NATIONAL CULINARY SCHOOL
Culinary Arts Specialist

Culinary Arts Program Index: 4

<table>
<thead>
<tr>
<th>Skill Development</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanitation and Safety (Serve safe)</td>
<td>30</td>
</tr>
<tr>
<td>Skill Development 1</td>
<td>8</td>
</tr>
<tr>
<td>(Portion control, the menu, Basic and Advanced cooking principals)</td>
<td></td>
</tr>
<tr>
<td>Skill Development 2</td>
<td>60</td>
</tr>
<tr>
<td>(Stock, Sauces, and Soups)</td>
<td></td>
</tr>
<tr>
<td>Skill Development 3</td>
<td>25</td>
</tr>
<tr>
<td>(Vegetable Cookery)</td>
<td></td>
</tr>
<tr>
<td>Skill Development 4</td>
<td>25</td>
</tr>
<tr>
<td>(Starch Cookery)</td>
<td></td>
</tr>
<tr>
<td>Skill Development 5</td>
<td>30</td>
</tr>
<tr>
<td>(Poultry Cooking)</td>
<td></td>
</tr>
<tr>
<td>Skill Development 6</td>
<td>30</td>
</tr>
<tr>
<td>(Meat Cookery)</td>
<td></td>
</tr>
<tr>
<td>Skill Development 7</td>
<td>36</td>
</tr>
<tr>
<td>(Fish and Shellfish Cookery)</td>
<td></td>
</tr>
<tr>
<td>Skill Development 8</td>
<td>15</td>
</tr>
<tr>
<td>(Lamb Cookery)</td>
<td></td>
</tr>
<tr>
<td>Garde Manger</td>
<td>60</td>
</tr>
<tr>
<td>(The Art of cold food)</td>
<td></td>
</tr>
<tr>
<td>Baking and Breakfast</td>
<td>42</td>
</tr>
</tbody>
</table>
Course 101 A: Food Service Industry, Sanitation and Safety

Course starts – end:

Contact Hours: 30 Hours

Instructor: Chef Sohrab Zardkoohi

Office hours:

Email: culinarypastryarts@gmail.com

Text: Servesafe Essentials Forth Edition. NRAEF

Other Materials: Handouts, power points, DVD, and other materials as assigned by the instructor.

Course Description:

This course will focus on foundational concepts that reflect the structure in which a professional kitchen is operated. Included will be Culinary Concepts, Organizational Structure, Safety and Sanitation, and Product Identification. This course will meet the standards for the American Culinary Federation Certification.

Course outline:

- Providing the safe food
  - The danger of foodborne illness
  - preventing foodborne illness
  - how food become unsafe
  - keys to food safety
The Micro world
- Microbial contamination
- Bacteria
- Viruses
- Parasites
- Fungi
- Foodborne infection vs. Foodborne Intoxication.

Contamination
- Types of foodborne contamination
- the deliberate contamination of food.

Food Allergies.

Foodborne Illness.

The Safe Foodhandler
- How foodhandlers can contaminate food
- Diseases not transmitted through food
- Components of a good personal hygiene program
- Managements Role in a personal hygiene program

The Flow of Food: Purchasing and Receiving.
- General purchasing and receiving principles
- Receiving and inspecting food

The Flow of Food: Storage.
- General Storage Guidelines
- Refrigerated Storage
- Frozen Storage
- Dry Storage

The Flow of Food: Preparation.
- Thawing Food Properly
- Preparing Specific food
- Cooking Food
- Cooling Food
- Storing Cooked Food
- Reheating Potentially Hazardous Food

The Flow of food: Service.
- General Rules for Holding Food
- Serving Food Safely
- Off-Site Service
• Food Safety System
  o Food Safety Programs
  o Active Managerial Control
  o HACCP
  o When HACCP Plan is Required
  o Crisis Management

• Sanitary Facilities and Pest Management.
  o Sanitary Facilities and equipment (Materials for Interior Construction, Considerations for Specific Areas of the Facility, Sanitation Standards for Equipments, Installing and Maintaining Kitchen Equipment, Utilities)

• Food Safety Regulations and Standards.
  o government Regulatory System for food
  o The Food Code
  o Foodservice Inspection Process

• How to Implement the Food Safety Practices Learned in the ServeSafe Program
  o Food Safety Evaluation Checklist
  o Regulatory Requirements Worksheet

Expectations:

• All absences should be reported in advance.
• Observe the rules of behavior as outlined in Orientation.
• Students will be expected to read and study the assigned materials.
• Be on time, prepared to work, and prepared to learn. Make sure you have all necessary materials for your class. It is your responsibility to find out what materials, etc., you will need if you miss time in class.
• Respect the rights and property of others. Do not disrupt the class.

Grade Adjustment Table:

• -10% If taken or turned in ONE day following the test or deadline date.
• -12% TWO days late.
• -15% THREE days late.
• -21% FOUR days late.
• -100% All assignment, exams, etc. more than FOUR days late will receive ZERO points. There are no extra credit assignments in this course.

The final course grade is derived from the accumulation of points in each grade component, with the total calculated percentage earned converted to a letter grade as follows:

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>P</td>
<td>passing course depends on the percentage achieved in the final exam, however, any absence in this class may result in deduction point from the entire course.</td>
</tr>
<tr>
<td>A</td>
<td>90-100%</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
</tr>
<tr>
<td>F</td>
<td>0-59%</td>
</tr>
</tbody>
</table>

If the Final Exam percentage is less than 75%, the Final Exam grade will also be the grade for the entire course and the test will have to be retaken.

Instructional Methodology: Class lecture and discussion
Knowledge: Short answer quizzes and examinations
Assessment: Homework assignments
Methodology: Production based outcomes
Course 101 B: Nutrition

Course Start – End:

Contact Hours: This is a 30 hours correspondent course and is provided by the school for the students to study the materials that are given independently. The students may take the final exam on this course to achieve a certificate for the course.

Instructor: Chef Sohrab Zardkoohi

Office Hours:

Email: culinarypastryarts@gmail.com

Text: Nutrition, ManageFirst, NRAEF

Other Materials: Handouts, power point, DVD, and other as assigned by the instructor.

Course Description:

Given the health conscience society we live in today foodservice workers must be knowledgeable of the nutritional value of different kinds of foods and the growing need to provide a healthier choice for our guests. In this course student will learn food and nutrition sources, functions, nutritional guideline to menu writing, and various population groups and nutritional applications to recipe development. This mod meets the standards for the American Culinary Federation Nutritional certification.

Objectives:

Upon completion of this course, the students will be able to:
Define nutrition and its roll in good health.
Name the essential nutrition and explain their function.
Plan a nutritious menu or special dietary menu.
Explain the function of vitamin and minerals.
Explain the process of digestion and how food is metabolized.
Read vitamin supplements and food labels and determine their value.
Create a personal nutrition and fitness program.
Discuss vegetarianism and special diets.

COURSE OUTLINE:

Projects: Personal nutrition and Exercise Assessment
Menu Planning
Nutrition: Classification of nutrition
Protein Defined/ Functions/ Requirements
Food Guide Pyramid
Standard American Diet
Digestion
Vitamin Facts
The Fallacies of taking Supplements
Calcium: Balancing calcium intake in your daily food plan
Sodium
Summery Facts about major Minerals
Sulfites
Summery sheets on protein: Roll of Dietary Protein. Function of Protein
Carbohydrates
Summery sheets of Lipids
Function of Fat in the Diet: The search for Fat Substitutes
Water: How eight glasses of water keep the Fat away
Fibers
Exchange list: The reason for dividing food into six different groups
Food additives
Food Labels
Convenience Foods
Cancer and diet
Low Calorie Food
Computation of daily Caloric intake for Maintenance of weight
Nutrition and Fitness for Food preparation workers
• Smoking
• Nutrition rolls for Vegetarian Diets
• Successful aging

Expectations:

• All absences should be reported in advance.
• Observe the rules of behavior as outlined in Orientation.
• Students will be expected to read and study the assigned materials.
• Be on time, prepared to work, and prepared to learn. Make sure you have all necessary materials for your class. It is your responsibility to find out what materials, etc., you will need if you miss time in class.
• Respect the rights and property of others. Do not disrupt the class.

Grade Adjustment Table:

• -10% If taken or turned in ONE day following the test or deadline date.
• -12% TWO days late.
• -15% THREE days late.
• -21% FOUR days late.
• -100% All assignment, exams, etc. more than FOUR days late will receive ZERO points. There are no extra credit assignments in this course.

If the Final Exam percentage is less than 70%, the Final Exam grade will also be the grade for the entire course and the course will have to be retaken.

Instructional Methodology: Independent and correspondent study.
Knowledge: Short answer quizzes and examinations
Assessment: Homework assignments
Methodology: Production based outcomes

Skills Development 1 8 hours
Course 103

Course Description:
Basic cooking and skill development is the basis for the Skill Development Series. Each skill taught will prerequisite the next course in order for the student to build a foundation of skills necessary to progress through the program.

Objectives:
Upon completion of this course, the student will be able to:

- Identify the fundamental concepts of cooking principals, methods, and the art of seasoning and flavoring.
- Plan and organize of production and the practice of knife skills and the making of soups and stocks.
- Produce sauces based on classical French Techniques.
- Handle and control the texture, flavor, color and nutrient changes that occur during the cooking process.
- Understand the cooking and preparation of vegetables, potatoes, pasta, dumplings, rice, and other grains.
- Obtain a working knowledge of meat, fish, and poultry fabrication.
- Cook a variety of proteins using dry and moist heat and frying methods.

Students will learn how to use properly all kitchen tools and equipment and their function including knife skills. This ability will translate into their preparation of culinary foods at a faster pace.

Portion control will be next for the culinarians to learn how important costs are to a food operation. You will learn how to convert any recipe to equal the food orders in play, these are referred to as restaurant covers and must be consistent in portion control. This course will enable the culinarians to
create many different menus and determine their individual ingredient cost. This will include all types of food preparation designed for nutritional value and method of garnishing. Culinarians will learn how to create a menu that will produce a gross profit standard related to comparative retail plate value. They will become aware of product quality and comparative pricing.

1. PORTION CONTROL & MEASUREMENTS
   a. Equivalents of weights and measures
   b. Dry and liquid measurements
   c. The written recipe
   d. Converting recipes
   e. Food cost
   f. Build a prep list from a menu

2. THE MENU
   a. Menu forms and functions
   b. Building and creating a menu.

3. BASIC to ADVANCED COOKING PRINCIPLES
   a. Effects of heat on foods
   b. Heat transfer
   c. Cooking times
   d. Moist-heat methods
   e. Dry-heat methods
   f. Dry-heat methods using fat
   g. Cooking terminology

4. THE ART OF SEASONING and FLAVORING
   a. Definition of flavoring and seasoning
   b. When to season and when to flavor
   c. Common seasonings and flavorings
   d. Using herbs and spices
   e. When to use fresh herbs

Skill Development 2
Course 104 Stocks, Sauces & Soups  60 hours

Culinary students will prepare from scratch basic stocks for beef, poultry and fish that will be used as a basis for all sauces, soups and many other food preparations. This will include reductions and glazes and de-glazing. These stocks will be made in advance, chilled and kept frozen or refrigerated depending their next use.

In this portion of curriculum the culinarians will learn all mother sauces, but also how to make changes to these basic sauces for special purposes in foods. You will be prepared to have knowledge that can be acquired to become a saucier chef.

The students will learn and prepare all types of hot and cold soups that are perfectly seasoned and garnished with plate presentation. You will become the judge of their taste as you try and eat a large variety of soups.

5. STOCKS
   a. Ingredients
   b. Procedures
   c. Reduction and glazes
   d. De-glazing
   e. Using convenience bases

10. SAUCES
   f. Mother sauces and small sauces
   g. Roux
   h. Other thickening agents
   i. Modern sauces
   j. Leading sauces

6. SOUPS
   a. Classification of soups
   b. Service of soups
   c. Clear soups
   d. Thick soups
   e. Cold soups
f. Soup presentation and garnish

Skill Development 3
Course 105 Understanding and cooking vegetables  25 hours

14. UNDERSTANDING AND COOKING VEGETABLES
   (A) Controlling quality changes during cooking
   (B) General rules of vegetable cookery
   (C) Standards of quality in cooked vegetables
   (D) Handling fresh and processed vegetable
   (E) Production and holding problems in quantity cooking
   (F) Storage
   (G) Boiling and steaming
   (H) Sautéing and pan frying
   (I) Braising
   (J) Baking
   (K) Broiling and grilling
   (L) Deep frying

   Since vegetables are less expensive than meats, poultry and fish, their use in a menu can alter its cost ratio but enhance its plate presentation, therefore the students will learn how to select the best quality and maintain their freshness. This is a completely different cooking method from proteins and to savor their flavor they have special rules that must be master. Vegetable art can now be combined with previous menus of proteins and sauces in your progress to becoming more than a cook but having the knowledge required by chefs. Culinarians will learn to substitute menu vegetables based on seasonal availability and their condition in your cooler or bin. Cooked vegetables can have eye appeal as to how they are arranged on the plate.

Skill Development 4
Course 106 Cooking Starches  25 hours

15. COOKING STARCHES
   (A) Potatoes
   (B) Rice
   (C) Pasta & Dumplings
   (D) Other Grains
(E) Stuffing and dressing
(F) Pilaf method

---

Skill Development 5
Course 107 Understanding and Cooking poultry 30 hours

13. UNDERSTANDING and COOKING POULTRY
   (A) Classification and market forms
   (B) Handling and storage
   (C) Cutting and de-boning chicken
   (D) Roasting & Baking
   (E) Boiling and grilling
   (F) Sautéing, pan-frying and deep frying
   (G) Simmering and Poaching
   (H) Braising
   (I) Dressings and stuffing’s

Skill Development 6
Course 105 Understanding and cooking meats 30 hours

7. UNDERSTANDING and COOKING MEATS
   a. Reading meat labels and knowing the basic cuts
   b. Composition, structure and basic quality factors
   c. Cooking and handling meats
   d. Marinating
   e. Broiling, grilling and pan-broiling
   f. Roasting and baking
   g. Braising
   h. Sauteing, pan-frying and griddling
i. Simmering

Here is where you start combing your knowledge of sauces with each meat preparation. There is no batch cooking. This means you must learn to create simultaneously a meat dish combined with its related sauce adding starches and/or vegetables all at different temperatures and using a 4 or 6 gas burner stove under a commercial hood. You will learn to plate and provide garnish and presentation under a time limit impose by chef instructor. Then your culinary creation will be eaten by you and evaluated. Vegetable Cooking will be included. Your menu entrée will require your converting the recipe, prep and costing with a standard cost of sales percentage. You will operate in commercial kitchen exactly as you will be required when employed.

Skill Development 7
Course 109 Understanding and Cooking Fish and Shellfish  36 hours

16. UNDERSTANDING and COOKING FISH and SHELLFISH
   (A) Composition and Structure
   (B) Cutting fish
   (C) Varieties and characteristics
   (D) Handling and storage
   (E) Mollusks
   (F) Cephalopods
   (G) Crustaceans
   (H) Miscellaneous seafood
   (I) Sushi and sashimi
   (J) Baking and broiling
   (K) Sauteing, pan-frying, and deep frying
   (L) Poaching and simmering
   (M) Mixed cooking techniques
   (N) Seafood served raw

California has some very fine restaurants that offer Pacific Ocean seafood as well as seafood dishes from around the country including Cajun cooking, Maine lobster and Alaska salmon for example. You will experience all of this in your learning and have a taste of many in all of the category identified herein, with field trips to local fisheries here in San Diego. Seafood is an art in cooking and high temperatures are not used.
Skill Development 8 15 hours

Lamb Cookery:

In this game cookery the students will learn the different method of cooking Lamb such as:

(a) Braising
(b) Stewing
(c) Roasting

Garde Manger

Course 110 Salad and Salad dressings 60 hours

Course Description:

This course covers the use and preparation of cold cuisine. The fundamentals of preparing salads, dressings, cold appetizers, basic forcemeats, vegetable carvings, garnishes, and food presentations will be explored. Emphasis will be placed on plate and platter presentation of hot and cold foods. Students will also work on breakfast, lunch, and dinner buffet arrangements, presentation and organization as they prepare an international fair.

Objectives:

Upon completion of this course, the student will be able to:

♦ Understand the fundamentals of preparing salads and dressings
♦ Create hot and cold buffet appetizers and decorative pieces
♦ Prepare food garnishes, and vegetable carvings
Create plate and platter presentations of hot and cold foods
Create buffet arrangements

17. SALAD and SALAD DRESSINGS
   (A) Types of salads
   (B) Arrangements and presentation
   (C) Components of a salad bar
   (D) Emulsion dressings
   (E) Vinaigrette dressings
   (F) Art of Garde Manger (cold foods)

18. CANAPES and HORS d’OEUVRES
   (A) Breads, spreads, fillings
   (B) Types of sandwiches
   (C) Making sandwiches
   (D) Canapés
   (E) Cocktails
   (F) Relishes
   (G) Dips
   (H) Hors d’Oeuvres

Again you will expand in your culinary progress as you will learn the presentation art in preparation of taste combined with eye appeal. These varieties of tasty morsels are very time consuming in preparation and will be found in catering events as well as specialty menus. They will combine breads, dressings, all food products with flavoring and seasonings in a art form in which some are presented in bite size portions.

19. FOOD PRESENTATION and GARNISH
   (A) Hot food presentation
   (B) The importance of appearance
   (C) Fundamentals of advanced plating
   (D) Garnish
   (E) Simple and advanced decorative techniques
   (F) Cold food presentation and buffet service
   (G) Buffet arrangement and appearance
   (H) Cold platter presentation
   (I) Hot foods for buffets
Course 111 Bakery basics, Breakfast preparation & Dairy Products 45 hours

20. Desserts, BREAKFAST PREPARATION and DAIRY PRODUCTS

(1) Different type of fine dining desserts such as: Mousse, Crème Brûlée, cheese cake, tartlets, cream puffs, diplomat cream, and different type of dessert sauces. Dinner Rolls, Breads are required bakery skills by chefs.
(2) Bakery puff pastry used in food preparation is also a bakery skill
(3) Cake decorating skills required to embellish a cake or dessert

(A) Understanding and cooking eggs
(B) Breakfast breads, cereals and meats
(C) Milk, cream and butter
(D) Cheese sauce, Hollandaise Sauce

Specialized bakery skills are necessary for chefs to acquire, for example many restaurants will purchase stock cakes and bakery items that will require a final decorating touch by the chef. Breads are now offered by wholesale bakeries that are only partially baked, to be finished at the restaurant, thereby producing a hot out of the oven product.

Breakfast preparation for restaurants who cater to this require, a high volume of customers, due to the lower menu price scale. Consequently speed is very important in breakfast preparation. You will learn how to make all popular menu items including a hollandaise sauce for eggs benedict, how to create a combination of main course breakfast items to be completed at the same time for service, how to combine healthy ingredients in an appealing presentation with fruits and many other specialties used in finer restaurants.

Course 114 International Cuisines 36 hours

21. INTERNATIONAL CUISINES
This course is mainly designed so that the students learn the different cuisines around the world. This course provides cuisines such as French, Italian and other countries authentic dishes.

A final practical exam is designed at the end of the program which determines the eligibility for passing the entire course. The final exam must be retaking if the students score less than 75%.

National Culinary School offers hands on training using the Le Cordon Bleu teaching method. This is a collection of international cuisines of French cooking origins, which will you apply these methods and techniques in addition to our extensive curriculum for your advanced schooling, to place you ahead of any competition in the job market. In conclusion students would have learned a complete Culinary or Bakery Arts program at National School from basic to advance in all areas to prepare them to enjoy high end employment. Students who graduate from National are sought after by employers because they have obtained the specific skills that are needed currently in the hospitality industry. National has a tract record for 30 years in San Diego finding jobs for our students

National Culinary & Bakery School
8400 Center Drive La Mesa, CA 91942
Ph (619) 461-2800 fax (619) 461-2881
www.nationalschools.com