

COURSE OUTLINE

**Culinary Arts 154
Cuisine of Central and South America**

Catalog Statement

CULIN 154 is an introduction to Central and South American food culture. The course explores the development and evolution of the particular cuisine 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 Units: 3.0

Total Laboratory Units: 0

Total Course Units: 3.0

Total Lecture 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 154.

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 Central and South American 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 operation.

Course Content

Total Faculty Contact Hours = 48.0

Introduction to International Cuisine (8 hours)

- What is cuisine?
- Regions covered-similarities and differences
- Introduction to cooking methods
- Regional ingredients, herb and spice identification
- Religious influences on world cuisines

Mexico (8 hours)

- Geographical and climatic influences
- History
 - Pre-Hispanic period
 - Post conquest
- Staple foods
- Spanish contributions
- Home cooking and street food
- Regional cuisines
- Beverages
- Preparation of traditional and regional dishes

Peru (8 hours)

- Geographical and climatic influences
- History
 - Pre-Hispanic period
 - Post conquest
- Staple foods
- Spanish contributions
- Chifa
- Regional cuisines
- Beverages
- Preparation of regional dishes

Argentina (8 hours)

- Geographical and climatic influences
- History
 - Pre-Hispanic period
 - Post conquest
 - Staple foods
- Spanish and Italian contributions
- Home cooking and short order dishes
- Regional cuisines
- Beverages
- Preparation of regional dishes

Brazil (8 hours)

- Geographical, religious and climatic influences
- History
 - Pre-European period
 - European and Asian influences
- Staple foods
- Portuguese contributions

Home cooking and salgadinhos
Regional cuisine
Beverages
Preparation of regional foods
Caribbean (**8 hours**)
Geographical and climatic influences
History
 Pre-European period
 Colonial era
Staple foods
European and Asian contributions
Regional cuisines
 Cuban
 Jamaican
Beverages
Preparation of 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 the course:

- reading assignments in the textbook and other articles (e. g. summarize an article describing the impact of Spanish and Italian immigration on the food culture of Argentina);
- homework assignments;
- individual research project (e.g. a written project describing various food products and/or food preparation methods typical to a particular area or culture).

Methods of Evaluation

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

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

Textbook

Heyman, Patricia A. *International Cooking a Culinary Journey*. 3/E. Upper Saddle River: Prentice Hall, 2017. Print.
12th 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.