

Virginia Western Community College

CUL 207

American Regional Cuisine

Prerequisites

CUL 106, HRI 158, and CUL 219.

VCCS 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.

VWCC Discipline Specific Course Description

N/A

Semester Credits: 3

Lecture Hours: 2

Lab Hours: 3

Required Materials

1. 2 full uniforms, consisting of: chef jacket with school logo and name embroidered, black & white chef check pants, white apron, white Baker's Cap, closed-heel, closed toe, non-skid shoes.
2. Knife kit – only the kit sold at the VWCC bookstore is acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand.
3. Pen, pencil, calculator.
4. Bi-metallic stemmed thermometer, dial or digital, Black Sharpie Marker
5. A 3-D knife cut model kit, sold in the VWCC bookstore is highly recommended.

Textbook

American Regional Cuisine, Michael F Nenes CEC, CCE, 3rd edition Wiley, ISBN: 978-1-118-52396-4

Other Required Materials:

- a. Knife Kit. Only the kit sold in the VWCC bookstore will be acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand.
- b. Notebook, PEN, calculator, Sharpie Marker
- c. 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.

VCCS COURSE OUTCOMES

N/A

Note to Instructors

Rubric used to grade final exam

VWCC AND DISCIPLINE SPECIFIC 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.

VCCS TOPICAL DESCRIPTIONS

- N/A

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS

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

[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)

