

**Virginia Western Community College**  
**Course Number**  
**Course Title**

**Prerequisites**

HRI 106, HRI 158, HRI 145 and HRI 219

**Course Description**

Introduces the concepts of cultural differences and similarities and the preparation of the food specialties of the major geographical areas of the world. Focuses on emerging cuisines as they become popular.

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

**Required Materials****Textbook:**

International Cuisine by Jeremy MacVeigh. First Edit Delmar Cengage Learning, New York. 9781418049652

**Other Required Materials:**

- a) Two full uniforms consisting of: chef jacket with school logo and name, black & white checkered pants, neckerchief, slide, white apron, and chef hat, and black closed heel and toe, nonskid shoes.
- b) Knife kit. Only the kit sold in the campus bookstore will be acceptable. 7-Piece kit with knife roll and garnishing kit. Mercer Brand.
- c) Notebook, pens, etc.
- d) Pocket bimetallic stem thermometer (digital or standard).

**Course Outcomes**

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

- 1) Identify and prepare various cuisines from 18 culinary regions.
- 2) Understand the 18 culinary regions history of culinary arts.
- 3) Make, create, and utilize various foods and recipes from all 18 regions.
- 4) Have a greater understanding that for a superior dish you must start with high quality ingredients.
- 5) Understand Mise en Place
- 6) Have a greater understanding of sanitation in food service.
- 7) Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.

**Topical Description**

Week 1 Introduction/Assign Project

Week 2 Chapters 1, 2 Middle East & Greek Cuisine  
Lecture:

- Historic Culinary Influences
- Unique Components
- Significant Sub-Regions

Lab: Recipes/Menu

Week 3 Chapter 3 Eastern European Cuisine

Lecture:

- Historic Culinary Influences
- Unique Components
- Significant Sub-Regions

Lab: Recipes/Menu

Week 4 Chapter 4 Italian Cuisine

Quiz on Chapters 1, 2, & 3

Lecture:

- Historic Culinary Influences
- Unique Components
- Significant Sub-Regions

Lab: Recipes/Menu

Week 5 Chapter 5 French Cuisine

Lecture:

- Historic Culinary Influences
- Unique Components
- Significant Sub-Regions

Lab: Recipes/Menu

Week 6 Chapter 6 British Isles Cuisine

Lecture:

- Historic Culinary Influences
- Unique Components
- Significant Sub-Regions

Lab: Recipes/Menu

Week 7 Chapter 7 German Cuisine

Lecture:

- Historic Culinary Influences
- Unique Components

- Significant Sub-Regions
- Lab: Recipes/Menu
- Week 8      Written Mid-Term & Practical Mid-Term
- Chapters 8, 9 Scandinavian & Russian Cuisine Lecture:
- Historic Culinary Influences
  - Unique Components
  - Significant Sub-Regions
- Lab: Recipes/Menu
- Week 9      Spring Break
- Week 10     Chapter 10 Iberian Cuisine
- Lecture:
- Historic Culinary Influences
  - Unique Components
  - Significant Sub-Regions
- Lab: Recipes/Menu
- Week 11     Chapter 11 North African Cuisine
- Lecture:
- Historic Culinary Influences
  - Unique Components
  - Significant Sub-Regions
- Lab: Recipes/Menu
- Week 12     Chapter 12 Caribbean Cuisine
- Lecture:
- Historic Culinary Influences
  - Unique Components
  - Significant Sub-Regions
- Lab: Recipes/Menu
- Week 13     Chapters 13, 14 Mexican & South American Cuisine
- Quiz on Chapters 10, 11, & 12
- Lecture:
- Historic Culinary Influences
  - Unique Components
  - Significant Sub-Regions
- Lab: Recipes/Menu
- Week 14     Chapter 15 Subcontinent of Indian Cuisine

Lecture:

- History Culinary Influences
- Unique Components
- Significant Sub-Regions

Lab: Recipes/Menu

Week 15      Final Practical Chapter 16, 17, & 18  
Southeast Asian, Chinese, & Japanese Cuisine

Week 16      Written Final Exam & Clean Up

**Notes to Instructors**

- None