

Day 1: Introduction, Syllabus Review, French Cuisine

- **Learning Objectives**
 - Student is able to describe key elements of French Cuisine
 - Differentiate regional French cuisines and Chefs
 - Understanding and observing Shellfish, poultry and vegetable quality standards
 - Determining doneness of shellfish, poultry and vegetables
 - Understanding proper searing techniques for poultry
- **Lecture**
Cuisine of France Power-Point-Blackboard or Dropbox
- **Recipes Professional Cooking Wiley 8th edition**
 - Moules Mariniere page 645
 - Chicken Chasseur page 577
 - Duchesse potatoes page 353
 - Green Beans Amantine page 309
- **Demonstration**
Toasting Almonds – skillet and oven technique
- **Competency-Based Applied Learning Activity**
Steam, Braise, Sauté, Toasting for flavor, Baking
- **Reading / Homework Assignment**
Italian Cuisine; Making Fresh Pasta, Risotto technique
Student research Day 02 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 02.
- **Assessment**
Daily Participation and Lab Performance Rubric-Blackboard
Product Evaluation Rubric-Blackboard
Sous Chef Report
Sustainability & Sanitation Steward
Food & Supply Steward

Day 2: Italian Cuisine

- **Learning Objectives**
 - Identify characteristics of Greek cuisine and its influence on Italian Cuisine
 - Explain historical influence of Italy on the development of later cuisines, such as French
 - Differentiate regional Italian Cuisines
 - Understanding different starches used in Italian cuisine (rice, wheat flour, polenta)
 - Learning and understanding the difference of pasta and fresh egg pasta
- **Lecture**
Cuisine of Italy Power-Point-Blackboard or Dropbox
- **Recipes**
 - Fresh egg pasta page 400
 - Risotto al Parmigiana page 386
 - Spinaci all Romana page 316
 - Polenta con Salsicce page 390

Tomato Sauce page 188

- **Demonstration**
Fresh Egg Pasta produced with pasta extruder
- **Competency-Based Applied Learning Activity**
Pasta making and identification, sauté of fresh vegetables, preparation of one mother sauce, risotto technique, starch thickening
- **Reading / Homework Assignment**
Cuisine of Rome; Making Fresh Pasta, Sauce techniques
Student research Day 03 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 03.
- **Assessment**
Daily Participation and Lab Performance Rubric-Blackboard
Product Evaluation Rubric-Blackboard
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Day 3: Italian Cuisine

- **Learning Objectives**
 - Classify Italian Pasta styles and shapes along with appropriate sauces
 - Define the influence of Apicius and the deMedicis on Italian and European cuisine
 - Identify the quality standards of ricotta cheese and Parmesan cheese
 - Learning and understanding the characteristics of cream based sauces
 - Learning different techniques for Ravioli making
- **Lecture**
Cuisine of Rome Power-Point – Blackboard or Dropbox
- **Recipes**
Ravioli with cheese filling page 401
Pesto page 399
Fettuccine Alfredo page 402
Fresh Ricotta 1 Gall Milk-1/2 cup lemon juice (per team of 2)
- **Demonstration**
Making Fresh Ricotta Cheese
- **Competency-Based Applied Learning Activity**
Making fresh cheese, ravioli procedure, making basic sauces, cooking pasta properly (al dente)
- **Reading / Homework Assignment**
Cuisine of Spain, Salt preservation, Paella. Student research Day 04 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 04.
- **Assessment**
Daily Participation and Lab Performance Rubric-Blackboard
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Day 4: Spanish Cuisine

- **Learning Objectives**

- Student is able to describe key elements of Spanish cuisine
- Understanding the technique of cooking Paella
- Learning the concept of using breads and nuts as thickening agents
- Proper product identification, quality of mollusks, crustaceans and cephalopods
- Salting as preservation method and proper rehydration for cooking

- **Lecture**

Cuisine of Spain Power-Point-Blackboard or Dropbox

- **Recipes**

Cod Cakes page 635
Romesco page 742
Paella page 389
Stuffed Mushrooms with Tapenade page 754

- **Demonstration**

Video- Paella https://www.youtube.com/watch?v=L_dDUw_QuDU
Omar Allibhoy

- **Competency-Based Applied Learning Activity**

Paella procedure, working with round rice (Bomba versus Arborio), poaching, deep frying, Learning about “Socarrat” crusty, crispy bottom of paella

- **Reading / Homework Assignment**

East European Cuisine, Borscht, Dumplings, Goulash. Student research Day 05 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 05.

- **Assessment**

Daily Participation and Lab Performance Rubric-Blackboard
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Day 5: Eastern-Central European Cuisine

- **Learning Objectives**

- Students are able to identify culture specific foods and preparation methods for East European cuisine
- Product identification of meat used for braising
- Understanding the production and proper cooking of dumplings
- Students learn the influence of Religion in food culture (bread Dumplings-Jewish)
- Proper time management for cooking with vegetables in soups and stews

- **Lecture**

Cuisine of Eastern Europe Power-Point-Blackboard or Dropbox

- **Recipes**

Spätzle page 409
Borscht SR-Supplemental Recipes Blackboard or Dropbox
Chicken Paprikach SR
Szeged Goulash SR

- **Demonstration**

Spätzle

- **Competency-Based Applied Learning Activity**

Stewing, making Spätzle, Dumpling procedure, Soup procedure-vegetables as food coloring, Searing

- **Reading / Homework Assignment**

Indian Cuisine, Samosas, Vindaloo, basmati rice. Student research Day 06 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 06.

- **Assessment**

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Day 6: Cuisine of India

- **Learning Objectives**

- Learning and understanding the history of flatbread and its production
- Learning to use make dough wrapped items to eliminate food waste
- Understanding the cultural influence on Indian cuisine
- Quality standards for deep fried foods
- Learning about different form of Asian rice and its proper cooking techniques

- **Lecture**

Indian Cuisine Power-Point-Blackboard or Dropbox

- **Recipes**

Veg. Samosas page 759
Tomato Raisin Chutney page 208
Potato filling for Samosas page 760
Aloo Paratha SR
Chicken Vindaloo SR
Rice Pilaf page 384
Cauliflower Pakoras page 761

- **Demonstration**

Folding Samosas

- **Competency-Based Applied Learning Activity**

Cooking rice, working with different vegetables, grains, spices and sauces, deep frying procedure

- **Reading / Homework Assignment**

Chinese Cuisine, Fried Rice, Noodles, Stir Fry technique. Student research Day 07 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 07.

- **Assessment**

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Day 7: Chinese Cuisine

- **Learning Objectives**

- Students learn and understand the difference in Mise en place for Asian Cuisine
- Learning how to cook with a wok
- Students will learn to identify and to use food items used in Asian cuisine

- **Lecture**

Chinese Cuisine Power-Point-Blackboard or Dropbox

- **Recipe**
 - Cantonese-style Fried Rice SR
 - Cabbage and Glass Noodle Stir-Fry SR
 - Pea Tip Stir-Fried with Garlic SR
 - Sesame-Shitake Bok Choy SR
- **Demonstration**

Display, identify and discuss ingredients, stir fry procedure
- **Competency-Based Applied Learning Activity**

Cooking with a wok, fried rice and stir-fry procedure
- **Reading / Homework Assignment**

Chinese cuisine, soups and dumplings. Student research Day 08 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 08.
- **Assessment**
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Day 8: Chinese Cuisine

- **Learning Objectives**
 - Students learn and understand the difference in Mise en place for Asian Cuisine
 - Learning how to cook with a wok
 - Learning to identify the doneness, taste and presentation of won tons, egg rolls and pot stickers
- **Lecture**

Chinese Cuisine Power-Point-Blackboard or Dropbox
- **Recipes**
 - Lanzhou Spicy Beef Noodle Soup SR
 - Pot Stickers SR
 - Wonton Soup SR
 - Egg Rolls SR
 - Stir-Fried- Chinese Greens SR
- **Demonstration**

Pot Stickers, discussing filling and forms of dumplings
- **Competency-Based Applied Learning Activity**

Steaming in a steam basket, producing dumplings, deep frying
- **Reading / Homework Assignment**

Chinese cuisine, soups and dumplings. Student research Day 09 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 09.
- **Assessment**
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Day 9: Southeast Asia Cuisine

- **Learning Objectives**
 - Learning and understanding preparation methods for Asian style soups
 - Learning and understanding how to work with rice flour based noodles
 - Understanding the difference between Asian cuisines
- **Lecture**

Chinese Cuisine Power-Point-Blackboard or Dropbox
- **Recipes**

Vietnamese Spring Rolls	SR
Pho Bo	SR
Thai Papaya and Mango Salad	SR
- **Demonstration**

Knife cuts for fruits
- **Competency-Based Applied Learning Activity**

Knife cuts for exotic fruits, making spring rolls, frying procedure
- **Reading / Homework Assignment**

Southeast Asian Cuisine. Student research Day 10 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 10.
- **Assessment**

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Day 10: Southeast Asia Cuisine

- **Learning Objectives**
 - Learning and understanding preparation methods for Asian cuisine
 - Understanding cultural, agricultural and religious influences for the region
- **Lecture**

South East Asian Cuisine Power-Point-Blackboard or Dropbox
- **Recipes**

Som Thum	SR
Pad Thai	SR
Chicken Satay	SR
Indonesian Peanut Sauce	SR
- **Demonstration**

Identifying
- **Competency-Based Applied Learning Activity**

Grilling, deveining shrimp, identifying different herbs
- **Reading / Homework Assignment**

North African Cuisine. Student research Day 11 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 11.
- **Assessment**

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Day 11: Cuisine of North Africa

- **Learning Objectives**
 - Students learn to identify spices and spice mixes for this particular region
 - Understanding cultural, agricultural and religious influences for the region
- **Lecture**

North African Cuisine Power-Point-Blackboard or Dropbox
- **Recipes**

Harsha	SR
Lamb Tagine with Chickpeas	page 511
Couscous	page 397
Harissa Baked whole fish	SR
- **Demonstration**

Demonstrate how to make Harsha
- **Competency-Based Applied Learning Activity**

Braising, Baking, special grain cooking (couscous), table side serving of whole fish
- **Reading / Homework Assignment**

Middle Eastern Cuisine. Student research Day 12 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 12.
- **Assessment**

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Day 12: Middle Eastern Cuisine

- **Learning Objectives**
 - Understanding cultural, agricultural and religious influences for the region
 - Learn and to identify food items that are produced similar in the different countries of the region
- **Lecture**

North African Cuisine Power-Point-Blackboard or Dropbox
- **Recipes**

Falafel	page 824
Hummus	page 742
Tzatziki	SR
Tabbouleh	page 693
Za'atar Spiced Kabob	SR
- **Demonstration**

Display and discuss ingredients, making Falafel
- **Competency-Based Applied Learning Activity**

Kabob production, grilling, using vegetables or grains as thickening agents
- **Reading / Homework Assignment**

Caribbean Cuisine. Student research Day 13 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 13

- **Assessment**
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Day 13: South American Cuisine

- **Learning Objectives**
 - Understanding cultural, agricultural influences for the region
 - Learning to work with spices and spice mixed unique to the region
 - Understanding traditional fish recipes and their proper execution
- **Lecture**
South American and Caribbean Cuisine Power-Point-Blackboard or Dropbox
- **Recipes**

Matambre	SR
Chimichurri Sauce	SR
Ceviche	SR
Pozole	SR
- **Demonstration**
Trussing beef flank
- **Competency-Based Applied Learning Activity**
Trussing, braising, ceviche procedure
- **Reading / Homework Assignment**
Caribbean Cuisine. Student research Day 14 menu items, write out scaled recipe, timeline, and plate diagram, due at the beginning of Day 14.
- **Assessment**
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Day 14: Caribbean Cuisine-Final Written Exam

- **Learning Objectives**
 - Understanding cultural, agricultural influences for the region
 - Learning to work with spices and spice mixed unique to the region
- **Lecture**
Spice mixture, history of Jerk, BBQ and influence for the U.S.A.-Instructor information
- **Recipes**

Jerk Spice Mixture	page 554
Jerk Chicken	page 554
Asopao de Camarones	SR
Fried Plantains	SR
- **Demonstration**
Preparing the Jerk Spice mix
- **Competency-Based Applied Learning Activity**

Making spice mixture, deep frying, grilling

- **Reading / Homework Assignment**

Prepare for final

- **Assessment**

Daily Participation and Lab Performance Rubric-Blackboard

Product Evaluation Rubric-Blackboard

Sous Chef Report

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Day 15: Final / Practical Exam

- **Assessment**

Practical Examination, Written Examination