### PROGRAM FOCUS

#### GENERAL EDUCATION
- **HECO1322**
  - Nutrition

#### PROFESSIONAL TRACKS

#### QUARTERS 1-2
- **CUL102**
  - Fundamentals of Classical Techniques
- **CUL104**
  - Concepts and Theories of Culinary Techniques
- **CUL137**
  - Sustainable Purchasing and Controlling Costs
- **CUL152**
  - Latin Cuisine
- **CUL215**
  - Management, Supervision and Career Development
- **CUL248**
  - Introduction to Baking and Pastry Techniques

#### QUARTERS 3-4
- **CUL141**
  - American Regional Cuisine
- **CUL254**
  - Artisan Breads and Baking Production
- **CUL255**
  - European Cakes and Tortes
- **CUL264**
  - Advanced Patisserie and Display Cakes
- **CUL265**
  - Chocolate, Confections and Centerpieces

Please visit our Student Consumer Information page to find the average time to completion for continuously enrolled students for each credential level offered. This data is available at the average credit load, full-time or at full load. Changing programs, beginning programs at the mid-term start date, taking remedial courses, taking time off from coursework, registering for fewer hours or unsuccessful attempts at course completion will increase the total length of the program and overall cost of education from what is disclosed. Transfer credits awarded toward your program will likely decrease the overall length and cost of education.

Course descriptions for elective and general education courses can be referenced in the catalog.

**STUDENT CONSUMER INFORMATION:**
https://www.artinstitutes.edu/san-antonio/student-consumer-information

This is a sample schedule only. Schedule subject to change without notice at the discretion of the school.

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CUL102  FUNDAMENTALS OF CLASSICAL TECHNIQUES
The fundamental concepts, skills and techniques involved in basic cookery are covered in the course. Students learn the preparation of stocks, broths, glazes, soups, thickening agents, the grand sauces and emulsion sauce. Lectures and demonstrations teach organizational skills in the kitchen, work coordination and knife skills. The basics of vegetable cookery, starch cookery, and meat, fish and poultry cookery are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying. Students must successfully pass a practical cooking examination covering a variety of cooking techniques.
Prerequisite(s): None
Credits: 6

CUL104  CONCEPTS & THEORIES OF CULINARY TECHNIQUES
The fundamental concepts, theories and techniques involved in basic cookery are covered in the course. Special emphasis is given to the study of ingredients and cooking theories. Lectures teach organization skills in the kitchen and work coordination. The basics of stocks, soups, sauces, vegetable cookery, starch cookery, meat and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying.
Prerequisite: None
Credits: 3

CUL137  SUSTAINABLE PURCHASING & CONTROLLING COSTS
This course introduces the student to the methodologies and tools used to control costs and purchase supplies. This course helps the student value the purchasing, planning, and control processes in the food and beverage industry. Primary focus is on supplier selection, planning, and controlling costs, with an emphasis on the study of sustainable products and approaches. Topics include planning and controlling costs using budgeting techniques, standard costing, standardized recipes, performance measurements, and food, beverage, and labor cost controls.
Prerequisite: None
Credits: 3

CUL141  AMERICAN REGIONAL CUISINE
This course reinforces the knowledge and skill learned in the preceding classes and helps students build confidence in the techniques of basic cookery. The development of knife skills is accentuated. American regional cuisine explores the use of indigenous ingredients in the preparation of traditional and contemporary American specialties. The concepts of mise en place, time-lines, plate presentation, and teamwork in a production setting are introduced and accentuated. Timing and organization skills are emphasized.
Prerequisite(s): CUL102, CUL104
Credits: 6

CUL152  LATIN CUISINE
This course emphasizes both the influences and ingredients that create the unique character of selected Latin cuisines. Students prepare, taste, serve, and evaluate traditional, regional dishes of Mexico, South America and the Caribbean Islands. Importance will be placed on ingredients, flavor profiles, preparations, and techniques representative of these cuisines.
Prerequisite(s): CUL102, CUL104
Credits: 3

CUL215  MANAGEMENT, SUPERVISION & CAREER DEVELOPMENT
This is a multifaceted course which focuses on managing people from the hospitality supervisor’s viewpoint, developing job search skills, and either completing a minimum 90 hours of field experience or verifying a minimum 300 hours industry experience. The management emphasis is on techniques for increasing productivity, controlling labor costs, time management, and managing change. It also stresses effective communication and explains the responsibilities of a supervisor in the food service industry. Students develop techniques and strategies for marketing themselves in their chosen fields. Emphasis will be placed on students assessing their more marketable skills, developing a network of contacts, generating interviews, writing a cover letter and résumé, preparing for their employment interview, developing a professional appearance, closing, and interview follow-up. The field experience requires supervised, verifiable experience in the culinary field with a minimum of 90 work hours in food production. Students are responsible for securing the field experience site and may seek assistance through The Institute. The field experience is a semistructured and supervised situation in which students receive basic training and directed work experience in selected entry-level positions consistent with career preference. Emphasis is on job competence, performance, professionalism, and work relations.
Prerequisite: None
Credits: 3

CUL248  INTRODUCTION TO BAKING & PASTRY TECHNIQUES
This course is a combination of theory, lecture, demonstration, and hands-on production to provide an introduction to baking and pastry techniques for use in a commercial kitchen. Special focus is placed on the study of ingredient functions, product identification, and weights and measures as applied to baking and pastry techniques. Instruction is provided on the preparation of yeast-raised dough mixing methods, roll-in doughs, pie doughs, basic cake mixing methods, fillings, icings, pastry cream, and frosting techniques. Emphasis is also placed on dessert plating and presentation. Students must pass a practical exam.
Prerequisite: None
Credits: 6

CUL254  ARTISAN BREADS & BAKING PRODUCTION
This course provides the information, tools and instruction to gain proficiency in the preparation of a variety of artisan breads. Emphasis will be placed upon learning to mix, ferment, shape, bake and store handcrafted breads. Students will focus on traditional fermentation, as well as other aspects of the science of the ingredients. Students learn assembly speed and increased their proficiency in meeting production deadlines with quality products.
Prerequisite: CUL248
Credits: 6

CUL255  EUROPEAN CAKES & TORTE
Students will build on methods previously learned in Introduction to Baking and Pastry, and apply those skills into new products to create more elaborate cakes and gateaux using complex finishing methods by applying glazes, using decorative sponges, and building multi-component cakes. Topics to be covered include comparison of classical and modern preparations; classical cakes; and glazed, iced, molded, and cream-filled tortes.
Prerequisite: CUL248
Credits: 3

CUL264  ADVANCED PATISSERIE & DISPLAY CAKES
This course explores the techniques of plated desserts and the theory behind building edible art of A la Carte service, competition or banquet functions. Methods and procedures for producing high quality specialty decorated cakes, as well as the design, assembly, and decorating of wedding cakes will be introduced.
Prerequisite: CUL248
Credits: 6

CUL265  CHOCOLATE, CONFECTIONS & CENTERPIECES
Students are introduced to the fundamental concepts, skills, and techniques of chocolates and confections. Students are introduced to the basic techniques involved in forming simple centerpieces. Lectures and demonstrations teach chocolate tempering, candy production and the rules that apply when creating centerpieces.
Prerequisite: CUL248
Credits: 6

GENERAL EDUCATION REQUIREMENTS
(All courses are 4 CREDITS)*
HECO1322  NUTRITION

Course descriptions describe the learning opportunities that are provided through the classroom and coursework. It is each student’s responsibility to participate in the activities that will lead to successfully meeting the learning outcomes.