Culinary Arts Courses: Part 1

Cooking Principals
Course Code 8791 (20S)

- introduction to food services
- basics of food production
- hand tools and kitchen equipment
- Food Safe, Sanitation and Hygiene certification
- cooking principles and methods
- techniques for visually appealing plated food

Breakfast and Dairy
Course Code 8796 (40S)

- preparation of egg products and a wide range of breakfast items
- produce breakfast meats and quick breads
- theory and preparation of dairy products and beverages

Stocks, Soups & Sauces
Course Code 8795 (40S)

- production of a variety of stocks
- classifications and service of soups
- production of the Five Mother sauces and secondary sauces

Meats, Poultry, Fish & Seafood
Course Code 8798 (40S)

- composition, structure and inspection of meats and poultry
- deboning and fabrication of various types of meats
- fish, seafood and crustacean identification and preparation

Culinary Arts Part 2

Patisserie and Baking
Course Code 8793 (30S)

- understanding types of flours, bakeshop ingredients and their uses
- production of yeast and non-yeast doughs and products
- preparation of quick breads, cookies, pastries, pies, and cakes

Menu Planning and Food Costing
Course Code 8797 (40S)

- structure and use of recipes
- culinary math
- nutritional requirements and special diets
- food costing
- menu planning

Vegetables, Fungi, Starches, and Farinaceous Products
Course Code 8794 (30S)

- theory and preparation of fruits and vegetable cookery
- production of a variety of potato, rice, and pasta dishes
- working with a variety of legumes and types of grains

Garde Manger
Course Code 8792 (30S)

- preparation of salads and salad dressings
- production of hors d'oeuvres, sandwiches and canapés
- garnishing, plating techniques, and buffet setup

The student, in consultation with the teacher, will develop a program to suit the student's individual interest such as ethnic cooking, haute cuisine, short order or meat cutting. Instruction is available to students wishing to participate in culinary competitions.