**James Rumsey Technical Institute’s**

**ACF Accredited Culinary Arts Program**

**Course Descriptions**

**Restaurant Management Foundations I**

**Introduction to Gastronomy** Class Hrs: 40 Lab Hrs: 0

*(RMF.01.01)*

This course exposes students to the social, historical, and cultural forces that have affected or will affect the culinary and baking and pastry professions. Topics include the contemporary challenges facing food professionals, and sustainability in the twenty-first century as well as exposing students to the idea of etiquette as a social and professional discipline.

**Culinary Mathematics** Class Hrs: 40 Lab Hrs: 20

*(RMF.01.02)*

This course provides an exploration of standard units of measure, unit conversion, estimation, percent, ratios, yield tests, recipe scaling, and recipe costing as they relate to the food industry. Students will develop projections and analyze costs in yield tests and recipe pre-costing. Students will also learn and practice typical foodservice mathematical practices and formula including: *food costing, yield percentages, recipe conversions, and Q-factor*.

**Safety & Sanitation in the**

**Foodservice Industry** Class Hrs: 60 Lab Hrs: 20

*(RMF.01.03)*

Utilizing the NRAEF ServSafe Manager curriculum, students will be introduced to food production practices governed by changing federal and state regulations. Topics to be covered include prevention of food-borne illness through proper handling of potentially hazardous foods, HACCP procedures, legal guidelines, kitchen safety, facility sanitation, and guidelines for safe food preparation, storing, and reheating. Students will take the National Restaurant Association ServSafe® examination for certification.

In addition to food safety, students are exposed to workplace safety and proper management practices for a providing a safe working environment for all employees. Students are taught methods of prevention for a variety of workplace safety concerns including: *Slips, Trips, and Falls, MSDS and Chemical Hazards, Personal Protection Equipment, Cut Prevention, Burn Prevention, Electrical Hazards, and Identifying Equipment Safety Hazards.*

**Cost Control &**

**Food Purchasing** Class Hrs: 40 Lab Hrs: 20

*(RMF.01.04)*

Examine the information and skills necessary to analyze and improve the profitability of a foodservice establishment. This course provides an exposure to the practices necessary for managing a profitable and stable business including: *Recipe Costing, Labor Costing, Profit and Loss Statements, Requisitioning Product, Sourcing and Ordering according to Specification Standards, Flow of Goods, Income Statements, and Forecasting Sales.*

Students will also analyze the complete purchasing cycle of a restaurant, beginning with product and vendor selection and ending with actual orders. All practices taught during this course will be required as standard classwork and graded material throughout the school year.

**Portfolio Development** Class Hrs: 60 Lab Hrs: 0

*(RMF.01.05)*

Job seeking skills are in important part of becoming a working professional in the foodservice industry. This course will teach the practice of locating job opportunities, preparing for job interviews, and understanding of the negotiation practices during a job interview.

The portfolio is a showcase for achievements and abilities; it can be used to show samples of work, certificates, diplomas, awards, and letters of commendation, letters of recommendation, grades and professional accomplishments. Students will build a physical and electronic portfolio to utilize for future employment endeavors. This portfolio will be an on-going project, growing throughout the school year.

**Culinary Foundations I**

**Product & Equipment Knowledge** Class Hrs: 20 Lab Hrs: 30

*(CF.01.01)*

An introduction to the identification and use of vegetables, fruits, herbs, nuts, grains, dry goods, prepared goods, dairy products, and spices in various forms. Students will explore both fresh and prepared foods and learn to identify, receive, store, and hold products. Students will also learn to evaluate products for taste, texture, smell, appearance, and other quality attributes. This course also provides an introduction to the application and development of fundamental cooking theories and techniques. Topics of study include tasting, kitchen equipment, knife skills, classical vegetable cuts, thickening agents, timing and multi-tasking, station organization, palate development, culinary French terms, and practical application of food costing.

**Stocks, Soups, & Sauces** Class Hrs: 10 Lab Hrs: 40

*(CF.01.02)*

The Stocks, Soups, and Sauces course provides an introduction to the identification and use of a variety of quality ingredients to produce quality stocks, soups, and sauces as a foundation for culinary concepts. Topics of study include practical application of: *tasting, kitchen equipment, stock production, thickening agents, soup preparation, and grand sauces*. Stock, glace, and sauce production will be an on-going process of the Culinary Arts program at James Rumsey Technical Institute.

**Meat, Poultry, & Seafood** Class Hrs: 10 Lab Hrs: 60

*(CF.01.03)*

This course will introduce the student to the subject of meats, various poultry, and seafood items, and their application in foodservice operations. We will build a strong foundation that supports the principles to be learned in the cooking courses to follow. Through lectures, demonstrations, hands-on activities, and reviews, students will learn about the muscle and bone structure of beef, veal, pork, lamb, and poultry, as well as an overview of the principles of receiving, identifying, fabricating, and storing these products. Students will also be taught fabrication methods for sub-primal and foodservice cuts; and proper tying and trussing methods. Lectures will introduce meat inspection, quality and yield grading, costing and yield testing, purchasing specifications, and basic information concerning the farm-to-table trail. Discussions will include preferred cooking methods for all meats proper knife selection, and butchery equipment.

Seafood Identification will involve round fish, flat fish, crustaceans, and shellfish. Topics include knife skills, yield results, quality checks, product tasting, and storage of various types of meats and fish, techniques for fabricating cuts for professional kitchens, special storage equipment. Sanitation and safety standards will be stressed throughout.

**Cooking Technique** Class Hrs: 10 Lab Hrs: 60

*(CF.01.04)*

This course introduces the student to fundamental concepts and techniques of basic protein, starch, and vegetable cookery. We will explore moist heat and dry heat cooking techniques. Emphasis is placed upon the study of ingredients and the choice of various ingredients and the chosen cooking technique. Sanitation and Safety will be explored as an important part of all aspects during this process.

**Breakfast & Lunch Cookery** Class Hrs: 20 Lab Hrs: 40

*(CF.01.05)*

This course will introduce the student to basic skill-sets necessary to prepare modern breakfast and lunch service items in a foodservice operation. Organization, sanitation, and proper knife skills will be imperative in the production of appropriate breakfast and lunch items along with modern garnishes. Egg cookery, various quick breads, grains, fruit presentations, breakfast beverages, potato cookery, and meat preparations will satisfy the breakfast cookery aspects. A study in breads, meats, vegetables, cheeses, spreads, salad components and garnishes will be the focus of the lunch portion of this program.

**Restaurant Management Foundations II**

**Supervisory Management Skills** Class Hrs: Lab Hrs: 0

*(RMF.02.01)*

An investigation of various management topics including leadership, training, motivation, delegation, problem solving, decision making, and conflict resolution as they relate to foodservice establishments. Students will be responsible for creating a menu, delegating responsibilities, and managing a kitchen for 2 days in preparation for an a la carte bistro luncheon during their “Chef for a Day” competency practical.

**Dining Room and Beverage Service** Class Hrs: 40 Lab Hrs: 20

*(RMF.02.02)*

This course introduces the various styles of table service and their histories, applications, advantages, and disadvantages. Topics covered include the psychology of service, professional standards of performance for dining room personnel, the fundamental skills required for service ware handling, the service sequence, order taking, and guest relations. Sanitation and safety in the dining room are discussed, as is the identification and correct use of all related equipment.

An examination of the roles that beverages play in professional foodservice operations. The course will emphasize styles of wine, cocktails, beers, as well as non-alcoholic beverages (coffee, tea, waters, and soft-beverages) from around the world, the theory and practice of matching beverages with food, tastings, and organizing beverage service.

**Nutrition** Class Hrs: 60 Lab Hrs: 20

*(RMF.02.03)*

In this course we will examine the basic concepts and principles of nutrition. Students learn about basic nutrients, food labeling, nutritional principles, current issues in nutrition, and the application of nutritional principles to menu development. Students will also be involved in nutritional analysis of recipes. Main topics covered are: *Introduction to Nutrition, Carbohydrates and Sugars, Fats & Oils, Proteins & Vegetarianism, and Vitamins & Minerals.*

**Menu Development** Class Hrs: 40 Lab Hrs: 20

*(RMF.02.04)*

This course provides an analysis of menu development for foodservice establishments. Topics to be covered include: *menu development, descriptions, layout, design, and pricing, sales mix, and station balance*. Students will critique and create menus from the perspective of concept, clarity, cost, price, and efficiency.

**Culinary Internship** Class Hrs: 60 Lab Hrs: 0

*(RMF.02.05)*

Students will be placed in various workplace environments and be required to apply culinary skills learned throughout the course in the operation of one of our business partner’s establishments. Students will be evaluated on professionalism within the workplace as well as a variety of class objectives as observed during instructor visits to the site.

**Culinary Foundations II**

**Baking and Pastry Foundations** Class Hrs: 20 Lab Hrs: 30

*(CF.02.01)*

An introduction to the principles and techniques used in the preparation of high-quality baked goods and pastries, with an emphasis on fundamental production techniques and evaluation of quality characteristics. Topics include bread fermentation and production, ingredient functions, and custard ratios and preparations.

**Garde Manger** Class Hrs: 10 Lab Hrs: 40

*(CF.02.02)*

An introduction to three main areas of the cold kitchen: reception foods, plated appetizers, and buffet arrangements. Learn to prepare canapés, hot and cold hors d'oeuvre, appetizers, forcemeats, pâtés, galantines, terrines, salads, and sausages. Curing and smoking techniques for meat, seafood, and poultry items will be practiced, along with contemporary styles of presenting food and preparing buffets.

**Banquet Cookery** Class Hrs: 10 Lab Hrs: 60

*(CF.02.03)*

This course examines the varied ways in which banquets and catering events may be executed. Terms relating to equipment, food preparation, service, and presentation will be discussed. Students will prepare a menu each day, following the principles and techniques associated with preparing and serving food to large groups, as well as concentrating on principles of modern batch cookery. An emphasis will be placed on maintaining quality and foundational cooking methodology. Students will also learn how to organize, plan, and operate a banquet kitchen. Cooking applications are at a beginning level in preparation for increased understanding of food production.

**Cuisines of the World** Class Hrs: 10 Lab Hrs: 60

*(CF.02.04)*

Prepare, taste, serve, and evaluate traditional regional dishes of the Americas. Emphasis will be placed on ingredients, flavor profiles, preparations, and techniques for cuisines representative of the United States, Mexico, South America, and the Caribbean.

Prepare, taste, serve, and evaluate traditional, regional dishes of Europe and the Mediterranean. Emphasis will be placed on ingredients, flavor profiles, preparations, and techniques representative of the cuisines from Spain, France, Italy, Morocco, Tunisia, Greece, and Egypt.

Prepare, taste, serve, and evaluate traditional and regional dishes of Asia. Emphasis will be placed on ingredients, flavor profiles, preparations, and techniques representative of the cuisines from China, Korea, Japan, Vietnam, Thailand, Indonesia, Malaysia, and India.

**Contemporary a la Carte Cooking** Class Hrs: 20 Lab Hrs: 40

*(CF.02.05)*

This restaurant experience concentrates on previously learned cooking fundamentals and techniques and applies them to the cuisine of a territory, utilizing à la carte menu preparation in a contemporary restaurant setting. Students will further develop their ability to organize an assigned station based on preparation methods while focusing on the production of menu items, plate presentations, and cooking techniques as applied to specific cuisines. Emphasis will be placed on sourcing, storage, uses, and nutritional aspects of key ingredients.