Culinary Arts

QUARTERS 1-2

CUL102
Fundamentals of Classical Techniques

CUL104
Concepts and Theories of Culinary Techniques

CUL137
Sustainable Purchasing and Controlling Costs

CUL141
American Regional Cuisine

CUL152
Latin Cuisine

CUL215
Management, Supervision and Career Development

CUL345
World Cuisine

HECO1322
Nutrition

QUARTERS 3-4

CUL201
Garde Manger

CUL244
Asian Cuisine

CUL248
Introduction to Baking and Pastry Techniques

CUL252
Food and Beverage Operations Management

CUL261
À la Carte Kitchen

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.

© 2019. The Arts Institutes International LLC. All rights reserved.

073019
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: None
Credits: 6

CUL104 CONCEPTS & THEORIES OF CULINARY TECHNIQUES
The fundamental concepts, skills and techniques involved in basic cookery are covered in this 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 provides 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

CUL201 GARDE MANGER
This course provides students with skills and knowledge of the organization, equipment and responsibilities of the “cold kitchen.” Students are introduced to and prepare cold hors d’ oeuvres, sandwiches, salads, as well as basic charcuterie items while focusing on the total utilization of product. Reception foods and buffet arrangements are introduced. Students must pass a written and practical exam.
Prerequisite: CUL102, CUL104
Credits: 6

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 selection 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 select entry-level positions consistent with career preference. Emphasis is on job competence, performance, and professionalism, and work relations.
Prior work experience or field study experience requires supervised, verifiable experience in the culinary field with a minimum of work hours in food production. Students are responsible for securing the field experience site and may seek assistance through The Institute. Field Experience is a semistructured and supervised situation in which students receive basic training and directed work experience in select entry-level positions consistent with career preference. Emphasis is on job competence, performance, and professionalism, and work relations.
Prerequisite(s): CUL102, CUL104
Credits: 6

CUL225 FOOD & BEVERAGE OPERATIONS MANAGEMENT
This course addresses front-of-the-house operations and is designed to provide students with an introduction from a managerial perspective of providing exceptional service to increasingly sophisticated and demanding guests. Survey of the world’s leading wines classified by type, as well as other distilled beverages. Topics covered include the management and training of personnel to be responsible, professional alcohol servers, product knowledge, the income statement, job descriptions, sales, forecasting, and cost control. The students will produce a complete dining room and bar operation manual. This project should be saved on diskette or jump drive, as it will be used during Capstone or the development of a business plan.
Prerequisite(s): None
Credits: 3

CUL244 ASIAN CUISINE
This course emphasizes both the influences and ingredients that create the unique character of selected Asian cuisines. Students prepare, taste, serve, and evaluate traditional, regional dishes of the four regions of China, Japan, Korea, Vietnam, Thailand, and Indonesia. Importance will be placed on ingredients, flavor profiles, preparations, and techniques representative of these cuisines.
Prerequisite(s): CUL102, CUL104
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 finishing techniques. Emphasis is also placed on dessert plating and presentation. Students must pass a practical exam.
Prerequisite(s): None
Credits: 6

CUL252 WORLD CUISINE
This course emphasizes both the influences and ingredients that create the unique character of selected World cuisines. Students prepare, taste, serve, and evaluate traditional, regional dishes of Spain, Middle East, Turkey, Greece, Africa, and India. Importance will be placed on ingredients, flavor profiles, preparations, and techniques representative of these cuisines.
Prerequisite(s): CUL102, CUL104
Credits: 3

GENERAL EDUCATION REQUIREMENTS
(All courses are 4 CREDITS)*

HECO1322 NUTRITION
*Course descriptions for general education and elective courses can be found in the catalog.