

Virginia Western Community College

HRI 207

American Regional Cuisine

Prerequisites

HRI 106, HRI 158, HRI 145 and HRI 219.

Course Description

Studies the distinct regional cooking styles of America and its neighbors. Emphasizes the indigenous ingredients as well as the cultural aspect of each region's cooking style. Includes the preparation of the various regional foods.

Semester Credits: 3 Lecture Hours: 2 Lab/Clinical/Internship Hours: 3

Required Materials

Textbook:

American Regional Cuisine's Food Culture and Cooking, Lou Sackett, David Haynes, Pearson, ISBN: 978-0-131-10936-0

Other Required Materials:

1. Supplies and/or tools:
 - a. Uniform consisting of: Chef Jacket with school logo and name, black & white checkered pants, neckerchief, slide, white apron, white chef hat, black closed heel and toe, non-skid shoes.
 - b. Knife Kit. Only the kit sold in the VWCC bookstore will be acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand.
 - c. Notebook, PEN, calculator, Sharpie Marker
 - d. Pocket bimetallic stem thermometer. Digital is ok, but standard will do. Students should provide their own stapler and pencil sharpener as these items are not provided in the classrooms and students should not be sent to the division office to use these items.

Course Outcomes

At the completion of this course, the student should be able to:

- Identify and prepare various cuisines from 11 culinary regions.
- Identify basic cooking principles that are essential to proper presentation of the recipe.
- Identify the importance of understanding that for a superior dish you must start with high-quality ingredients.
- Make, create, and utilize various recipes from all 11 regions.
- Understand Mise en Place.
- Have an understanding of sanitation in food service.
- Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.

- Understand and exemplify professionalism
- Demonstrate conflict resolution skills
- Demonstrate integrity
- Demonstrate team work skills
- Demonstrate diversity awareness
- Demonstrate effective speaking and listening skills
- Demonstrate critical thinking and problem solving skills
- Demonstrate healthy behaviors and safety skills
- Demonstrate time, task and resource management skills
- Demonstrate job specific mathematic skills
- Demonstrate a positive work ethic
- Read and follow a recipe
- Demonstrate knowledge of the cuisines of the various regions of the U.S.
- Demonstrate presentation techniques
- Demonstrate various cooking techniques
- Demonstrate various knife skills
- Identify and fabricate meats, poultry, seafood, and shellfish
- Identify various soups and stocks
- Demonstrate scaling and measurement techniques, using weight and volume.

Topical Description

Week 1 Introduction/Assign Project/Review of Culinary Procedures & Sanitation

Week 2 Ch. 1: Cuisine of New England

Lecture:

- Historic and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 3 Ch. 2: Cuisine of the Mid-Atlantic States

Lecture:

- Historic and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 4 Ch. 3: Cuisine of the South

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 5 Ch. 4: Floribbean Cuisine

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 6 Ch. 5: Louisiana Cajun and Creole Cuisine

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 7 Review for Written Mid-Term & Practical Mid-Term

Ch. 6: Cuisine of the Central Plains

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 8 Written Mid-Term & Practical Mid-Term Mystery Box

Week 9 Ch. 7: Texas and Tex-Mex Cuisine

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 10 Ch. 8: Southwest & Rocky Mountain Cuisine

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 11 Ch. 9: California Cuisine

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 12 Ch. 10: Northwest Cuisine

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 13 Ch. 11: Hawaiian Cuisine

Lecture:

- History and World Culinary Influences
- Components

Lab: Recipes/Menu

Week 14 Thanksgiving Holiday – No Class

Week 15 Practical Final Exam

Week 16 Written Final Exam & Clean Up

Notes to Instructors

- Rubric used to grade final exam.