

AMERICAN REGIONAL CUISINE
CHEF 1341
Tuesday 1:30pm – 5:30pm
Culinary Arts School
Northeast Texas Community College
Course Syllabus

Professor: Chef Kat Miller-Hays

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Course Description

This course is a study of the development of regional cuisine in the United States with emphasis on the similarities in production and taste with an application of skills to develop, organize, and build a portfolio of recipe strategies and production systems.

Learning Outcomes

- Understand the food and nutrition of different regions of America.
- Demonstrate various culinary techniques through the use of meat, seafood, poultry and variety meats the region and culture.
- Identify the relationship between climate, topography, and diet of the region and the use of herbs, spices, oils and vinegars.
- Analyze how foods of immigrant populations were adapted and adopted into the American cuisine.
- Demonstrate plating design, portion size, portion control and nutritional balance.
- Communicate with Chef and teammates in a courteous and professional manner.

Textbook

American Regional Cooking (A Culinary Journey) – Patricia Heyman

ISBN#: 0-13-170585-2

Additional Recommended Text (Not required)

The Food Lover's Companion by Sharon Tyler Herbst

Teaching Methods & Expectations

- Please come to class with a positive attitude to ensure success in the classroom and lab. Come prepared for class – this is a college course. Class participation is a must and is an integral part of your grade.

- **Dress Code for all Culinary Department Classes** – please arrive at class in uniform. No students will be permitted in the lab/class without proper uniform. Any missing item will result in loss of uniform points
No exceptions.
 - **CLEAN** Chef Coat
 - **CLEAN** Chef Pant
 - **CLEAN** Chef Hat & Kitchen Shoes
 - Knife Kit

- **Equipment Needed** for this class:
 - Knife Kit, Notebook, Pens/Pencils, Sheet Protectors, Spiral/Tablet

- **Lab Demonstrations**
 - Lab demonstrations will be given before and during class. All students are to be present for demonstrations when announced.
 - It is your responsibility to take notes during demonstrations – pop quizzes may be given over demonstrations with no prior notice.
 - No demonstrations will be made up for absent students.
 - No demonstrations will be scheduled during assigned breaks.

- **Breaks**
 - Instructor will give assigned breaks during class/lab time.
 - Additional breaks will be granted at instructor’s discretion.
 - Smoke Breaks will be given at instructor’s discretion.
 - Smoking protocol: Remove jacket and leave INSIDE. Smoking is to be done in designated areas ONLY. Upon return from smoke break, promptly wash hands AND face to remove odor and nicotine from both.

- **Absences**
 - **Excused** – illness or official college activity- Dr.’s note required for re-entry into class
 - **Absence of any kind (excused/unexcused) will deduct from grade point total, see grading policy**
 - **If you are experiencing any of the following, do not come to class/lab:**
 - **Fever**
 - **Vomiting**
 - **Diarrhea**
 - **Unexcused** – For any reason other than those stated above, an absence will be counted as unexcused.
 - Three or more UNEXCUSED absences will result in loss of grade and possible dismissal from class.

- It is the student's responsibility to make an appointment with the instructor to get missed work. You will be expected to be prepared at the following class with assigned homework/quizzes/tests.
- **Makeup Tests** – Any missed tests will be given at the beginning of the next class period of which the student returns. Student should arrive early to take test with enough time to not be late for class. Failure to make up your tests and work by assigned time will result in a Zero for that grade.
- **Homework Assignments** are due at the beginning of class and should be turned in at the podium upon entry to class.
- **Late Work:** Late work is up to the discretion of the instructor.
- **Extra Credit:** Extra credit work is at the discretion of the instructor.
- **Tardy/Leaving Early**
 - Student will be counted T/LE:
 - After the door to the classroom is closed.
 - Instruction has begun.
 - Leaving class or lab early/before instructor has announced dismissal.
 - Three (3) T/LE marks will be counted as an Unexcused Absence.
 - Check above time for class; know when you are expected to be in class!
- **Class Disruptions**
 - Cell phone usage is not permitted during class. Cell phone violators will have the device confiscated for the remainder of class time. Cell phones are not permitted in the lab at any time.
 - **For Testing:** All cell phones will be placed on podium table/instructor table until test is complete.
 - Excessive talking and profanity will not be tolerated at any time in class/lab.

Classroom Cleanup:

Our classroom is a direct reflection of our school. At the end of every class:

- All chairs pushed under the table in a neat fashion
- All trash/debris in trashcans
- Student lecture board is cleaned/wiped down

Lab Clean-Up

All students are expected to participate in class/lab clean up. You are responsible for your tools, dishes and area during production; once graded, you are expected to help out in the clean-up process.

- All dishes/pots and pans/bowls/utensils will be washed, dried and stored properly.
- All equipment will be cleaned and wiped down with sanitizing solution.

- All small parts will be stored with their accompanying equipment (lid/blades with the processor, etc.)
- Floors will be thoroughly swept, trash bagged and removed to the outside bins, then mopping. Mopping will be final activity before class dismissal.
- Dirty towels will be placed in washing machine
- Failure to participate actively in clean-up will result in a zero-grade for the day.
- Our profession is one based on tradition and respect. Respect your instructor, your chefmates, your kitchen and most of all, respect yourself.

Academic Honesty

All forms of academic dishonesty including cheating on tests, plagiarism, collusion, and falsification of information call for discipline.

Cheating on tests is defined to include the following:

- Copying from another student's paper;
- Using materials during a test not authorized by the person giving the test;
- Collaborating with any other person during the test without permission;
- Knowingly obtaining, using, buying, selling, transporting, or soliciting in whole or in part the content of tests not yet administered;
- Bribing any other person to obtain tests or information about tests;
- Substituting for another student or permitting any other person to substitute for one.

Plagiarism is defined as the appropriation of any person's work and the unacknowledged incorporation of that work in one's own work offered for credit.

Collusion is defined as the unauthorized collaboration with any person in preparing work offered for credit.

NTCC CATALOG NOTIFICATION:

“All students attending NTCC Culinary Arts, regardless of the time and location of the class, must abide by the rules and regulations outlined in the current Catalog/Student Handbook. A copy of the Catalog/Handbook and the Timetable of Classes may be obtained from the admissions office on the main campus or at any of our off-campus sites. You may also access the Catalog/Handbook on-line at the following web address: <http://www.ntcc.edu/catalog>” Students should attend the first day of class or contact the instructor prior to the first class. Failure to do this may result in being dropped from the class.

“Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. NTCC upholds

the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook.”

Plagiarism, cheating and other forms of academic dishonesty are prohibited.

GRADING:

Daily Grades/Participation	50%
Research Assignments (1)	10%
Written Exams	20%
Weekly Assignments	20%

A = 90-100

B = 80-89.9

C = 70-79.9

D = 60-69.9

F = 0-59.9

Recipes:

Recipes should be legibly written or typed. They must be read in their entirety before the lab class. I can tell if it is your first time to read the recipe in lab. If you do not know what an ingredient is it is your responsibility to look it up!

All recipes are to include the following:

1. Name of recipe
2. Serving size
3. Ingredients that are scaled up or down to the assigned quantity amount
4. A few lines for critique
5. A space in the top right corner for grade

Timelines:

Instructions on timelines are at the beginning of the semester. You will have one handout example on how timelines are to be organized. Yes you are to work with your team to time the entire meal.

RESEARCH PAPER:

Each students will write an research paper on a well-known chef. This paper will be due the 8th week of class.

Paper requirements:

1. 3 typed pages in length
2. No more than 2 pictures within the paper and not to exceed an area the size of two dominos.
3. The last page must include a “works cited” page to show where your research came from. The first page should be a cover page with the class name, your instructors name, the chef’s name you are writing about and the date. These two pages are not included in the 3 page requirement.

PORTFOLIO INSTRUCTIONS:

Comprehensive notebooks are to be kept throughout the semester. Pictures of finished recipes and complete dishes are encouraged. This notebook is for you, it will contain everything you learn in this class and will be a valuable tool for you to have in the future.

- Each student will keep a extensive notebook for this class
 - Notebook is to be turned in on the day of class in the 15th week.
 - No late notebooks will be accepted, failure to turn in notebook will result in a grade of ZERO.
 - Notebook is to include:
 - Title Page (Your name & Class Name)
 - Class Notes (your notes, not someone else’s!) typed or hand written (this section also includes your daily lab assessments)
 - All recipes and pictures (CLEAN!) with notes on back, or attached
 - All recipes should have grade you received in the top right corner
 - Pictures should be with or right behind recipe
 - All Class Handouts
 - All quizzes/tests
 - All homework not related/attached to recipes
 - All sections should be separated and labeled
- All Portfolios may be organized by either region or category. This will be your decision. It is highly recommended that your portfolio is an ongoing assignment rather than a collection in the last week.**

Syllabus Received Notification:

I, _____, have read and understand all items included in above syllabus for Chef 1341; American Regional Cuisine.

Signature: _____

Date: _____