American Regional Cuisine Syllabus Spring 2018

Instructor Information
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Office Location: C-146
Office Hours: As posted

Course Information
Course Title: American Regional Cuisine
Course Section & Number: CHEF 1441
Credit: 4 Semester Hours
Class Meeting Time/Location: Monday & Tuesday

Course Prerequisite
CHEF 2331 (Required), and (Recommended) RSTO 1304, RSTO 1325, and RSTO 2301 with a "C" or better. RSTO 1325 and RSTO 2301 may be taken concurrently also. Failure to comply with required prerequisite may result in the student being dropped from the course.

Course Description
A study of the development of regional cuisine's in the United States with emphasis on the similarities in production and service systems. Application of skills to develop, organize, and build a portfolio of recipe strategies and production systems. Students will work in groups to plan, execute and evaluate a weekly meal served to the public. Focus will be on menu and production planning, as well as cost analysis. Culinary lab classes require extended periods of time standing in place, lifting heavy weights (up to 60 pounds), reaching, bending, working around open flames and with cleaning chemicals. (2 Lec., 6 Lab.)

WECM End of Course Outcomes
Compare the unique similarities and differences in American cuisine; explain the importance of the immigration phenomena in the shaping of American cuisine; and produce regional cuisine dishes which employ standard principles, concepts, and quality factors.

Student Learning Outcomes
The following is a list of course goals that will be addressed in the course. Upon completion of the course the student should (have):

- Understand and work within a typical kitchen organization.
- Exhibit individual personal responsibility.
- Exhibit good personal hygiene.
- Exhibit teamwork and group accomplishment.
- Be able to apply safety and sanitation standards to the workplace.
- Be able to outline production plans.
- Be able to calculate amounts of food needed for preparation.
Be able to write accurate food requisitions based on recipe needs.
Understand details of recipe conversions.
Be able to write production schedules.
Develop subordinate tasks lists.
Be able to modify work schedules as needed.
Be able to use institutional food service equipment.
Be able to prepare large quantities of food and beverages.
Identify and understand support service requirements.
Be able to calculate and understand the control of food costs.
Develop food and menu pricing structures.
Be able to address subordinate performance issues.
Be able to demonstrate managerial skills related to meal preparation and service.
Be able to understand and demonstrate menu writing principles and skills.

General Description
A lecture/laboratory course offering field training study of quantity food production procedures and techniques with emphasis on presentation and nutritional values of foods. Kitchen organization and planning of quantity production, use of large institutional equipment, food cost control and the associated supervisory problems as related to institutional and commercial food service. This course is the first part of a two part series of classes dealing with quantity food preparation and service. This class deals with different cooking techniques and menu preparations as the theme for each luncheon. Menus will coordinate with a particular main course preparation assigned by the instructor.

Text and References
Required Textbook for this class is The Book of Yields, Francis T. Lynch, Eighth Edition
Students will use other references and sources for research of menu items to be offered at their assigned meal. Some of these references can be found in the El Centro Library. The Internet and periodicals are other sources suggested as reference materials.

A student of El Centro College is not under any obligation to purchase a textbook from a university-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer. THECB TAC Rule 4.218 (c)

Course Activities
This course will provide weekly service of a sit down meal to paying customers in the FHSV Dining Room for the semester. The class will meet two days a week for 3 hours one day for pre-preparation and 5 hours the day of meal service. Students will rotate weekly assignments and participate in all aspects of the meal preparation, service and clean up throughout the semester.

Grading Policy
Each student will be expected to be on time and complete their work on a daily basis depending on their assignment for that week. The management team will be evaluated by each other and the instructor. Your performance objectives and exams will be translated into points and the total points into a final grade. The point system for grading is as follows:
Daily Attendance and Participation: 600 possible points
Menu on time to Service Maitre d’: 50 points
Original recipes turned in on time to instructor: 50 points
Converted recipes turned in on time to instructor: 50 points
Menu testing and evaluation prior to the meal: 100 points
Complete and accurate requisitions (100 points for accuracy) turned in on time (100 points for being on time) for a total of 200 possible points. **This step is extremely important.**
Management Notebook: 200 possible points for each scheduled management assignment. See attached guidelines.
Peer/Instructor Evaluation: 100 points
Final Written Exam: 100 possible points

As each student’s total possible points may vary according to management assignments, grades will be determined as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90% to 100% of total possible points</td>
</tr>
<tr>
<td>B</td>
<td>80% to 90%</td>
</tr>
<tr>
<td>C</td>
<td>70% to 80%</td>
</tr>
<tr>
<td>D</td>
<td>60% to 70%</td>
</tr>
<tr>
<td>F</td>
<td>Below 60%</td>
</tr>
</tbody>
</table>

The Peer Evaluation grade will be derived from the overall execution of the meal and the proper planning and organization leading up to the meal service. The management group will be asked to evaluate their own performance and grades will be averaged with the instructors scoring added to the total.

**Participation**

Students are expected to attend all class sessions. Classes will always last the full time period. All class sessions will require students to be in uniform and have the necessary tools. Being on time as well as attending class is critical. Roll will be taken by the instructor for each class session. Points will be awarded for attendance and participation on a daily basis and will be used in the calculation of your final grade. Students will start the semester with the full 600 points for attendance and deductions will be made from that total for each absence and tardy. Fifty(50) points will be deducted for each absence and twenty five(25) points will be deducted for each tardy.

**Guidelines for Daily Participation**

**CHEF 1441 American Regional Cuisine**

**Appearance**

Uniform should be neat and clean and in good condition.
Shoes should be clean and in good repair. They should be closed toe with non-skid soles.
A hat or hair restraint should be worn at all times.
Fingernails should be clean, medium length and free of colored polish.
Student should not have bad breath or body odor.
Hair should be clean.
Hands should be clean.
Make-up should be moderate.

**Dependability and Promptness**
Students should be on time and ready to work.

**Work Habits**
Students must maintain an orderly, neat and clean work area.
Items should be properly stored.
Students should “clean as you go”.
Students must follow verbal and written directions.
Students should handle tools and equipment properly.
Students should plan and organize their work.
Timing must be considered for preparation and cooking.
Students must read and understand recipes before beginning production.
Sanitation and safety standards must be followed.

**Finished Product**
All products produced by the student will be evaluated for quality, appearance, taste and overall acceptability.

**Attitude**
Students should display an ability to work with others.
Students should have a willingness and enthusiasm to follow directions.
Students should be willing to help others as needed.

**Attending Classes**
You are expected to attend regularly all classes in which you enroll. You have the responsibility to attend class and to consult with the instructor when an absence occurs.

Instructors are responsible for describing attendance policies and procedures to you. If you are unable to complete a course (or courses) in which you are enrolled, it is your responsibility to withdraw from the course by the appropriate date. If you do not withdraw, you will receive a performance grade, usually a grade of "F".

**Guidelines for the Management Team**
**CHEF 1441 American Regional Cuisine**
Research and plan the menu.
Test each menu item for feasibility of quantity service and quality factors. Record results of tasting on meal evaluation form including pictures of tested menu items to be submitted with management notebook.
Convert recipes to proper yields.
Complete requisitions and recipes for all ingredients and supplies needed. Completed requisitions and tasting results including pictures must be turned in no later than immediately following meal service two weeks before your scheduled meal.
Set up preparation and production work schedules for the week, identifying who will be responsible for each task. These are to be handed out and posted.

Complete plate diagrams.

Work with Dining Room management and service staff to ensure efficient and proper service standards are met.

Schedule and execute a pre-meal meeting with service staff to introduce food items.

Supervise total meal production including Soup and Salad Stations, Entree and Vegetable Station, and Stewarding functions.

Check at the close of each class for proper sanitation and clean up.

Tabulate food cost for each course served at the meal. Cost for each item and total for the buffet.

Tabulate selling prices for the meal based on 40%, 32%, and 25% food costs.

Compile all material required for notebook.

Maintain sanitation and safety standards at all times.

The Managements notebook requirements for the class are as follows:

Menu and supporting research on assigned cuisine. What defines the particular cuisine and why did you pick the items for your menu? Must be detailed on the particular cuisine. Two full pages minimum (50 points).

Tasting evaluation and summary, including pictures (10 points).

Original recipes and converted recipes (10 points).

Requisitions (20 points) not including 200 points for accuracy and turning them in on time

Production schedules for both days of class (30 points).

Plate diagrams (10 points).

Meal evaluation form for the food served and brief written critique including possible improvements (20 points).

Sanitation checklist checked off and signed for both days of class (10 points).

Costing of all menu items as well as projected selling prices at 40%, 32%, and 25% food costs (40 points) and must include recap sheet, an example of which is in the computer lab.

An individual student from the management group will be assigned responsibility for the notebook. Notebooks will be due the Wednesday following the assigned meal unless otherwise noted on the Due Date Schedule and an evaluation with the group and instructor will take place on that day in class to review the meal and discuss the management performance. Each of the above items will be worth a specific point value and the total value of the notebook project will be 200 points toward the final grade.

Please remember neatness counts.

Group Assignments

<table>
<thead>
<tr>
<th>Group 1 (Student Name)</th>
<th>Contact Information</th>
<th>Meal Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td>Pacific Northwest</td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td>Deep South</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Florida a la carte</td>
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<tr>
<td></td>
<td>4.</td>
<td>Florida a la carte</td>
</tr>
<tr>
<td>Group 2</td>
<td>1.</td>
<td>New England</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Southwest a la carte</td>
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<tr>
<td></td>
<td>3.</td>
<td>Southwest a la carte</td>
</tr>
<tr>
<td></td>
<td>4.</td>
<td>Texas a la carte</td>
</tr>
<tr>
<td></td>
<td>5.</td>
<td>Texas a la carte</td>
</tr>
<tr>
<td>Group 3</td>
<td>1.</td>
<td>Midwest</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Cajun/Creole a la carte</td>
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<tr>
<td></td>
<td>3.</td>
<td>Cajun/Creole a la carte</td>
</tr>
<tr>
<td>Group 4</td>
<td>1.</td>
<td>Hawaii</td>
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<tr>
<td></td>
<td>2.</td>
<td>Mid-Atlantic a la carte</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Mid-Atlantic a la carte</td>
</tr>
<tr>
<td>Group 5</td>
<td>1.</td>
<td>Rocky Mountain</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>California buffet</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>California buffet</td>
</tr>
</tbody>
</table>

**Drop procedure and withdrawing from college (REVISED)**

If you are unable to complete this course it is your responsibility to withdraw formally from the course. You need to speak with and obtain the signature of the course instructor to drop the course. If the instructor is not available a counselor, advisor or dean may sign the drop form. Students who drop or withdraw from college before the semester deadline will receive a “W”. Failure to drop will result in a performance grade, usually a grade of “F”. The last day to drop for the Spring 2018 Semester is Thursday, April 12th, at 7:00 PM.

**Institutional Policies**

Institutional Policies relating to this course can be accessed from the following links:

- [Institutional Policies](#)
- [Course-related Institutional Policies](#)