**GROSSMONT COLLEGE**

**COURSE OUTLINE OF RECORD**

Curriculum Committee Approval: 04/20/2021 GCCCD Governing Board Approval: 05/18/2021

**CULINARY ARTS 164 – INTERNATIONAL COOKING**

1. **Course Number Course Title Semester Units**

CA 164 International Cooking 3

**Semester Hours**

2 hours lecture: 32-36 hours 64-72 outside of class hours 3 hours lab: 48-54 hours

144-162 total hours

2. **Prerequisites**

A “C” grade or higher or “Pass” in Culinary Arts 165, 169 or equivalent.

**Corequisite**

None

**Recommended Preparation**

None

3. **Catalog Description**

A course exploring various international and ethnic food patterns and 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.

4. **Course Objectives**

The student will:

a. Examine various international and ethnic foods, including history, method of preparation and nutritional content.

b. Analyze economic, historical and religious factors influencing the development of food patterns.

c. Plan various cultural/ethnic menus in relation to nutrition, season, product availability and public demand.

d. Demonstrate methods of food preparation and handling of various cultural and ethnic foods.

e. Practice use of specialized equipment used in preparation of different cultural foods.

f. Demonstrate use and care of professional kitchen equipment

5. **Instructional Facilities**

a. Food Laboratory

b. Standard Classroom

6. **Special Materials Required of Student**

1. White chef’s coat
2. Chef’s toque (hat)
3. Chef’s checkered pants
4. Knives as required by instructors

e. Safe industry standard working shoes

7. **Course Content**

a. International food history.

b. Nutritional value.

c. Authenticity of ingredients.

d. Recipe techniques.

e. Culinary cultures: Asian, Italian, Mexican, Latin American, Middle Eastern, African and various regional areas of America and Europe.

f. Menu planning.

g. Food preparation.

8. **Method of Instruction**

a. Lecture and demonstrations.

b. Multimedia presentations.

c. Individual instruction.

d. Group discussion.

e. Product evaluation.

f. Monitoring laboratory sessions.

9. **Methods of Evaluating Student Performance**

1. Quizzes on assigned reading.
2. Laboratory evaluations of product preparation based on competency rubric.
3. Final exam composed of written responses to assigned reading and Chefs demonstration lectures.
4. Competency based midterm and final practical exam - time management/quality standards/technique/cleanliness/ communication, sanitation and safety)

10. **Outside Class Assignments**

1. Assigned reading from text.
2. Practice cooking techniques.
3. Building International cuisine vocabulary.
4. Weekly prep lists for lab preparation.
5. Research papers on specific cuisine and culture.

11. **Representative Texts**

a. Representative Text(s):

The International Culinary Schools at The Art Institutes. *International Cuisine*. Wiley 2008

b. Supplementary texts and workbooks:

None

**Addendum: Student Learning Outcomes**

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate varying cultural food production techniques, ingredients, cost and conditions for production.
  2. Define International cooking terms, ingredients and equipment.
  3. Plan, organize and execute cultural and ethnic food recipe preparation according to industry standards.