

NATIONAL CULINARY SCHOOL

Culinary Arts Specialist

Culinary Arts Program Index:

Sanitation and Safety (Servesafe)	30	hours
Nutrition	30	hours
Skill Development 1 (Portion control, The menu, Basic and Advanced cooking principals)	8	hours
Skill Development 2 (Stock, Sauces, and Soups)	39	hours
Skill Development 3 (Vegetable Cookery)	15	hours
Skill Development 4 (Starch Cookery)	20	hours
Skill Development 5 (Poultry Cooking)	30	hours
Skill Development 6 (Meat Poultry)	30	hours
Skill Development 7 Fish and Shellfish Cookery)	30	hours
Garde Manger (The Art of cold food)	60	hours
Baking and Breakfast	42	hours
International Cuisines	36	hours
Job placement and Grand Buffet	12	hours
Total	382	hours

NATIONAL CULINARY SCHOOL

Culinary Arts Specialist

Course 101 A: Food Service Industry, Sanitation and Safety

Course starts – end:

Contact Hours: 30 Hours

Instructor:

Office hours:

Email:

Text: Serve safe Course Handbook, Professional Cooking.

Other Materials: Handouts and other materials as assigned by the instructor.

Course Description:

This course will focus on foundational concepts that reflect the structure in which a professional kitchen is operated. Included will be Culinary Concepts, Organizational Structure, Safety and Sanitation, and Product Identification. This course will meet the standards for the American Culinary Federation Certification.

Your Education starts with the current knowledge on how to be successful in the food service industry by knowing how to make the restaurant operations successful in reducing cost and increasing profits.

Sanitation & Safety have two sides, when both are carefully maintained under the proper rules you will learn, your job will be secure and the food operation and your employer will be protected and you will advance at a faster pace; otherwise failure can cause catastrophic liability and your job.

1. THE FOOD SERVICE INDUSTRY

- (A) A short history of modern food service**
- (B) The Organization of modern kitchens**
- (C) Standards of professionalism**
- (D) Identify kitchen equipment and use**

2. SANITATION

- (A) Introduction to microbiology
- (B) Food borne diseases
- (C) Personal Hygiene
- (D) Food handling, preparation, and storage all foods and meats, poultry & fish

3. SAFETY

- (A) The safe workplace
- (B) Preventing cuts, burns, fires and falls
- (C) Preventing strains and injuries from lifting

Expectations:

- All absences should be reported in advance.
- Observe the rules of behavior as outlined in Orientation.
- Students will be expected to read and study the assigned materials.
- Be on time, prepared to work, and prepared to learn. Make sure you have all necessary materials for your class. It is your responsibility to find out what materials, etc., you will need if you miss time in class.
- Respect the rights and property of others. Do not disrupt the class.

Grade Adjustment Table:

- **-10%** If taken or turned in **ONE** day following the test or deadline date.
- **-12%** **TWO** days late.
- **-15%** **THREE** days late.
- **-21%** **FOUR** days late.
- **-100%** All assignment, exams, etc. more than **FOUR** days late will receive **ZERO** points. There are no extra credit assignments in this course

The final course grade is derived from the accumulation of points in each grade component, with the total calculated percentage earned converted to a letter grade as follows:

Performance:	35 %	90% - 100%	= A
Homework:	5 %	80% - 89%	= B
Quizzes and Tests:	20 %	70% - 79%	= C
Independent Study:	10 %	60% - 69%	= D
Final Exam:	30 %	Less than 60%	= F

TOTAL:	Maximum of 100 %
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• If the Final Exam percentage is less than 70%, the Final Exam grade will also be the grade for the entire course and the course will have to be retaken.

Instructional Methodology:	Class lecture and discussion
Knowledge:	Short answer quizzes and examinations
Assessment:	Homework assignments
Methodology:	Production based outcomes

Course 101 B: Nutrition

Course Start – End:

Contact Hours: 30 Hours

Instructor:

Office Hours:

Email

Text:

Other Materials: Handouts and other as assigned by the instructor.

Course Description:

Given the health conscience society we live in today foodservice workers must be knowledgeable of the nutritional value of different kinds of foods and the growing need to provide a healthier choice for our guests. In this course student will learn food and nutrition sources, functions, nutritional guideline to menu writing, and various population groups and nutritional applications to recipe development. This mod meets the standards for the American Culinary Federation Nutritional certification.

Objectives:

Upon completion of this course, the students will be able to:

- **Define nutrition and its roll in good health.**
- **Name the essential nutrition and explain their function.**
- **Plan a nutritious menu or special dietary menu.**
- **Explain the function of vitamin and minerals.**
- **Explain the process of digestion and how food is metabolized.**
- **Read vitamin supplements and food labels and determine their value.**
- **Create a personal nutrition and fitness program.**
- **Discuss vegetarianism and special diets.**

Expectations:

- All absences should be reported in advance.
- Observe the rules of behavior as outlined in Orientation.
- Students will be expected to read and study the assigned materials.
- Be on time, prepared to work, and prepared to learn. Make sure you have all necessary materials for your class. It is your responsibility to find out what materials, etc, you will need if you miss time in class.
- Respect the rights and property of others. Do not disrupt the class.

Grade Adjustment Table:

- **-10% If taken or turned in ONE day following the test or deadline date.**
- **-12% TWO days late.**
- **-15% THREE days late.**
- **-21% FOUR days late.**
- **-100% All assignment, exams, etc. more than FOUR days late will receive ZERO points. There are no extra credit assignments in this course**

The final course grade is derived from the accumulation of points in each grade component, with the total calculated percentage earned converted to a letter grade as follows:

Performance:	35 %	90% - 100%	= A
Homework:	5 %	80% - 89%	= B
Quizzes and Tests:	20 %	70% - 79%	= C
Independent Study:	10 %	60% - 69%	= D
Final Exam:	30 %	Less than 60%	= F

TOTAL:	Maximum of 100 %
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- **If the Final Exam percentage is less than 70%, the Final Exam grade will also be the grade for the entire course and the course will have to be retaken.**

Instructional Methodology:	Class lecture and discussion
Knowledge:	Short answer quizzes and examinations
Assessment:	Homework assignments
Methodology:	Production based outcomes

Skills Development 1 – 9 8 hours

Course 103

Course Description:

Basic cooking and skill development is the basis for the Skill

Development Series. Each skill taught will prerequisite the next course in order for the student to build a foundation of skills necessary to progress through the program.

Objectives:

Upon completion of this course, the student will be able to:

- ◆ **Identify the fundamental concepts of cooking principals, methods, and the art of seasoning and flavoring.**
- ◆ **Plan and organize of production and the practice of knife skills and the making of soups and stocks.**
- ◆ **Produce sauces based on classical French Techniques.**
- ◆ **Handle and control the texture, flavor, color and nutrient changes that occur during the cooking process.**
- ◆ **Understand the cooking and preparation of vegetables, potatoes, pasta, dumplings, rice, and other grains.**
- ◆ **Obtain a working knowledge of meat, fish, and poultry fabrication.**
- ◆ **Cook a variety of proteins using dry and moist heat and frying methods.**

Students will learn how to use properly all kitchen tools and equipment and their function including knife skills. This ability will translate into their preparation of Culinary foods at a faster pace.

Portion control will be next for you to learn how important cost are to a food operation. You will learn how to convert any recipe to equal the food orders in play, these are referred to as restaurant covers and must be consistent in portion control.

This course will enable you to create many different menus and determine their individual ingredient cost. This will include all types of food preparation designed for nutritional value and method of garnishing. You will learn how to create a menu that will produce a gross profit standard related to comparative retail plate value. You will become aware of product quality and comparative pricing.

1. PORTION CONTROL & MEASUREMENTS

- a. Equivalents of weights and measures
- b. Dry and liquid measurements
- c. The written recipe
- d. Converting recipes
- e. Food cost
- f. Build a prep list from a menu

2. THE MENU

- a. Menu forms and functions
- b. Building and creating a menu.

3. BASIC to ADVANCED COOKING PRINCIPLES

- a. Effects of heat on foods
- b. Heat transfer
- c. Cooking times
- d. Moist-heat methods
- e. Dry-heat methods
- f. Dry-heat methods using fat
- g. Cooking terminology

4. THE ART OF SEASONING and FLAVORING

- a. Definition of Flavoring and seasoning
- b. When to season and when to flavor
- c. Common seasonings and flavorings
- d. Using herbs and spices
- e. When to use fresh herbs

Skill Development 2

Course 104 Stocks, Sauces & Soups 39 hours

You will prepare from scratch basic stocks for beef, poultry and fish that will be used as a basis for all sauces, soups and many other food preparations. This will include reductions and glazes and de-glazing. These stocks will be made in advance, chilled and kept frozen or refrigerated depending their next use.

There are 5 mother sauces that you not only learn to create, but also how to make changes to these basic sauces for special purposes in foods. You will be prepared to have knowledge that can be acquired to become a saucier chef.

You will learn and prepare all types of hot and cold soups that are perfectly seasoned and garnished with plate presentation. You will become the judge of their taste as you try and eat a large variety of soups.

5. STOCKS

- a. Ingredients
- b. Procedures
- c. Reduction and glazes
- d. De-glazing
- e. Using convenience bases

10.SAUCES

- f. Mother sauces and small sauces
- g. Roux
- h. Other thickening agents
- i. Modern sauces
- j. Leading sauces

6. SOUPS

- a. Classification of soups
- b. Service of soups
- c. Clear soups
- d. Thick soups
- e. Cold soups
- f. Soup presentation and garnish

Skill Development 3

Course 105 Understanding and cooking vegetables 15 hours

14. UNDERSTANDING AND COOKING VEGETABLES

- (A) Controlling quality changes during cooking

- (B) General rules of vegetable cookery
- (C) Standards of quality in cooked vegetables
- (D) Handling fresh and processed vegetable
- (E) Production and holding problems in quantity cooking
- (F) Storage
- (G) Boiling and steaming
- (H) Sautéing and pan frying
- (I) Braising
- (J) Baking
- (K) Broiling and grilling
- (L) Deep frying

Since vegetables are less expensive than meats, poultry and fish, their use in a menu can alter its cost ratio but enhance its plate presentation, therefore you will learn how to select the best quality and maintain their freshness. This is a completely different cooking method from proteins and to savor their flavor they have special rules you must master. Vegetable art can now be combined with previous menus of Proteins and sauces in your progress to becoming more than a cook but having the knowledge required by chefs. You will learn to substitute menu vegetables based on seasonal availability and their condition in your cooler or bin. Cooked vegetables can have eye appeal as to how they are arranged on the plate, you will learn this art in your culinary progress.

Skill Development 4

Course 106 Cooking Starches 20 hours

15. COOKING STARCHES

- (A) Potatoes
- (B) Rice
- (C) Pasta & Dumplings
- (D) Other Grains
- (E) Stuffing and dressing
- (F) Pilaf method

This class also applies comments relative to vegetables and exposes the student to dry storage to a variety of legumes, rice, grains and all other starches above. This is where you will learn how to make creative dishes from your cooking starches.

Skill Development 5

Course 107 Understanding and Cooking poultry 30 hours

13. UNDERSTANDING and COOKING POULTRY

- (A) Classification and market forms
- (B) Handling and storage
- (C) Cutting and de-boning chicken
- (D) Roasting & Baking
- (E) Boiling and grilling
- (F) Sautéing, pan-frying and deep frying
- (G) Simmering and Poaching
- (H) Braising
- (I) Dressings and stuffing's

All the above cooking methods and knowledge of preparing a complete entrée, with all the cooking, presenting, garnishing, and sauces under the same procedures of accountability as identified in meat cooking, you will now have advanced to meat with some differences in their prep work.

Skill Development 6

Course 105 Understanding and cooking meats 30 hours

7. UNDERSTANDING and COOKING MEATS

- a. Reading meat labels and knowing the basic cuts
- b. Composition, structure and basic quality factors
- c. Cooking and handling meats
- d. Marinating
- e. Broiling, grilling and pan-broiling
- f. Roasting and baking
- g. Braising
- h. Sauteing, pan-frying and griddling
- i. Simmering

Here is where you start combing your knowledge of sauces with each meat preparation. There is no batch cooking. This means you must learn to create simultaneously a meat dish combined with its related sauce adding starches and/or vegetables all at different temperatures and using a 4 or 6 gas burner stove under a commercial hood. You will learn to plate and provide garnish and presentation under a time limit impose by chef instructor. Then your culinary creation will be eaten by you and evaluated. Vegetable Cooking will be included. Your menu entrée will require your converting the recipe, prep

and costing with a standard cost of sales percentage. You will operate in commercial kitchen exactly as you will be required when employed.

Skill Development 7

Course 109 Understanding and Cooking Fish and Shellfish 30 hours

16. UNDERSTANDING and COOKING FISH and SHELLFISH

- (A) Composition and Structure**
- (B) Cutting fish**
- (C) Varieties and characteristics**
- (D) Handling and storage**
- (E) Mollusks**
- (F) Cephalopods**
- (G) Crustaceans**
- (H) Miscellaneous seafood**
- (I) Sushi and sashimi**
- (J) Baking and broiling**
- (K) Sauteing, pan-frying, and deep frying**
- (L) Poaching and simmering**
- (M) Mixed cooking techniques**
- (N) Seafood served raw**

California has some very fine restaurants that offer Pacific Ocean seafood as well as seafood dishes from around the country including Cajun cooking, Maine lobster and Alaska salmon for example. You will experience all of this in your learning and have a taste of many in all of the category identified herein, with field trips to local fisheries here in San Diego. Seafood is an art in cooking and high temperatures are not used.

For you seafood lovers this will be a real treat.

Garde Manger

Course 110 Salad and Salad dressings 60 hours

Course Description:

This course covers the use and preparation of cold cuisine. The fundamentals of preparing salads, dressings, cold appetizers, basic forcemeats, vegetable carvings, garnishes, and food presentations will be explored. Emphasis will be placed on plate and platter presentation

of hot and cold foods. Students will also work on breakfast, lunch, and dinner buffet arrangements, presentation and organization as they prepare an international fair.

Objectives:

Upon completion of this course, the student will be able to:

- ◆ **Understand the fundamentals of preparing salads and dressings**
- ◆ **Create hot and cold buffet appetizers and decorative pieces**
- ◆ **Prepare food garnishes, and vegetable carvings**
- ◆ **Create plate and platter presentations of hot and cold foods**
- ◆ **Create buffet arrangements**

17. SALAD and SALAD DRESSINGS

- (A) Types of salads
- (B) Arrangements and presentation
- (C) Components of a salad bar
- (D) Emulsion dressings
- (E) Vinaigrette dressings
- (F) Art of Garde Manger (cold foods)

18. CANAPES and HORS d'OEUVRES

- (A) Breads, spreads, fillings
- (B) Types of sandwiches
- (C) Making sandwiches
- (D) Canapés
- (E) Cocktails
- (F) Relishes
- (G) Dips
- (H) Hors d'Oeuvres

Again you will expand in your culinary progress as you will learn the presentation art in preparation of taste combined with eye appeal. These varieties of tasty morsels are very time consuming in preparation and will be found in catering events as well as specialty menus. They will combine breads, dressings, all food products with flavoring and seasonings in a art form in which some are presented in bite size portions.

19. FOOD PRESENTATION and GARNISH

- (A) Hot food presentation
- (B) The importance of appearance
- (C) Fundamentals of advanced plating

- (D) Garnish
 - (E) Simple and advanced decorative techniques
 - (F) Cold food presentation and buffet service
 - (G) Buffet arrangement and appearance
 - (H) Cold platter presentation
 - (I) Hot foods for buffets
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Course 111 Bakery basics, Breakfast preparation & Dairy Products 42 hours

20. BAKERY BASICS, BREAKFAST PREPARATION and DAIRY PRODUCTS

- (1) Danish, Muffins, Biscuits, Dinner Rolls, Breads are required bakery skills by chefs.
- (2) Bakery puff pastry used in food preparation is also a bakery skill
- (3) Cake decorating skills required to embellish a cake or dessert

- (A) Understanding and cooking eggs
- (B) Breakfast breads, cereals and meats
- (C) Milk, cream and butter
- (D) Cheese sauce, Hollandaise Sauce

Specialized bakery skills are necessary for chefs to acquire, for example many restaurants will purchase stock cakes and bakery items that will require a final decorating touch by the chef. Breads are now offered by wholesale bakeries that are only partially baked, to be finished at the restaurant, thereby producing a hot out of the oven product.

Breakfast preparation for restaurants who cater to this require, a high volume of customers, due to the lower menu price scale. Consequently speed is very important in breakfast preparation. You will learn how to make all popular menu items including a hollandaise sauce for eggs benedict, how to create a combination of main course breakfast items to be completed at the same time for service, how to combine healthy ingredients in a eye appealing presentation with fruits and many other specialties used in finer restaurants.

Preparing the students for job placement; this process is completed with the school director. The resume and the letter expressing your benefit in National School are due at this point of the program. 6 Hours

Course 114 International Cuisines 36 hours

21. INTERNATIONAL CUISINES

- (A) French (Two days)
- (B) Japanese
- (C) Italian
- (D) Mexican
- (E) Chinese

National Culinary School offers hands on training using the Le Cordon Bleu teaching method. This is a collection of international cuisines of French cooking origins, which will you apply these methods and techniques in addition to our extensive curriculum for your advanced schooling, to place you ahead of any competition in the job market.

In conclusion students would have learned a complete Culinary or Bakery Arts program at National School from basic to advanced in all areas to prepare them to enjoy high end employment. Students who graduate from National are sought after by employers because they have obtained the specific skills that are needed currently in the hospitality industry. National has a track record for 30 years in San Diego finding jobs for our students.

Preparation for the GRAND BUFFET 6 Hours

The Grand Buffet, and preparing the students for job placement. This process is done by the school director. 6 Hours

JOB SEARCH INSTRUCTION Students will be given 15 to 10 job leads on graduation day and continue job placement assistance when needed.

Keeping and Advancing on the Job

GRADUATION DAY

Total 382 HOURS

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