

James Rumsey Technical Institute's ACF Accredited Culinary Arts Program Course Descriptions

Culinary Foundations I

Introduction to Gastronomy

Class Hrs: 48

Lab Hrs: 12

An introduction to the social, historical, and cultural forces that have affected the culinary, baking and pastry professions, traditional foodways and the ways these traditions translate into the professional environment of the food service industry today. Topics to be covered will include: the contemporary challenges facing food professionals in the twenty-first century, and etiquette as a historical, social, and professional discipline.

Culinary professionals today have more opportunities than ever before, both in and out of the kitchen. Although a basic culinary education is of fundamental importance, a successful culinarian will work to develop new skills, attributes, and talents throughout his or her career.

Safety & Sanitation (ServSafe)

Class Hrs: 60

Lab Hrs: 0

The importance of food and kitchen safety cannot be overemphasized. Few things are as detrimental to a food service establishment as an officially noted outbreak of a food-borne illness caused by poor sanitary practices. In addition to providing a sanitary atmosphere and adhering to procedures for safe food handling, it is also important to ensure a safe working environment by reducing or eliminating any potential causes of injury to staff.

Product Knowledge

Class Hrs: 60

Lab Hrs: 12

An introduction to the identification and use of vegetables, fruits, herbs, prepared goods, and dairy products. Explore both fresh and prepared foods and learn to identify, receive, store, and hold products. Students will also learn to evaluate products for taste, texture, smell, appearance, and other quality attributes.

Equipment, large and small, makes it possible for chefs to do their jobs well; in fact, using the right tool for the job is one of the hallmarks of a professional. Equally important is the ability to handle and care for each tool, whether it is a cutting board, a knife, a mandolin, or a stockpot.

Menu Development

Class Hrs: 60

Lab Hrs: 0

A well-designed menu is the most important tool a restaurant has. Menus are used in the dining room to give both wait staff and guests important information about what the establishment offers. Recipes give detailed instructions to aid kitchen staff in producing menu items. But, more than that, carefully designed menus and comprehensive recipes can help the professional chef streamline kitchen operations and control costs.

Table Service

Class Hrs: 30

Lab Hrs: 30

A simple concept ... one that can be achieved with no more dramatic cost than that of a welcoming smile, knowledge of the menu, and the willingness to pay attention to your guests for the entire time that they are in your dining room. Styles of table service, reservations, greeting and seating the guest, preparing and setting up for service, serving guests, beverage service, wine service, banquet service for special functions, tableside service and a clean and safe dining room will be principles applied on a daily basis.

Culinary Foundations II

Stocks, Soups, & Sauces

Class Hrs: 20

Lab Hrs: 40

Stocks are among the most basic preparations found in any professional kitchen. In fact, they are referred to in French as *fonds de cuisine*, or “the foundations of cooking.” A stock is a flavorful liquid prepared by simmering meaty bones from meat or poultry, seafood, and/or vegetables in water with aromatics until their flavor, aroma, color, body, and nutritive value are extracted. The liquid is then used to prepare sauces, soups, and as a braising and simmering cooking medium for vegetables and grains.

A well-prepared soup always makes a memorable impression. Soups offer a full array of flavoring ingredients and garnishing opportunities. Soups also allow the chef to use trimmings and leftovers creatively, an important profit-making consideration for any foodservice establishment.

Sauces are often considered one of the greatest tests of a chef’s skill. The successful pairing of a sauce with a food demonstrates technical expertise, an understanding of the food, and the ability to judge and evaluate a dish’s flavors, textures, and colors.

Meat, Poultry, & Game ID & Fab.

Class Hrs: 12

Lab Hrs: 48

For most restaurants, the purchase, preparation, and service of meats is one of the most expensive areas of the business – but also one of the most potentially profitable. In order to get the most value out of the meats purchased, it is important to understand how to select the right cut for a particular cooking method.

Fish & Shellfish ID & Fab.

Class Hrs: 12

Lab Hrs: 48

Fish and shellfish were once plentiful and inexpensive; however, due to increased popularity and more efficient, sophisticated fishing techniques, as well as the development and degradation of many coastal areas, demand has begun to outstrip supply. These factors have caused many countries to pass regulations limiting commercial fishing in specific waters, as well as aquaculture, or the farm raising of fish, to ensure reliable sources of fresh fish. The increased value of seafood demands that a chef must be familiar with a wide variety of fish, shellfish, and their sources; be able to select fish and shellfish of the best quality; and understand the best cooking method or methods to use in their preparation.

Culinary Fundamentals I

Class Hrs: 12

Lab Hrs: 48

An introduction to, and application of, fundamental cooking theories and techniques. Topics to be covered include: tasting, kitchen equipment, knife skills, classical vegetable cuts, stock production, thickening agents, soup preparation, grand sauces, timing, station organization, palate development, culinary French terms, and food costing.

Breakfast Cookery

Class Hrs: 10

Lab Hrs: 20

Breakfast Cookery introduces you to the basic skills necessary to prepare breakfast in a foodservice operation. Organizing and maintaining a smooth work flow on the breakfast line, the presentation and garnishing of food, basic methods of egg cookery (including omelet preparation), various quick breads, grains, fruit presentations, breakfast beverages, potatoes, and meat are emphasized.

Culinary Foundations III

Culinary Fundamentals II

Class Hrs: 18

Lab Hrs: 60

An introduction to the fundamental concepts and techniques of basic protein, starch, and vegetable cookery. Higher development of fundamental cooking theories and techniques from Culinary Fundamentals I will be continued. Emphasis is placed on the study of ingredients and an introduction to small sauces will be given. Expanded concepts of time lines and multi-tasking, station organization, culinary French terms and food costing will continue.

Supervisory Management

Class Hrs: 60

Lab Hrs: 0

An investigation of various management topics including leadership, training, motivation, delegation, problem solving, decision making, and conflict resolution as they relate to foodservice establishments.

The greatest challenge confronting hospitality managers today is the management of the human capital of their organization. Our industry is a fast paced, high energy, and at times, stressful environment which places extreme mental and physical demands on its employees. In this course we will explore this hard reality by focusing on the functions and skills required to effectively manage, lead, motivate, and retain these employees. Primary attention will be given to the personal and professional roles and responsibilities of a beginning first line / front line manager in our industry. We will discuss the concepts, theories, and principles as they relate to managing employees in the foodservice sector through the use of lecture, class discussion, case study analysis, and other ancillary material.

Charcuterie/Garde Manger

Class Hrs: 30

Lab Hrs: 60

This course introduces the main items of the cold kitchen: reception foods, plated appetizers, and buffet arrangements. Topics to be covered include: canapés, hot and cold hors d' oeuvres, appetizers, forcemeats, pâtés, galantines, terrines, sausages, and salads. Curing and smoking techniques for meat, seafood, and poultry items along with contemporary styles of presenting food and preparing buffets will be practiced.

Baking & Pastry

Class Hrs: 12

Lab Hrs: 48

To be successful in the baking and pastry arts, it is important to have a basic understanding of how baking ingredients function and how they react to each other. Knowledge of these principles and processes will not only help you to follow any formula and produce better quality products, but will also aid in developing formulas of your own creation.

Culinary Math

Class Hrs: 60

Lab Hrs: 0

This course consists of an exploration of standard units of measure and unit conversion, estimation, ratios and percents, product yield and yield application, recipe scaling and recipe costing as they relate to the foodservice industry. As a result of this practical math and their experience in the food-service industry, students often discover that they absorb and understand the new concepts because they make sense.

Culinary Foundations IV

Banquets & Catering

Class Hrs: 30

Lab Hrs: 60

Overview of traditional and contemporary banquet menus with an emphasis on quality, quantity, set-up, timing, service, event planning, and execution of large volume cooking and catering. Basic cooking and serving competencies will be reinforced and new skills specific to banquet preparation and serving will be taught. Topics to be covered include: contemporary American banquets, classical cuisine banquets, hot and cold buffet stations, special events, various styles of service, psychology of service, guest relations, the sequence of service, and professional standards for dining room personnel.

Nutrition

Class Hrs: 30

Lab Hrs: 0

Nutrition refers to the study of diet and health. It is through the comprehension of this study that we as foodservice professionals can accommodate and enrich various dietary preferences and restrictions. Meeting the dietary needs of today's lifestyles involves an understanding that people eat or don't eat certain foods for different reasons. The concerns of customers have moved beyond just the flavor and texture of food and now extend to a healthy diet full of nutritious high-quality foods.

Food Writing

Class Hrs: 60

Lab Hrs: 0

Food writing encompasses any kind of writing that focuses on food (or drink), be it a review of a restaurant down the street, an article on saffron or a wine tour of France, a story about helping grandma in the kitchen, or a collection of recipes for trout. And you can experience the deliciousness of food writing without gaining a single pound. Food writing requires a passion for food and the ability to summon its wonders in words. In this course, you will learn about the full spectrum of food writing - reviews, memoir, essay, articles, blogs, books - as well as such writing craft elements as description, structure, voice, and angles. You will also learn how and where to market your work. Whether you seek to write about producing, preparing, or just partaking of food, you will be shown how to spice your writing up.

International Cuisine

Class Hrs: 12

Lab Hrs: 48

Cuisine, like any cultural element of a society, has geographic, religious, and many other influences that shape its development. However, a cuisine – once developed – exerts influence on the culture of its land of origin as well as on any outside cultures in which it may come in contact. Elements of the cuisine may shape events or celebrations that become cultural norms, or assimilate into another culture, become intrinsic to it, and then work to shape or drive agricultural demands and practices.

Portfolio Development

Class Hrs: 30

Lab Hrs: 0

A showcase for achievements and abilities, it can be used to show samples of work, certificates, diplomas, awards, letters of commendation, letters of recommendation, grades and so on. Most often it is presented in a good quality three-ring binder, and the items it contains are inserted in plastic sheet protectors.

Externship

200 Hrs.

A supervised work experience designed to expand career knowledge while increasing speed, timing organization, and ability to handle cooking in an approved commercial foodservice and hospitality establishment. Students on externship will receive feedback from their supervisor and keep a journal recording and reflection on their work experience.