

## COURSE OUTLINE

### **Culinary Arts 151 Cuisine of East Asia**

#### **Catalog Statement**

CULIN 151 is an introduction to the cuisine of East Asia. The course explores the development and evolution of the particular ingredients associated with each region or country. Culinary history, formative influences and general characteristics that have influenced the development of each regions cuisine will be studied, such as geography, climate, religion and trade. Specific areas of instruction will include the identification and use of characteristic ingredients and the selection of proper equipment and cooking methods.

Total Lecture/Demonstration Units: 3.0

Total Laboratory Units: 0.0

**Total Course Units: 3.0**

Total Lecture/Demonstration Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

**Total Faculty Contact Hours: 48.0**

Note: Students who have successfully completed CULIN 122 will not receive credit for completion of CULIN 151.

Note: uniform, equipment, and lab fee are required.

#### **Course Entry Expectations**

Prior to enrolling in the course, the student should be able to:

- read, and follow written recipes;
- show proof of current California Food Handlers Permit, ServSafe Food Protection Manager Certification or equivalent.

#### **Course Exit Standards**

Upon successful completion of the required coursework, the student will be able to:

- identify and select ingredients according to recipe requirements;
- prepare menu selections according to standardized commercial recipes in a sanitary manner;
- identify specific equipment used in the various cuisines studied;
- explain the development of East Asian cuisines and the influence of each particular regions geography, climate, religion and trade;
- complete common and individual goals/objectives set by the instructor, either as a team or individually following standard consistent with a professional, commercial foodservice operations.

## **Course Content**

**Total Faculty Contact Hours = 48.0**

### **Introduction to International Cuisine (8 hours)**

- Defining Cuisine
- Regions covered-similarities and differences
- Introduction to cooking methods
- Regional ingredients and herb and spice identification
- Religious influences on world cuisines

### **Japan (8 hours)**

- Geographical and climatic influences
- The origins of classical Japanese cooking
- Seasonality as the foundation of cuisine
- Okinawan and Ainu traditions
- Preparation of classical and regional dishes

### **China (8 hours)**

- Geographical, religious and climatic influences
- Differences in Chinese regions and their cuisine
- Typical courses served at a Chinese banquet
- Traditions of Chinese cuisines
- Preparation of classical and regional dishes

### **Korea (8 hours)**

- Geographical and climatic influences
- Differences in Korean regions and their cuisines
- Korean influences on world cuisine
- Fermentation
- Preparation of Korean dishes

### **Malaysia and Indonesia (8 hours)**

- Geographical religious, and climatic influences
- The spice route
- Influence of trade on cuisine
- Regional differences
- Preparation of traditional and regional dishes

### **Philippines (8 hours)**

- Geographical and climatic influences
- Staple foods and beverages
- Colonial influences
- Impact of trade
- Preparation of traditional and regional dishes

## **Methods of Instruction**

The following methods of instruction may be used in this course:

- lectures/discussions;
- demonstrations;
- multi-media presentations;
- individual or group presentations.

### **Out of Class Assignments**

The following out of class assignments may be used in this course:

- reading assignments in the textbook and other articles (e.g. summarize an article describing the impact of the spice trade on Indonesian cuisine);
- individual research project (e.g. a written project describing various food products and/or food preparation method typical to a particular area or culture).

### **Methods of Evaluation**

The following methods of evaluation may be used in this course:

- quizzes;
- midterm examinations;
- assessment of laboratory production;
- instructor evaluation of students' portfolio work;
- final examination.

### **Textbooks**

Heyman, Patricia A. *International Cooking a Culinary Journey*. 3/E. Upper Saddle River: Prentice Hall, 2017. Print.  
12<sup>th</sup> Grade Textbook Reading Level. ISBN: 10: 0133815234 (9780133815238)

### **Student Learning Outcomes**

Upon successful completion of the required coursework, the student will be able to:

- identify ingredients commonly found in the cuisines of the regions studied;
- produce authentic food items according to recipes using professional preparation and cooking methods;
- describe the historical, religious, geographical, climatic and economic influences related to the cuisines studied.