**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.