

# CULINARY ARTS (CUL)

## **CUL 100 Want to be a Chef? (2 Credits)**

This course serves as an introduction to the field of culinary arts. Students considering declaring either Culinary Arts or Baking and Pastry Arts as a major, or students taking courses to enhance their placement scores to enter the next Cascade Culinary Institute cohort start, will find that this course will enable them to experience an introduction to cooking with a demonstration-based class that covers the basics of cooking technique and flavor profiling. Students will “get a taste” of the restaurant industry, while learning the secrets of being a successful culinary professional.

## **CUL 101 Introduction to Culinary Arts (4 Credits)**

Experience the basic theory and skill sets used throughout the field of culinary arts. Topics covered include the use of hand tools and equipment found in the professional kitchen, as well as the exploration of ingredients and their functions. Students will gain a working knowledge of the fundamentals of kitchen operations, basic knife skills; an overview of stock, sauce and soup preparation; and coverage of the primary dry heat, moist heat and combination heat cooking methods. Students will also taste and evaluate products they create in class to enhance their understanding of the course material.

## **CUL 102 Food Safety and Sanitation (2 Credits)**

Learn causes and prevention of foodborne illnesses, how to handle foodborne illness outbreaks and emergencies, good personal hygiene, time and temperature control, preventing cross-contamination, safe food preparation, receiving and storing food, methods of thawing, cooking, cooling, and reheating food and Hazard Analysis and Critical Control Points (HACCP). Take the National Restaurant Association Educational Foundation (NRAEF) ServSafe™ examination and earn a certificate with a passing grade. P/NP grading.

## **CUL 104 Applied Math for Culinary Arts (4 Credits)**

**Prerequisites:** MTH 015 (or higher) or minimum placement Math Level 7. Learn culinary mathematics including customary and metric units of measurement, decimals and fractions, unit conversions, yield percent, food and beverage costing and markup methods, kitchen ratios, baker's percent and butcher's yield percent.

## **CUL 105 International Exchange Preparation (2 Credits)**

**Prerequisites:** Instructor approval. Explore the social and cultural aspects of various countries including their cuisine, language, music, art, celebrations, and rituals. This serves primarily as a preparatory course for the Cascade Culinary Institute's Exchange Program. P/NP grading.

## **CUL 110 Culinary Foundations I (4 Credits)**

**Prerequisites with concurrency:** CUL 102; CUL 104; and either WR 121 or BA 214.

Learn the history of the culinary industry, nomenclature, equipment, kitchen operations, basic knife skills, cooking methods, and ratios and techniques in contrast to recipe usage. Learn about and produce stocks and soups.

## **CUL 140 Culinary Foundations II (4 Credits)**

**Prerequisites:** CUL 110. Learn about and prepare classical mother sauces, contemporary sauces, small sauces, vegetables, grains, starches, pasta, and eggs. Use food science principles related to primary cooking techniques, show station organization, workflow and overall time management. Practice proper use of commercial equipment and reinforcement of understanding of ingredients, measurement, formulas, and techniques.

## **CUL 170 Culinary Foundations III (4 Credits)**

**Prerequisites:** CUL 140.

Identify, butcher, fabricate, and cook a variety of meat, poultry and seafood products emphasizing proper technique. Practice small sauce production and the preparation of vegetables, grains, legumes and pastas as accompaniments. Apply modern composition and presentation techniques utilized in the restaurant industry.

## **CUL 180 Modern Garde Manger (4 Credits)**

**Prerequisites with concurrency:** CUL 140.

Learn about and prepare cold foods such as canapés, hors d'oeuvres, salads, sandwiches, cold soups, cheeses, forcemeat, condiments, crackers, and pickles. Learn about the role of garnishes, food preservation, and contemporary buffet presentation.

## **CUL 188 Special Studies: Culinary Arts (1-6 Credits)**

Explores topics of current interest in the discipline.

## **CUL 199 Selected Topics: Culinary Arts (1-6 Credits)**

Provides opportunity for students with exceptional background or need to continue beyond normal Culinary Arts program content. Content and credit(s) earned are established by mutual agreement between instructor and student and detailed in written agreement at the start of the term.

## **CUL 200 Comprehensive Kitchen Operations for the Restaurant Industry (5 Credits)**

**Prerequisites:** CUL 140 or BAK 140.

**Recommended preparation:** Culinary Arts Majors: BAK 101, Baking & Pastry Majors: CUL 101.

Learn to prepare modern and seasonal dishes in a restaurant setting putting previously learned skills into practice in the college's dining room. Emphasis on cooking techniques and ingredients used in contemporary and classical cuisines and cover planning and ordering for production, station organization, preparation and plating, timing, palate development and other production realities of a restaurant.

## **CUL 203 Food Truck Operations (4 Credits)**

**Prerequisites:** CUL 170 or BAK 170.

**Recommended preparation:** CUL 200.

Covers owning and operating a food truck or cart. Uses the tools needed to formulate a food truck concept to turn it into a standardized plan. Focuses on menu planning, truck/cart design and location, government regulations, licenses, and permits. Requires local travel.

## **CUL 220 International Cuisine and Global Flavor Profiling (4 Credits)**

**Prerequisites:** CUL 140.

Trace common global ingredients used in many regional dishes. Explore other cultures through the understanding of global culinary heritages. Examine food in the context of culture, geography, history and the influences cuisines have had on each other. Learn how the attitudes and tastes of more global and knowledgeable customers creates the expectation of diversity in a professional culinarian's repertoire.

## **CUL 225 Applied Harvesting and Food Preservation Principles (4 Credits)**

Learn about the importance of sourcing seasonal foods relating to pricing, flavor, and quality. Conduct harvesting techniques of plant based foods, and participate in slaughtering process of animal based foods. Process the harvested items and apply a diversity of preservation techniques including canning, smoking, pickling, freezing, freeze-drying, dehydrating, etc. Execute a final harvest event for regional farmers and ranchers to celebrate the partnership with them and the Cascade Culinary Institute.

**CUL 230 Culinary Nutrition and Applied Techniques of Healthy Cooking (4 Credits)****Prerequisites:** CUL 140 or BAK 140.

Prepare flavorful food and study its impact upon the body. Learn about current dietary guidelines, along with the function of nutrients within the body. Execute modern, healthy cooking techniques in the lab portion of this course exposing students to meeting nutritional needs and requests of health conscious diners. Learn about healthful menu and recipe design and reengineer classical recipes, producing healthful and flavorful alternatives.

**CUL 235S Farm-to-Table and Sustainable Cuisine Practices (4 Credits)****Prerequisites:** CUL 200.

Serves as an overview of sustainable harvesting techniques for plants and animals and the application of preservation techniques. Students will learn about the importance of sourcing seasonal foods as it relates to pricing, flavor and quality. Students will conduct harvesting techniques of plant based foods, and participate in the slaughtering process of animal based foods. Students will process the harvested items and conduct a diversity of preservation techniques to include canning, smoking, pickling, freezing, freeze-drying, dehydrating, etc. Students will execute a final harvest event for regional farmers and ranchers to celebrate the partnership with Cascade Culinary Institute and local sustainable agricultural partners.

**CUL 240 Butchery (4 Credits)****Prerequisites:** CUL 170.

Learn about the muscle and bone structure of beef, veal, pork, lamb, game, poultry and specialty meats; fabricate sub-primal and foodservice cuts; and apply tying and trussing methods. Introduction to meat inspection processes, quality and yield grading, costing and yield testing, purchasing specifications, and basic information concerning the farm-to-table trail. Discuss preferred cooking methods for all meats, proper knife selection, and butchery equipment. Sanitation and safety standards are emphasized throughout.

**CUL 242 Charcuterie (4 Credits)****Prerequisites with concurrency:** CUL 240.

Learn professional skills in variations of hors d'oeuvres and savories, seasonings, condiments, stuffed meats and curing, pickling and smoking of meat, fish and poultry. Develop proficiency in sausage-making, pâtés, terrines, galantines, and stuffed meats. Prepare a variety of charcuterie products from fresh sausage to dry cured salamis.

**CUL 245S Modernist Cuisine and the Evolution of Cooking (4 Credits)****Prerequisites:** CUL 170.

Learn about and apply techniques of spherification, thermal immersion, liquid nitrogen for flash freezing, hydrocolloids for thickening and gelling in the kitchen to a variety of foods. Review food pairing methods with the goal of inspiring new food combinations which are theoretically sound on a basis of their flavor.

**CUL 255S Event Planning and Execution with Modern Banquet Cookery (4 Credits)****Prerequisites:** CUL 170.

This course examines the varied ways in which banquets and catering events may be executed. Terms relating to equipment, food preparation, service and presentation will be discussed. Students will prepare a menu each day, following the principles and techniques associated with preparing and serving food to large groups, as well as concentrating on principles of modern batch cookery. An emphasis will be placed on maintaining quality and foundational cooking methodology. Students will also learn how to organize, plan and operate a banquet kitchen. Cooking applications are at an advanced level in preparation for later work in the public restaurants.

**CUL 265S Advanced Skill Development and Culinary Competition Mastery (4 Credits)****Prerequisites:** BAK 170 or CUL 170.

Explore the world of culinary competitions by practicing time management, organization, teamwork, accountability, and learning classical and modern culinary techniques. Practice hot and cold food competition with an emphasis on competing at national and international competitions.

**CUL 270 Culinary Arts Capstone (5 Credits)****Prerequisites:** CUL 170 or BAK 170 and CUL 200 or BAK 265.

Operate a fine dining, a la carte restaurant and demonstrate back of the house skills (food safety and sanitation, knife cuts, dry heat cooking methods, moist heat cooking methods, combination cooking methods, vegetable cookery, starch cookery, sauce cookery, and final plate presentation). Covers guest interaction and dining room service.

**CUL 276A Regional World Cuisines: Africa (4 Credits)****Prerequisites:** CUL 170.

This course utilizes ingredients and techniques used in a specific regional cuisine-Africa. It combines lecture, demonstration, application, and presentation as a means to explore a culture through the understanding of its food. Students examine food in the context of culture, geography, history, and the influence a region's cuisine has worldwide.

**CUL 276C Regional World Cuisines: Caribbean (4 Credits)****Prerequisites:** CUL 170.

This course utilizes ingredients and techniques used in a specific regional cuisine-Caribbean. It combines lecture, demonstration, application, and presentation as a means to explore a culture through the understanding of its food. Students examine food in the context of culture, geography, history, and the influence a region's cuisine has worldwide.

**CUL 276F Regional World Cuisines: France (4 Credits)****Prerequisites:** CUL 170.

This course utilizes ingredients and techniques used in a specific regional cuisine-France. It combines lecture, demonstration, application, and presentation as a means to explore a culture through the understanding of its food. Students examine food in the context of culture, geography, history, and the influence a region's cuisine has worldwide.

**CUL 276G Regional World Cuisines: Germany (4 Credits)****Prerequisites:** CUL 170.

This course utilizes ingredients and techniques used in a specific regional cuisine-Germany. It combines lecture, demonstration, application, and presentation as a means to explore a culture through the understanding of its food. Students examine food in the context of culture, geography, history, and the influence a region's cuisine has worldwide.

**CUL 276I Regional World Cuisines: Italy (4 Credits)****Prerequisites:** CUL 170.

This course utilizes ingredients and techniques used in a specific regional cuisine-Italy. It combines lecture, demonstration, application, and presentation as a means to explore a culture through the understanding of its food. Students examine food in the context of culture, geography, history, and the influence a region's cuisine has worldwide.

**CUL 276J Regional World Cuisines: Asia (4 Credits)****Prerequisites:** CUL 170.

This course utilizes ingredients and techniques used in a specific regional cuisine-Asia. It combines lecture, demonstration, application, and presentation as a means to explore a culture through the understanding of its food. Students examine food in the context of culture, geography, history, and the influence a region's cuisine has worldwide.

**CUL 276S Regional World Cuisines: Spain (4 Credits)**

**Prerequisites:** CUL 170.

This course utilizes ingredients and techniques used in a specific regional cuisine-Spain. It combines lecture, demonstration, application, and presentation as a means to explore a culture through the understanding of its food. Students examine food in the context of culture, geography, history, and the influence a region's cuisine has worldwide.

**CUL 280 Culinary Arts Industry Internship (1-6 Credits)**

**Prerequisites:** CUL 140.

Serves as a supervised work experience within the culinary arts industry designed to expand career knowledge and experiential confidence while increasing knowledge, speed, timing, organization and ability to execute industry skills on a repetitive basis. Students will receive a diverse work experience that is designed on a systematic rotation of different stations in the kitchen, dining room and general operations positions. Students can complete 100% of the experience in competencies that are relevant to the program curriculum, as it is outlined in the course syllabus and internship agreement. The internship is concluded by a final supervisor evaluation.

**CUL 288 Special Studies: Culinary Arts (1-6 Credits)**

Explores topics of current interest in the discipline.

**CUL 298 Independent Study: Culinary (1-4 Credits)**

**Prerequisites:** instructor approval.

**Recommended preparation:** prior coursework in the discipline.

Individualized, advanced study to focus on outcomes not addressed in existing courses or of special interest to a student. P/NP grading.

**CUL 299 Selected Topics: Culinary Arts (1-6 Credits)**

Provides opportunity for students with exceptional background or need to continue beyond normal Culinary Arts program content. Content and credit(s) earned are established by mutual agreement between instructor and student and detailed in written agreement at the start of the term.