

**MISSION VALLEY REGIONAL OCCUPATIONAL PROGRAM  
CULINARY ARTS 2 COURSE OUTLINE**

**Course Title:** Culinary Arts 2

**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-Manager 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 final product.

All students are required to take and pass the California Food Handler's exam., Students will be taking a career readiness credential test at the end of the year.

**Total Hours:** 180 hours *(CC and CVE courses are not currently offered)*

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

**Date of Approval by Advisory Committee:** November 8, 2018

**Textbook:** *Introduction to Culinary Arts, 2nd Edition, Culinary Arts Institute of America*

**Course Outline:**

**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, Work Flow, 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

## Culinary Arts 2

- Mise en Place: Prep List, Station Set Up, Prep Recipes
- Working in The Kitchen: Behind, Awareness, Courtesy, Safety Priority, 86, NO PHONES
- 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
- 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

### **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 does not meet a UC/CSU a-g requirement.

**C. Instructional Strategies:**

- Lecture
- Group Discussion
- Projects
- Reading Assignments
- Oral Questioning
- Multi-Media
- Hands-on Practice
- Demonstration
- Team Learning
- Labs
- Simulations

**D. Instructional Materials:** This course uses the text, student workbook and the final exam from Culinary Institute of America, *Introduction to Culinary Arts* (2nd edition). Students are encouraged to search out other materials related to the subjects being discussed in class including books, television programming, videos, professional organizations, and other culinary professionals. Each lesson will consist of student objectives, reading assignments, chapter exercises, and labs.

**E. Course Competencies for MVROP Certificate:**

- 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)