

# MISSION VALLEY REGIONAL OCCUPATIONAL PROGRAM

## CULINARY ARTS 2 COURSE OUTLINE

**Course Title:**

Culinary Arts 2

**CTE Career Sector and Pathway:**

Hospitality, Tourism, and Recreation (HOS), Food Service and Hospitality (Pathway 201)

**CALPADS Number:** 8021 (Capstone)

**California Basic Educational Data Systems Title:** Food and Hospitality Services

**Course Description:**

This competency-based course is geared toward accreditations set by the California Restaurant Association and American Culinary Federation to prepare students for entry and mid-level positions in the restaurant baking and food services industry. Included in the course is further investigation and training of basic culinary techniques and experience. These include, knife skills, fundamentals of cooking which include basic cooking techniques, knife skills, meat classification by animal type, grilling, soups, appetizers and Hors d'oeuvres, Garde-Manger skills, pantry skills, soups, and plate presentation. Integrated throughout the course are career preparation standards which include basic academic skills, communication, interpersonal skills, problem-solving, workplace safety, technology, and employment literacy. This course focuses on production aspects and real workplace standards of the final product.

All students are required to take and pass the California Food Handler's exam (or equivalent).

**Total Hours:** 180 hours

**Prerequisites:** Student must have passed Culinary 1 and received a Certificate of Completion

**Textbook(s):** *Introduction to Culinary Arts, 2nd Edition, Culinary Arts Institute of America*  
*On Cooking: A Textbook of Culinary Fundamentals, Labensky/Martel/Hause, 6th Edition, Pearson, 2019*

Date Revised: July 2023

Date Approved by Advisory:

## Culinary Arts 2

### Course Outline

Upon successful completion of this course, students will be able to demonstrate the following skills necessary for entry-level employment.

### School Learning Outcomes

Integrated Throughout the course	<p><b><u>Workplace Basic Skills &amp; Behaviors</u></b>          (Necessary skills for any occupation – <a href="#">MVROP SLO #1</a>)          Learner Outcomes:</p> <ul style="list-style-type: none"> <li>A. Apply skills learned in class.</li> <li>B. Analyze information and make decisions.</li> <li>C. Communicate verbally and in writing.</li> <li>D. Work independently and as a team member in a diverse workplace.</li> <li>E. Work reliably, responsibly, and ethically.</li> </ul>	Integrated Throughout the course
Integrated throughout the course	<p><b><u>Career Technical Skills</u></b>          (Occupational competencies – <a href="#">MVROP SLO #2</a>)          Learner Outcomes</p> <ul style="list-style-type: none"> <li>A. Use appropriate technology.</li> <li>B. Understand and practice occupational safety standards.</li> <li>C. Demonstrate an awareness of how a business or industry functions.</li> <li>D. Work on customer service skills.</li> </ul>	Integrated throughout the course
<b><i>MANDATORY FOR ALL ROP COURSES</i></b>	<p><b><u>Job Employment Skills</u></b>          (Occupational competencies – <a href="#">MVROP SLO # 3</a>)          Learner Outcomes:</p> <ul style="list-style-type: none"> <li>A. Develop a plan to achieve career goals.             <ul style="list-style-type: none"> <li><i>a. Create a Career Portfolio</i> <ul style="list-style-type: none"> <li>i. Cover letter</li> <li>ii. Application</li> <li>iii. Resume</li> <li>iv. Thank you letter</li> </ul> </li> </ul> </li> <li>B. Use effective job search strategies.</li> <li>C. Demonstrate an awareness of the importance of lifelong learning.</li> </ul>	

### **Course Outline:**(Occupational competencies – [MVROP SLO #2](#))

#### **Unit 1: Kitchen Basics**

- Food Safety: Sanitation basics, Food Receiving and Storage, Hygiene, Temperature and Time Management, HACCP.
- Kitchen Safety: Lifting, Fire Safety Management, First Aid, Heimlich, Allergic Reaction, Reporting and Recording, WorkFlow, Accidents and Injuries.
- Foodservice Equipment: Small wares, Three Compartment Sink, Stoves, Burners, Cut Gloves, Electrical Small Equipment, Holding and Service Equipment.
- Knives and Knife Skills: Knife Identification, Knife Sharpening and Storage, Basic Cuts, Knife Safety.

#### **Unit 2: Culinary Basics**

- Using Standardized Recipes, Standard Volume Measurements, Standard Weight Measurements, Volume/Weight differential, Order of Ingredients, Recipe, Conversion
- Seasonings and Flavorings: Sensory Perception, Herbs, Spices, and Aromatics; Condiments, Nuts, and Seeds; Taste Theory
- Mise en Place: Prep List, Station Set Up, Prep Recipes
- Working in The Kitchen: Behind, Awareness, Courtesy, Safety Priority
- Food Presentation: Composed Food, Garnish, Center of the Plate, Negative Space
- Modern Plate Presentation
- Production consistency
- Menu scaling

#### **Unit 3: Culinary Applications**

- Breakfast Foods: Eggs, Dairy, Coffee and Coffee Drinks, Breakfast Foods
- Garde Manger: Dressings and Dips, Salads Composed and Mixed, Cheese, Cold Food Display
- Sandwiches, Appetizers and Starters: Hot and Cold Sandwiches, Hot and Cold Hors d'Oeuvres, Portion size, Amuse Buche
- Fruit and Vegetable: Seasonality, Storage, Fresh, Frozen, Dried; Identification, Locality, Heirloom Varieties, Sourcing
- Grains: Rice, Corn, Oats, Barley preparation methods and Storage
- Legumes: Beans, Lentils, Pea preparation methods and Storage.
- Pasta: Fresh, Dried, Cooking Methods, Storage,
- Stocks: Technique, Time, seasoning, Storage
- Sauces: Butter Sauces, Vegetable Sauces, Broth based, Thickened, Composed (salsas, chutneys, etc)
- Soups: Puree', Clear, Composed. Osmosis
- Animal Proteins: Receiving, storage, Cleaning Pork Tenderloins, Portioning steaks, 8 Portion Chicken

## Culinary Arts 2

- Vegetarian/Vegan preparation, Side Dishes/Center of the Plate
- Plating composition
- Menu Structure 3-course/4-course meal
- Asian Pantry- Fish Sauce, Mirin, Panko, Garam Masala, Sriracha, Sesame Oil, Tofu, Nori
- Latin Pantry- Anchos, Chile's, Achiato, Masa, Mole, Chipotle

### Unit 4: Baking

- Yeast, Pizza, fermentation, proofing
- Mixing Methods:
  - Pastry Knife: Butter based, Alcohol mixed, 123 Dough, Blind Baking, Pie Dough
  - Creaming Method: Cookies, Pound Cake
  - Biscuit Method: Biscuits, Scones
  - Quick Bread Method: Muffins, Quick Breads
  - Batters: Crepes, Cakes, Cupcakes
- Chocolate: Melting, Storage, Unique handling rules
- Custards: Flan, Creme Brulee, Quiche
- Dessert Sauces: Crème Anglaise, Coulis, Chocolate
- Leavening agents: Biological, Chemical, Physical
- Advanced Pastry: Mousses, Finished Cakes, Plated Desserts, Ice Cream

### Unit 5: Nutrition

- Nutrition Labels
- Sugar: Insulin resistance, Daily tolerance, Ingredient composition
- Fats: Saturated, Unsaturated, dietary effect
- Gov't Standards and Policy, Corporate influence
- Food Sourcing: Organic, GMO's, International
- Food Allergies: Nuts, Gluten, Lactose, Substitutions, Precautions
- Portion Control: Daily Nutritional Requirements
- Diets of Choice: Vegetarian, Pescetarian, Ovo-Lacto, Vegan, Carb-free, Fat-free

### Unit 6: Career Training

- Job Research Skills: On-line, Networking, Information interviews, Job Shadowing
- Portfolio: Resume', Cover Letter, I-9, W-2, Credentials, Letters of Recommendation
- Interview Skills: Proper Dress, Grooming Manners, Preparation, List of Questions, Portfolio, Eye Contact, Practice Interviews
- Soft Skills: Punctuality, Communication both Written and Verbal, Respect, Commitment, Reliability On-task focus
- SmartPhone Etiquette
- Workplace Law: Harassment, Bullying, Protected Categories

## Culinary Arts 2

### Unit 7: Ephemera

- Current Trends: Weekly News Items, Changes in Law, Changes in Policy
- Media Awareness: Web site resources, TV shows, Online presence
- Culinary Trends: Food Fads, Slow Food, Farm-to-Table, Loco-vore, Regional Food, Street Foods, International Foods, Technological Advances
- Culinary Competitions: Alameda County Fair, Contra Costa Cake and Sugar Show
- Field Trips: Local Employers, Producers and Schools
- Guest Speakers: Industry, HR, Front of House, Back of House, Health Department, Former Students, Employers
- The Famous and Important: Individual Student Project

### Unit 8: Front of the House

- Appearance, Warmth, Welcome
- Service tools, Utensils, Equipment
- Serving the Meal
- Handling Complaints and Problems
- Income, tipping, tipping-out
- Sales, Service to Teachers in Take-Out manner
- Banquet, event execution for school functions

### Unit 9: Business

- Menu Pricing
- Operational Costs Fixed
- Operational Costs Flexible (Food Cost)
- Inventory, Purchasing
- Menu Structure
- Operational Structure; History, Battalion Structure, Bistro Structure
- Event Analysis

### Additional Items:

**A. Articulation Agreements:** There are no articulation agreements for Culinary Arts 2.

**B. UC/CSU a-g Status:** This course meets UC/CSU a-g “g” classification.

#### C. Instructional Strategies:

- |                       |                     |
|-----------------------|---------------------|
| · Lecture             | · Hands-on Practice |
| · Group Discussion    | · Demonstration     |
| · Projects            | · Team Learning     |
| · Reading Assignments | · Labs              |
| · Oral Questioning    | · Simulations       |
| · Multimedia          |                     |

## Culinary Arts 2

### D. Instructional Materials:

*Introduction to Culinary Arts, 2nd Edition, Culinary Arts Institute of America*  
*On Cooking: A Textbook of Culinary Fundamentals, Labensky/Martel/Hause, 6th Edition, Pearson, 2019*

### E. Course Competencies for MVROP Certificate (varies by instructor):

- Safety and Sanitation
- Measurement and Weights
- Nutrition
- Advanced Knife Skills
- Regional and Seasonal Cooking
- Advanced Baking and Pastry Techniques
- Food Science
- Flavor Profile Development
- Advanced Cooking Techniques (Braise, Saute, Roast)
- Quantity Food Preparation
- Global Cuisine
- Buffet Preparation
- Purchasing, Cost Control, and Menu Design
- Green Practices
- Culinary Math
- Introduction to Catering
- Employability (communication, interpersonal skills, resume writing, interview skills)