



## **Culinary Essentials Certification (CEC) Courses**

### **HPRM 2012**

#### **Intro to Culinary Arts (3)**

This course will provide the student with a cursory understanding of fundamental culinary theory and techniques, by exposing the student to the basic principles of culinary arts. The primary goal of this class is to acquire the culinary skills needed for success in a career as a food service professional. Skills practiced will include basic kitchen safety and sanitation, knife skills, stock production, soups, sauces, breakfast cooking, and fresh pasta. The course also provides an overview of basic culinary units of measure, culinary history, and professionalism in the culinary industry.

### **HPRM 2013**

#### **Intermediate Culinary Techniques (3)**

#### **For Students in Certificate Program Only – Prerequisite HPRM 2012**

This course will provide the student with a cursory understanding of some of the more intermediate culinary theories and techniques. The primary goal of this class is to acquire the basic culinary skills needed for success in a career as a food service professional. Skills practiced will include basic kitchen safety and sanitation, knife skills, meat and seafood identification and fabrication, dry heat cooking methods, moist heat cooking methods and combination cooking methods. The course also provides an overview of types and anatomy of poultry, meat and seafood, vegetables and fruits, pastas, legumes, and rice, and a review of the various cooking methods used in professional kitchens.

### **HPRM 2014**

#### **Culinary Leadership & Professionalism (3)**

#### **For Students in Certificate Program Only – Prerequisite HPRM 2012**

This course will provide the student with an understanding of the unique topics faced while managing and supervising the human resources in the hospitality industry and to provide students with a detailed picture of how successful companies manage human resources in order to compete effectively in a dynamic, global environment.

### **HPRM 2015**

#### **A la Carte & Restaurant Service (3)**

#### **For Students in Certificate Program Only – Prerequisite HPRM 2012**

This course will provide the student with hands on experience in a real-world restaurant environment. Each student will experience all aspects of working in a restaurant and performing a la carte dining service. Various topics are covered, including table service, wine, coffee and tea service, cooking at the various stations in the kitchen, including hot line, cold line, prep, and others. The student will be responsible for producing high quality meals under the direction of the instructor and serving the public.



### **HPRM 2016**

#### **Essentials of Pastry & Baking (3)**

**For Students in Certificate Program Only – Prerequisite HPRM 2012**

This course will provide the student with a cursory understanding of introductory theory and techniques of the baking and pastry arts. The primary goal of this class is to acquire the basic culinary skills needed for success in a career as a food service professional. Skills practiced will include baking mise en place; yeast breads; pastry doughs and batters; custards, creams and mousses; fillings, frostings, and dessert sauces; and plated desserts.

### **HPRM 2017**

#### **Food Composition & Sanitation (3)**

**For Students in Certificate Program Only – Prerequisite HPRM 2012**

This course will provide the student with a cursory understanding basic food composition and food safety and sanitation. The primary goal of this class is to acquire the basic culinary skills needed for success in a career as a food service professional. Topics include fundamentals in nutrition and food, developing and marketing healthy recipes and menus, and nutrition's relationship to health and life span. It will also cover topics in kitchen safety and sanitation, such as foodborne illnesses, pathogens, contamination, storage, proper cooking, and other subjects.

### **HPRM 2018**

#### **Intro to Garde Manger (3)**

**For Students in Certificate Program Only – Prerequisite HPRM 2012**

This course will provide the student with a cursory understanding of introductory theory and techniques of Garde Manger – the art of the cold kitchen. The primary goal of this class is to acquire the basic culinary skills needed for success in a career as a food service professional. Skills practiced may include cold sauces and soups, salads and sandwiches; cured and smoked foods, sausage, terrines, pâtés, galantines, and roulades; cheese, appetizers and Hors d'oeuvres; and condiments, crackers, and pickles.

### **HPRM 2019**

#### **Culinary Internship (2)**

**For Students in Certificate Program Only – Prerequisite HPRM 2012**

Work-based learning course that enables students to develop practical skills, relate theory to practice and to gain a sound base of industrial experience by working, on a paid or voluntary basis, for an organization within the hospitality and tourism industry; develops practical competencies to assist in progressing toward a career in the hospitality industry. Students are expected to submit weekly reports and a final report as a requirement for this course.