

Virginia Western Community College

CUL 206

International Cuisine

Prerequisites

CUL 106, HRI 158, and CUL 219

VCCS 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.

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

International Cooking A Culinary Journey by Patricia Heyman 3rd edition ISBN#: 9780133815238

Other Required Materials:

- a) Knife kit. Only the kit sold in the campus bookstore will be acceptable. 7-Piece kit with knife roll and garnishing kit. Mercer Brand.
- b) Notebooks, pens, etc.
- c) Pocket bimetallic stem thermometer (digital or standard).

VCCS COURSE OUTCOMES

- N/A

Note to Instructors

None

VWCC AND DISCIPLINE SPECIFIC 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.

VCCS TOPICAL DESCRIPTIONS

- N/A

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS

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

[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)

