

# CULINARY ARTS (CA)

## CA-105

### Home Cooking Essentials

2 UNITS

1.0 hours lecture, 3.0 hours laboratory

A course for the home cooking enthusiast who wants to learn and apply scratch cooking to various breakfast/brunch items, appetizers, entrées and desserts. Includes proper sanitation, knife skills, seasonal meal planning, cultural food diversity and costing. This course is offered on a Pass/No Pass basis only. (CSU)

## CA-160

### Banquet Service Production

3 UNITS

Prerequisite: "C" grade or higher or "Pass" in CA 171 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

Principles and application of banquet food preparation and production for on-campus dining facility. This restaurant service class emphasizes planning, practicing and serving guests a weekly 4-course meal. Cooking skills acquired in previous culinary classes will be practiced and applied as well as sanitation and time utilization. Setting up a dining room and guest services will be examined and applied. (CSU)

## CA-163

### Food Purchasing for Culinary Arts

1 UNITS

1.0 hours lecture

This course covers food purchasing policies, laws, and methods used currently in the food service industries. Focus will be on evaluating food quality requirements, selecting vendors, pricing decisions and purchasing ethics. (CSU)

## CA-164

### International Cooking

3 UNITS

Prerequisite: "C" grade or higher or "Pass" in Culinary Arts 165, 169 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

A course exploring various international and ethnic food patterns and food preparation techniques. Economic, agricultural, religious, historical and nutritional aspects of foods from a variety of world cultures will be examined. Emphasis will be on preparation of popular dishes from different cultures that impact culinary arts today. (CSU/UC)

## CA-165

### Sanitation for Food Service

1 UNITS

1.0 hours lecture

A basic course in food service sanitation leading to a National Restaurant Association Food Handlers' certificate. Instruction covers microbiology of food borne illnesses, prevention techniques, personal sanitation practices, housekeeping and waste disposal. Food safety and storage information includes receiving and storage techniques, sanitary food production, sanitation of kitchen, dining rooms, legal regulations and safety considerations as well as training techniques. (CSU)

## CA-166

### Menu Management

1 UNITS

1.0 hours lecture

Introduction and application of principles of basic menu management for the food service industry. Emphasis will be on nutrition and menu planning, styles, pricing, recipe costing, pricing and marketing. Basic math skills will be used to analyze cost, and prepare recipes, conversions and formulas that will provide necessary skills for other culinary arts courses. (CSU)

## CA-167

### Wines of the World

3 UNITS

3.0 hours lecture

An introduction to the various kinds and types of wines produced in the world. The course content includes the history of wine, classification of wine, production practices, and food and wine relationships. This class is open to all students 21 years or older who desire a background in enology, especially culinary arts students. (CSU)

## CA-169

### Essential Skills for Culinary Arts

3 UNITS

2.0 hours lecture, 3.0 hours laboratory

Introduction and application of the principles of essential culinary arts skills. Emphasis will be on sanitation practices, knife skills, product identification, basic cooking techniques, tasting and seasoning, proper equipment use and good time management. These essential skills will be used to prepare recipes and formulas that will provide necessary cooking skills for other culinary arts courses. (CSU)

## CA-170

### Food Service Management

3 UNITS

3.0 hours lecture

This course is designed to prepare students to enter the professional field of food management through self-employment and off-premise events. Students will be introduced to the catering and personal chef industry including menu development, kitchen organization, cost accounting, service, rentals, staffing, contracts, legal requirements, advertising, promotion and client retention. (CSU)

## CA-171

### Intermediate Culinary Skills

3 UNITS

Prerequisite: "C" grade or higher or "Pass" in Culinary Arts 165 and 169 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

This course will build on previous knowledge gained in Essential Skills for Culinary Arts and increase proficiency in classical and contemporary cooking techniques and plating presentations. Emphasis will be meat and fish fabrication, fundamentals of breakfast, brunch and lunch items, garde manger, grilling and line cooking. (CSU)

## CA-172

### Principles of Soup, Stock and Sauce Preparation

3 UNITS

Prerequisite: "C" grade or higher or "Pass" in Culinary Arts 165 and 169 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

This course explores the fundamentals of making meat, fish and vegetable stocks as the building blocks for traditional and specialty soups. Classic French sauces will be covered as well as contemporary salsas, nages, flavored oils, foams and compound butters. (CSU)

## CA-173

### Principles of Buffet and Catering

3 UNITS

Prerequisite: "C" grade or higher or "Pass" in Culinary Arts 165 and 169 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

This course will include methods and procedures needed for traditional and family style banquets, buffets, tray passed platters, action and raw bar stations. Modern techniques in molecular gastronomy and mocktails will also be introduced. Students will practice traditional and modern themes of banquet services along with a variety of station and table presentations. Logistics such as budgeting, equipment, staff and functional space for off-site buffets and catering will be explored. (CSU)

**CA-174****Principles of Baking and Pastry Making****3 UNITS**

Corequisite: A "C" grade or higher or "Pass" or concurrent enrollment in CA 165.

2.0 hours lecture, 3.0 hours laboratory

This course introduces fundamental baking and pastry techniques used as the building blocks for a variety of pastries and desserts. Emphasis is placed on sanitation, professionalism, organization, kitchen equipment, ingredients, recipe analysis and technique, consistency of product, and teamwork. (CSU)

**CA-175****Healthy Lifestyle Cuisine****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in Culinary Arts 165 and 169 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

This course builds on skills and techniques learned and practiced in previous culinary arts classes. Emphasis is on understanding nutritional concepts, creating healthy eating patterns, developing healthy recipes and exploring alternative ingredients. Preparations for healthy lifestyles include soups, salads and appetizers to main courses for breakfast, brunch, lunch and dinner. Healthy alternative desserts will also be explored. (CSU)

**CA-176****Advanced Baking and Pastry Arts****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in Culinary Arts 165 and 174 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

This course will build on previous building blocks learned in Principles of Baking and Pastry Making and increase technical proficiency. Students will explore and demonstrate a broad spectrum of classical and modern applications for seasonal plated desserts, petit fours and yeast breads. Emphasis will be placed on planning and executing dessert menus utilizing organizational and time management skills for weekly campus restaurant service. Flavor/texture pairings and theory will be covered in this course. (CSU)

**CA-177****Commercial Baking****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 165 and 174 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

Students will design and execute a broad spectrum of petit fours, breads and plated desserts for weekly on-campus banquet service. Emphasis will be placed on classical and modern techniques, organization, time management and production standards. Constructing a seasonal commercial dessert menu will be introduced and analyzed. (CSU)

**CA-178****Garde Manger****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 165 and 169 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

This course is designed to prepare students in cold food preparations such as salads, dressings, hors d'oeuvres, appetizers, canapés, pâtés, terrines, cold mousses and marinades. Students will be introduced to fruit and vegetable carving as well as a variety of other functional garnishes ideas for composed dishes and platters. (CSU)

**CA-180****Advanced Food Preparation for Fine Dining****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 171 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

Training in advanced principles of food preparation and service for on-campus restaurant. Special instruction and practice for both classical and contemporary food preparation as related to fine dining establishments including hotels and restaurants. (CSU)

**CA-183****Pastry Skills in Bread Baking****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 165 and 174 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

The course will build on previous knowledge and increase proficiency in baking techniques for the production of artisan breads. Students will explore and demonstrate a broad spectrum of baking styles producing Middle Eastern, European and American style breads. Introduction to various grains, pre-ferments, mixing, shaping, and baking techniques will be explored. Other specialty bread related items such as quick breads, crackers and spreads will be incorporated within the course. (CSU)

**CA-184****Pastry Skills in Chocolate Preparation****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in Culinary Arts 165 and 174 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

This course focuses on understanding the process of making chocolate from bean-to-bar and how to apply techniques for making garnishes, centerpieces and various chocolate-based confections. Emphasis is placed on chocolate tasting, tempering and constructing ganache filled candies. Decorating skills will be covered using coloring, transfer sheets and airbrushing cocoa butter. Theory of flavor pairings and infusion techniques will be covered. (CSU)

**CA-185****Sugar Work, Petit Fours, and Specialty Pastries****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 165 and CA 174 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

This course will build on previous techniques gained in Introduction to Baking and Pastry with emphasis on petit fours, sugar decorations, classical and contemporary pastries, laminated doughs, specialty tarts, entremets, and introduction to plated desserts. (CSU)

**CA-186****Pastry Skills in Cake Decorating****3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 165 and 174 or equivalent.

2.0 hours lecture, 3.0 hours laboratory

The course focuses on techniques for making and constructing specialty cakes. Students will explore and demonstrate a broad spectrum of classical and modern application of cake construction and decorating. Various cake formulas, fillings and buttercreams will be demonstrated and applied. Enrobing cakes with rolled fondant and marzipan will be practiced as well as glazing techniques. Wedding cake principles and design be explored. Students will sharpen their artistry skills in piping, decorative cake garnishing and icing. (CSU)

**CA-188****World Beer Styles****2 UNITS**

2.0 hours lecture

An introduction to the various styles of beers produced locally and around the world. The course content includes the history of beer, production practices, taste and analysis and the relationship of food and beer pairings. This course is open to all students 21 years or older. This course is offered on a Pass/No Pass basis only.

**CA-280****Culinary Career Preparation****1 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 171 or equivalent.

1.0 hours lecture

This course covers professional resume writing, building an online portfolio and developing interview skills for food service employment. Various exciting career opportunities in the food industry will be explored as well as resources for job applications. (CSU)

**CA-281****Work Experience in Culinary Arts****2 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 165 and 169 and 171 or equivalent.

On-the-job work experience in Culinary Arts. Externship at a professional food service operation to demonstrate and increase knowledge of food preparation skills. (CSU) 10 hours work experience per week, 120 volunteer hours or 150 paid hours.

**CA-282****Advanced Work Experience in Culinary Arts****2 UNITS**

Prerequisite: "C" grade or higher or "Pass" in CA 165 and 169 and 171 or equivalent.

Second on-the-job work experience in Culinary Arts. Externship at a professional food service operation to demonstrate advanced knowledge of food preparation skills. (CSU) 10 hours work experience per week, 120 volunteer hours or 150 paid hours.