
Culinary Arts

The Culinary Arts Program will create an awareness of opportunities within the vast areas of the Food Service industry. The program incorporates new developments in the areas of institutional food, fine dining and basic baking principals. All graduates of the program will have a strong foundation in the basics of food preparation, safety, nutrition and restaurant operating procedures, which will enable graduates to secure food service careers adhering to industry standards.

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LENGTH OF COURSE

1,080 hours

ENROLLMENT

August

TRAINING HOURS

Full time students attend classes at ATC for 6 hours/day High School Students 2 hours/day Monday through Friday with some weekend classes. Approximately 10-hours a week of homework is required.

OCCUPATIONAL LEVELS

- Culinarian
- Culinary Assistant/Prep Cook

PREREQUISITES

- Mathematics and reading skills are essential ingredients for achieving the best paying jobs. Basic computer skills are also required.
- **TABE** tests scores for this training **must be at least:**

Reading	597
Combined Math	595
- Please be advised, in order to meet the required competencies, students in the Culinary Arts program **must handle and prepare a wide variety of products including but not limited to seafood, nuts, spices, grains, vegetables, fowl, meats, dairy, and eggs. This program cannot provide an allergen-free environment.** Those with any

food allergies and/or food/cooking fume sensitivities should consider this carefully before applying.

- Exposed jewelry, including body piercings, are not allowed in the kitchen in accordance with industry sanitation recommendations. Students will be required to remove all exposed jewelry while in class.
 - Basic computer skills are essential. Testing, grading, and most projects are done electronically.
 - Culinary Art's supply fee includes professional knife set, uniforms, hand tools and textbooks. **Required items NOT** included in this charge are: Black leather non-slip closed toe shoes, notebooks, and note taking supplies.
 - Physical requirements for hospitality occupations are to be able to lift and carry at least 50 pounds, be steady on feet for long periods of time, and work nights and early morning shifts.
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INDUSTRY CERTIFICATIONS

Our courses meet the requirements of the National Restaurant Association. In addition to the Culinary Arts Technology certificate, students can also prepare for and earn the following industry certifications:

- Professional upgrades and certifications in ServSafe®
- State of Alaska Food Workers Card
- First Aid & CPR
- Prostart

The program we provide has a long-standing reputation for providing skilled, creative cooks and bakers for the hospitality industry. The demand for trained, qualified professionals far exceeds supply, and job prospects for graduates are excellent.

Our program is designed for more than just getting a job but to give our graduates the skills they need to advance into kitchen, bakery, and restaurant management. Cooking is creative and people oriented, but it is also a business. You need experience in budgeting, purchasing, personnel management, and menu planning to be successful.

PROGRAM REQUIREMENTS

The program offers two levels of certification: Level 1: Culinarian Level 2: Culinary Assistant/Prep Cook. Our program highlights competency-based training through progressive learning units. A large portion of the training will take place in our training kitchen, giving students lots of “kitchen time” to allow their skill levels to grow. Utilizing a ‘hands-on’ food production approach, students will be working individually or in small groups. Additionally, “Core” Culinary academic skills are incorporated into the student’s training schedule. These additional skill classes will include Nutrition, Purchasing & Inventory, Restaurant management, menu, and other “core” classes.

Each unit of focus starts with the culinary basics class. Subsequent food production classes develop more advanced techniques and provides for more in-depth student evaluation.

The certificates and their required courses are:

CULINARY ASSISTANT /PREP COOK

RELATED STUDIES

Contact Hours: 20

Participate in school safety orientation, complete achievement tests, obtain First Aid and CPR card, participate in resume writing and job search training, and participate in interview and communications training.

INTRODUCTION TO PROFESSIONAL COOKING I & II

Contact Hours: 200

Basic cooking theory and practical application of those theories, centering on the understanding and use of standardized basic cooking methods. This course also includes safety, communication, career opportunities, professionalism, math skills, knife skills, terminology, weights and measures, identification and use of equipment, knowledge/history of the hospitality industry.

CULINARY MATH

Contact Hours: 50

Culinary Math begins with memorizing and converting between the standard kitchen system of weights and

measures and a review of decimals, fractions, and percent's. Students then learn to cost ingredients, convert recipe sizes, and complete food cost forms. This course prepares the student for production, baking, purchasing, and menu development labs.

SERVSAFE®, FOOD PROTECTION MANAGEMENT

Contact Hours: 20

The ServSafe® class has become the industry standard in food safety and sanitation training and is accepted in almost all United States jurisdictions that require employee certification. This course has been developed using the most accurate, up-to-date information for all levels of employees in all aspects of safe food handling.

NUTRITION FOR THE CULINARY PROFESSIONALS

Contact Hours: 20

This course provides the most accurate, up-to-date information for culinary students and professionals who need to use nutritional principles to evaluate and modify menus and respond to the customers' needs; covers characteristics of the major nutrients, how to maximize nutrient retention in food preparation, and

apply the principle of nutrient needs throughout the life cycle to menu planning and preparation.

BREAKFAST PRODUCTION

Contact Hours: 20

This progressive class begins instruction with how to flip eggs in a pan and ends with the operation of a full breakfast kitchen. During the first week, each day builds upon the next, covering such skills as omelet production, griddle work, breakfast cold foods, and banquet style entrees. The second week consists of students rotating through stations preparing a full breakfast menu to order.

VOLUME FOOD PRODUCTION

Contact Hours: 100

Designed to develop the basic cooking skills and work habits needed for preparing and serving food in

quantity. The training emphasis will first be on variations of the basic cooking methods and skills, which will then be applied to food preparations for 50 people or more. The styles of production will focus on skills used in banquets, catering, as well as the cafeteria-style set-ups. Also stressed are organizational skills, timing, sanitation, safety, and presentation.

CULINARY BAKING

Contact Hours: 110

Cooks, especially in small operations and remote locations, are often required to produce a variety of baked goods, from breads to finished desserts. This course develops the basic baking skills commonly used in most kitchens. Skills in baking basics give the student a more balanced and marketable skill level.

CULINARIAN

In addition to the Culinary Assistant/ Prep Cook requirements:

Contact Hours: 300

This course is designed to develop the skills needed to be able to work as a "line cook" in preparing menu items to order. This type of cooking skill is used primarily when working in restaurants, resorts, and hotels. Students rotate through various cooking stations depending on the methods utilized for a la carte. Along with cooking methods, instruction will focus on mise en place, organization, timing, sanitation, safety, and plate presentation. This course is also designed to develop the skills needed to be able to work as a Baker/Pastry Chef primarily in restaurants, resorts, and hotels. Students will be responsible for developing recipes and menu items, breads, pastries, and desserts. Along with production skills, instruction will focus on mise en place, organization, timing, team work, sanitation, safety, and plate presentation.

RESTAURANT MANAGEMENT

Contact Hours: 30

Focuses on the development of various styles of food service menus, layout and design, basic menu planning; consideration of relationships between menu, nutrition, sales, purchasing, food and labor cost controls, and facility; develop skills needed to work into management (chef) position within food service operation; smaller, remote operations may require the cook to plan the menu. Prepares the

successful student to progress from employee to supervisor; Develops skills in human relations, personal management, and evaluates styles of leadership. Addresses the nuts and bolts of management: interviewing, communication, job descriptions, training methods, evaluations, conflict resolution, stress, time, and organizational techniques.

PURCHASING AND INVENTORY

Contact Hours: 20

Basic principles of inventory, purchasing and receiving food, beverage equipment, contract services, and supplies; apply knowledge of quality standards and food product regulations to the purchasing function; primary focus is on inventory, product identification, supplier selection, and the subsequent ordering, receiving, storing, and issuing process.

ADVANCED SAVORY AND PASTRY ARTS

Contact Hours: 190

Focuses on developing the skills used in the Garde manger kitchen in the production and presentation of buffet and catered events, pate and sausage preparation, and hors d'oeuvres and centerpieces, menu planning, organizational technique, and sanitation. Also includes advanced baking skills.