selected Tex-Mex and American Southwest dishes
- viii. California and Hawaii
 - 1. Typical Californian and Hawaiian ingredients and dishes
 - 2. Preparation of selected dishes from Californian and Hawaiian Cuisine
- ix. Pacific Northwest
 - 1. Identify typical Northwestern ingredients and dishes
 - 2. Preparation of selected dishes from Northwestern culinary traditions
- d. ACF guidelines for practical exam
 - i. Professionalism
 - 1. Attire
 - 2. Teamwork
 - 3. Interpersonal skills
 - ii. Organization of station
 - iii. Sanitation - Hazardous Analysis Critical Control Point (HACCP)
 - iv. Menu Development
 - 1. Original recipes
 - 2. Variety of proteins & cooking techniques
 - 3. Variety of vegetables & cooking techniques
 - 4. Variety of starches & cooking techniques
 - 5. Balance of food selection
 - v. Food Preparation
 - 1. Product taste
 - 2. Product appearance
 - 3. Product temperature
 - 4. Plate presentation
 - 5. Flavor profile of finished product
 - vi. Preparation and presentation of selected items for as outlined for the Certified Culinarian (CC) Exam
- e. Evaluating culinary and professional chef skills - review
 - i. Standards
 - 1. ACF standards and competencies
 - 2. Current industry standards and competencies
 - 3. Recipe and skill standards and competencies
 - 4. Time management skills
 - 5. Budget and purchasing procedures
 - 6. Organizational skills
 - 7. Safety and sanitation HACCP standards.
 - ii. Methods
 - 1. Self-check list
 - 2. Comparison with standard and competency

3. Qualified third party evaluation
4. Preparation and practice tests
5. Contests
6. Market basket testing
- f. Orientation to guided evaluation procedures
 - i. Selection of group of skills to be tested
 - ii. Pre-preparation for skill evaluation
 - iii. Standards to be used for selected evaluation
 - iv. Testing procedure and guidelines
 - v. Evaluator(s)
- g. Evaluations of selected skill
 - i. Self evaluation results
 - ii. Evaluators' results
- h. Individual plan development & implementation
 - i. Improving selected individual basic culinary skills as determined through the guided evaluation
 - ii. Enhancing individual culinary skills with selected new culinary skills
 - iii. Guided practice as determined by plan
 - iv. Final evaluation as determined by plan using standard practical exam evaluation techniques
 - v. ACF application guidelines for Certified Culinarian
- i. Determination of evaluation procedure to be used to determine if plan has been achieved and to what degree
 - i. Standards to be used for evaluating
 - ii. Selection of evaluator(s)
- j. Final Exam
 - i. Final exam will consist of 100 questions (Take Home).
 - ii. Questions will help prepare students for the Certified Culinarian (CC) written portion of the exam.
 - iii. Refer to textbooks/lecture and internet to find answers.

Resources

American Culinary Federation. (2005) *Culinary Fundamentals*, Upper Saddle River, Pearson Prentice Hall.

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

Culinary Institute of America. (2008) *Techniques of Healthy Cooking*, Hoboken, New Jersey: John Wiley & Sons.

Culinary Institute of America. (2012) *Garde Manger, The Art and Craft of the Cold Kitchen*, New York: Wiley.

Culinary Institute of America. (2011) *The Professional Chef*, Hoboken, NJ: John Wiley & Sons.

Culinary Institute of America. (2016) *Mastering the Art and Craft of Baking Pastry*, Hoboken, NJ: John Wiley & Sons.

Escoffier, A. (1995) *The Escoffier Cook Book*, New York: Crown.

Labensky, Sara and Steve, Gaye Ingram. (2005) *The Prentice Hall Dictionary of Culinary Arts*, Upper Saddle River, Pearson Prentice Hall.

Labensky, Sara, Alan Mause, and Priscilla Martel. (2019) *On Cooking*, Upper Saddle River, N. J.: Pearson Prentice Hall.

Molt, Mary. (2017) *Food for Fifty*, Upper Saddle River, N.J. : Pearson Prentice Hall.

Nenes, Michael F., and The International Culinary Schools at The Art Institutes. (2015) *American Regional Cuisine*, New Jersey: Pearson.

Pauli, Phillip. (1999) *Classical Cooking the Modern Way: Methods and Techniques*, Boston: CBI.

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

Samuelsson, Marcus. (2020) *The Rise: Black Books and the Soul of American Food: A Cookbook*, Little, Brown and Company.

Resources Other

- a. Selection of handouts of various evaluation methods and standards from American Culinary Federation and other trade organizations.
- b. Current professional and hospitality industry journals, magazines and publications.
- c. Selection of internet sites used for recipe development and a cross section of culinary information.

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