

**CENTRAL TEXAS COLLEGE**  
**CHEF 1341**  
**American Regional Cuisine**

**Semester Hours Credit: 3**

**INSTRUCTOR:** \_\_\_\_\_

**OFFICE HOURS:** \_\_\_\_\_

**I. COURSE DESCRIPTION**

- A. A study of the development of regional cuisine in the United States with emphasis on the similarities in production and service systems. Applications of skills to develop, organize, and build a portfolio of recipe strategies and production systems.
- B. This course, CHEF 1341, American Regional Cuisine, is a required course in the Culinary Arts Degree, is a selective technical elective course in the Restaurant and Culinary Management Degree, Culinary Arts Certificate of Completion, and Restaurant Skill Certificate of Completion.
- C. This course is occupationally related and serves as preparation for jobs in the Culinary Arts, Restaurant and Culinary Management Degree Plans. It is also related to Culinary Arts, Restaurant Skills, and Intuition Food Service Certificates.
- D. Prerequisite: CHEF 1301, Basic Food Preparation
- E. Alphanumeric coding used throughout this syllabus denotes integration of the Secretary's Commission on Achieving necessary Skills (SCANS) occupational competencies (CA, C1, 2, B, etc.) for this course. The instructor will ensure the designated SCANS competencies and skills are addressed in the course. A detailed description of each competency/Skill is contained in "A SCANS Report for America 2000," Executive Summary is furnished.

**II. LEARNING OUTCOMES**

Upon successful completion of this course, CHEF 1341 American Regional Cuisine Course, the student will be able to:

- A. Give a brief history of each region of the United States.
- B. Describe quality food service tools and equipment used in a modern kitchen.

- C. Prepare, describe, and identify recipes and staple foods associated with the New England States.
- D. Prepare, describe, and identify recipes and staple foods associated with the Mid-Atlantic States.
- E. Prepare, describe, and identify recipes and staple foods associated with the Deep South.
- F. Prepare, describe, and identify recipes and staple foods associated with Floribbean Cuisine.
- G. Prepare, describe, and identify recipes and staple foods associated with Cajun and Creole Cuisines.
- H. Prepare, describe, and identify recipes and staple foods associated with the cuisine of the Central Plains.
- I. Prepare, describe, and identify recipes and staple foods associated with Tex-Mex Cuisine.
- J. Prepare, describe, and identify recipes and staple foods associated with cuisine of the American Southwest.
- K. Prepare, describe, and identify recipes and staple foods associated with cuisine of the Rocky Mountain States.
- L. Prepare, describe, and identify recipes and staple foods associated with cuisine of California.
- M. Prepare, describe, and identify recipes and staple foods associated with the cuisine of the Pacific Northwest.
- N. Prepare, describe, and identify recipes and staple foods associated with the cuisine of the Hawaiian Islands.

### **III. SCANS COMPETENCIES:**

The following Scans competencies and foundation skills will be covered in this course:

- 1. Competencies
  - a. Resources
    - (1) Time **(C1)**
    - (2) Money/budget **(C2)**
    - (3) Materials/facilities **(C3)**

- (4) Human Resources (C4)
  - b. Interpersonal Skills
    - (1) Teamwork (C9)
    - (2) Teaches others (C10)
    - (3) Leadership (C12)
    - (4) Works with Diversity (C14)
  - c. Information
    - (1) Acquires/evaluates (C5)
    - (2) Organizes/maintains (C6)
    - (3) Interprets/communicates (C8)
  - d. Systems
    - (1) Understands (C15)
    - (2) Monitors/corrects (C16)
    - (3) Improves/designs (C17)
2. Foundation Skills
- a. Basic Skills
    - (1) Reading (F1)
    - (2) Writing (F2)
    - (3) Arithmetic (F3)
    - (4) Listening (F5)
    - (5) Speaking (F6)
  - b. Thinking Skills
    - (1) Knowing How to Learn (F11)
    - (2) Reasoning (F6)
  - c. Personal Qualities
    - (1) Responsibility (F13)
    - (2) Self-esteem (F14)
    - (3) Sociability (F15)
    - (4) Self-management (F16)
    - (5) Integrity/honesty (F17)

#### IV. INSTRUCTIONAL MATERIALS

- A. The instructional materials identified for this course are viewable through [www.ctcd.edu/books](http://www.ctcd.edu/books)
- B. Additional reference: The United States “A Culinary Discovery”, Culinaria, Konemann, 1996, (ISBN 3-8290-0259-9)
- C. Additional references may be required that are available in the Central Texas College Library.
- D. A fully equipped kitchen furnished with proper tools and equipment is required for this course.

## V. COURSE REQUIREMENTS

- A. Reading Assignments: Read text assignments prior to class and be prepared to discuss the text material, answering instructor questions orally with well-organized thoughts and ideas. **(F1, F4, F5, F11, C3)**
- B. Class Attendance: (Refer to CTC Catalog, Page 43, for detailed policy). You are expected to attend each class period, be on time and stay the full class period or be counted absent. You are responsible for all course material missed due to absence. The instructor does not provide class notes for classes missed. **(F1, F4)**
- C. Equipment:
  - a. 1 each, CTC Hospitality logo, long sleeve classic chef jacket
  - b. 1 each, black and white check chef pants
  - c. 1 each, CTC Hospitality logo cap
  - d. 1 each, bib apron (solid black or solid white)
  - e. 1 pair black safety shoes
  - f. 6 Piece Knife set with carry case to include Sharpening Steel, Paring Knife, Boning Knife, Sandwich Knife, French Chef Knife & Narrow Slicer.
  - g. Instant-read food thermometer
  - h. A fully equipped kitchen furnished with proper tools and equipment is required for this course.

## VI. EXAMINATIONS

- A. There will be two examinations.
  - 1. Exam 1 (Mid-Term)
  - 2. Exam 2 (Final Exam)
- B. A student must be present for all examinations. No make-up examinations will be given. Students who know in advance that they will be absent from an examination due to valid reasons must arrange to take an early examination. Unexpected absences due to illness or extenuating circumstances will require the student to see the instructor about individual make-up work in lieu of the missed examination.
- C. Students without excused absences will be given a zero for the missed examination.
- D. The instructor will publish specific examination dates and will give an in-class review concerning the nature and type of test questions to be given.

## VII. SEMESTER GRADE COMPUTATIONS

A.	Exam 1 (Mid-Term)	100 points	10%
	Exam 2 (Final Exam)	200 points	20%
	Lab Evaluation (Hands on)	350 points	35%
	Management Lab Eval.	50 points	5%
	Costing analysis	100 points	10%
	<u>Quizzes (5 @ 40 pts each)</u>	<u>200 points</u>	<u>20%</u>
	<b>Total Points</b>	<b>1000 points</b>	<b>100%</b>

**A** (1000 – 900) **B** (899 – 800) **C** (799 – 700) **D** (699 – 600) **F** (Below 600)

1. Lab points are awarded on Mise en place and plate presentations, Sanitation, Team leader (Executive Chef) reports due after class period, Professional readiness, and understanding of techniques, recipe successfulness.

B. A student must take the final examination to receive a grade for this course.

### **VIII. NOTES AND ADDITIONAL INSTRUCTIONS FROM COURSE INSTRUCTOR**

A. Course Withdrawal: It is the student's responsibility to officially withdraw from a class if circumstances prevent attendance. Any student who desires to, or must, officially withdraw from a course after the first scheduled class meeting must file a Central Texas College Application for Withdrawal (CTC Form 59). The Withdrawal form must be signed by the student.

CTC Form 59 will be accepted at any time prior to Friday, the 12th week of classes during the 16-week fall and spring semesters. The deadline for sessions of other lengths is:

Friday of 3<sup>rd</sup> week for 5-week courses  
 Friday of 4<sup>th</sup> week for 6-week courses  
 Friday of 6<sup>th</sup> week for 8-week courses  
 Friday of 7<sup>th</sup> week for 10-week courses  
 Friday of 9<sup>th</sup> week for 12-week courses  
 Friday of 12<sup>th</sup> week for 16-week courses

The equivalent date (75% of the semester) will be used for sessions of other lengths. The specific last day to withdraw is published each semester in the Schedule Bulletin.

A student who officially withdraws will be awarded the grade of "W", provided the student's attendance and academic performance are satisfactory at the time of official withdrawal. Students must file a withdrawal application with the College before they may be considered for withdrawal.

A student may not withdraw from a class for which the instructor has previously issued the student a grade of "F" or "FN" for nonattendance.

- B. Administrative Withdrawal: An administrative withdrawal may be initiated when the student fails to meet College attendance requirements. The instructor will assign the appropriate grade on CTC Form 59 for submission to the registrar.
- C. Incomplete Grade: The College catalog states, "An incomplete grade may be given in those cases where the student has completed the majority of the course work but, because of personal illness, death in the immediate family, or military orders, the student is unable to complete the requirements for a course..." Prior approval from the instructor is required before the grade of "I" is recorded. A student who merely fails to show for the final examination will receive a zero for the final and an "F" for the course.
- D. Cellular Phones and Electronic Devices: Cellular phones and electronic devices will be turned off while the student is in the classroom or laboratory.
- E. Americans with Disabilities Act (ADA): Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at [www.ctcd.edu/disability-support](http://www.ctcd.edu/disability-support) for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.
- F. Instructor Discretion: **The instructor reserves the right of final decision in course requirements.**
- G. Civility: Individuals are expected to be cognizant of what a constructive educational experience is and respectful of those participating in a learning environment. Failure to do so can result in disciplinary action up to and including expulsion.
- H. Honesty and Integrity: All students are required and expected to maintain the highest standards of scholastic honesty in the preparation of all course work and during examinations. The following will be considered examples of scholastic dishonesty:
  - 1. *Plagiarism*: The taking of passages from writing of others without giving proper credit to the sources.
  - 2. *Collusion*: Using another's work as one's own; or working together with another person in the preparation of work, unless joint preparation is specifically approved in advance by the instructor.

3. *Cheating*: Giving or receiving information on examinations.

Students guilty of scholastic dishonesty will be administratively dropped from the course with a grade of “F” and will be subject to disciplinary action.

- I. Feedback:

1. *Instructor*: As your instructor I will organize and present the course material in a manner designed to facilitate the learning process. I will evaluate your progress periodically via writing assignments and exams and provide feedback on your performance via exam scores, exam critiques, and critique of your writing assignments, etc. I am also available before and after each class period and during office hours to discuss your performance and answer questions.
2. *Student*: **As the student you are ultimately responsible for your success in this course.** It is your responsibility to attend class regularly, prepare for class by reading assigned text material, participate in class discussions, ask questions when required to improve your understanding, prepare for and complete exams, and complete all other assignments.

## IX. COURSE OUTLINE

- A. **Unit One**: *Chapter 1-2; The Cuisine of New England, and The Cuisine of the Mid-Atlantic States*

1. **Unit Objectives**: Upon successful completion of this unit, the student will be able to:
  - a. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the New England region.
  - b. Explain the cooking methods used in the New England region.
  - c. Create a menu using the New England cuisine as the theme.
  - d. Prepare and present New England cuisine to students and guests.
  - e. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the cuisine of the Mid-Atlantic States.
  - f. Explain the cooking methods used in the cuisine of the Mid-Atlantic States.
  - g. Create a menu using the cuisine of the Mid-Atlantic States as the theme.

- h. Prepare and present the cuisine of the Mid-Atlantic States to students and guests.
2. Learning Activities:
    - a. Classroom lecture and discussion (**F1**)
    - b. Demonstration in kitchen (**F2, F3, FC4, F6,**)
    - c. Laboratory exercises in kitchen (**C1, C2, C3, C4, C5, C6, C9, C10, C11, C12, C14, F2, F4 F5,F6 F7, F8, F9**)
  3. Equipment and Materials: A completely equipped kitchen.
  4. Unit Outline: Follow the sequence of the unit objectives.
- B. **Unit Two:** *Chapters 3-4;The Cuisine of the Deep South, and Floribbean Cuisine*
1. Unit Objectives: Upon successful completion of this unit the student will be able to:
    - a. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the cuisine of the Deep South.
    - b. Explain the cooking methods used in the Deep South region.
    - c. Create a menu using the Deep South cuisine as the theme.
    - d. Prepare and present Deep South and cuisine to students and guests.
    - e. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the Floribbean cuisine.
    - f. Explain the cooking methods used in the Floribbean cuisine.
    - g. Create a menu using the Floribbean cuisine as the theme.
    - h. Prepare and present the Floribbean cuisine to students and guests.
  2. Learning Activities:
    - a. Classroom lecture and discussion (**F1**)
    - b. Demonstration in kitchen (**F2, F3, FC4, F6**)
    - c. Laboratory exercises in kitchen (**C1, C2, C3, C4, C5, C6, C9, C10, C11, C12, C14, F2, F4 F5,F6 F7, F8, F9**)
  3. Equipment and Materials: A completely equipped kitchen.
  4. Unit Outline: Follow the sequence of the unit objectives.

C. **Unit Three:** *Chapters 5-6; The Cuisine of Cajun & Creole, and the Cuisine of the Central Plains*

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:
  - a. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the Cajun and Creole cuisine.
  - b. Explain the cooking methods used in the Cajun and Creole cuisine.
  - c. Create a menu using the Cajun and Creole cuisine as the theme.
  - d. Prepare and present the Cajun and Creole cuisine to students and guests Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the cuisine of the Central Plains.
  - e. Explain the cooking methods used in the Central Plains region.
  - f. Create a menu using the Central Plains cuisine as the theme.
  - g. Prepare and present Central Plains and cuisine to students and guests.
2. Learning Activities:
  - a. Classroom lecture and discussion (F1)
  - b. Demonstration in kitchen (F2, F3, FC4, F6)
  - c. Laboratory exercises in kitchen (C1, C2, C3, C4, C5, C6, C9, C10, C11, C12, C14, F2, F4 F5,F6 F7, F8, F9)
3. Equipment and Materials: A completely equipped kitchen.
4. Unit Outline: Follow the sequence of the unit objectives.

D. **Unit Four:** *Chapter 7-8; The Cuisine of the Tex-Mex, The Cuisine of The Southwest and Rocky Region*

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:
  - a. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the Tex-Mex cuisine.
  - b. Explain the cooking methods used in the Tex-Mex cuisine.
  - c. Create a menu using the Tex-Mex cuisine as the theme.

- d. Prepare and present the Tex-Mex cuisine to students and guests.
  - e. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the cuisine of the Rocky Mountain States.
  - f. Explain the cooking methods used in the cuisine of the Rocky Mountain States.
  - g. Create a menu using the cuisine of the Rocky Mountain States as the theme.
  - h. Prepare and present the cuisine of the Rocky Mountain States to students and guests
2. Learning Activities:
- a. Classroom lecture and discussion (F1)
  - b. Demonstration in kitchen (F2, F3, FC4, F6)
  - c. Laboratory exercises in kitchen (C1, C2, C3, C4, C5, C6, C9, C10, C11, C12, C14, F2, F4 F5,F6 F7, F8, F9)
3. Equipment and Materials: A completely equipped kitchen.
4. Unit Outline; Follow the sequence of the unit objectives.

F. **Unit Five:** *Chapter 9-11; The Cuisine of California, The Cuisine of the Pacific Northwest, and Cuisine of Hawaii.*

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:
- a. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the cuisine of California.
  - b. Explain the cooking methods used in the cuisine of California.
  - c. Create a menu using the cuisine of California theme.
  - d. Prepare and present the cuisine of California to students and guests
  - e. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the cuisine of the Pacific Northwest.
  - f. Explain the cooking methods used in the cuisine of the Pacific Northwest.
  - g. Create a menu using the cuisine of the Pacific Northwest as the theme.

- h. Prepare and present the cuisine of the Pacific Northwest to students and guests
- i. Understand the cultural background of this region and be able to discuss the ethnic backgrounds that coexist in the cuisine of Hawaii.
- j. Explain the cooking methods used in the cuisine of Hawaii.
- k. Create a menu using the cuisine of Hawaiian theme.
- l. Prepare and present the cuisine of Hawaii to students and guests

2. Learning Activities:

- a. Classroom lecture and discussion. **(F1)**
- b. Demonstration in kitchen. **(F2, F3, FC4, F6)**
- c. Laboratory exercises in kitchen. **(C1, C2, C3, C4, C5, C6, C9, C10, C11, C12, C14, F2, F4 F5,F6 F7, F8, F9)**

3. Equipment and Materials: A completely equipped kitchen.

4. Unit Outline: Follow the sequence of the unit objectives.