

Vegetarian Culinary Arts Courses 2015/2016

VGCA 101. Professional Cooking: Vegetarian Main Dishes and Entrees I	1 hour
VGCA 105. Professional Cooking: Baking and Pastry I	1 hour
VGCA 109. Professional Cooking: Soups, Sandwiches and Salads I	1 hour
VGCA 113. Professional Cooking: Desserts I	1 hour
VGCA 117. Professional Cooking: Vegetables, Grains and Side Dishes I	1 hour
VGCA 121. Professional Cooking: Fresh and Raw I	1 hour
VGCA 125. International Cuisine: The Americas I	1 hour
VGCA 140. Professional Cooking: Beverages I (Elective)	1 hour
VGCA 142. Professional Cooking: Fish and Poultry (Elective)	1 hour
VGCA 144. Professional Cooking: Beef (Elective)	1 hour
VGCA 146. Professional Cooking: Appetizers (Elective)	1 hour
VGCA 151. Food Safety and Sanitation	2 hours
VGCA 161. Introduction to Culinary Arts and Skills	2 hours
VGCA 171. Introduction to Food Purchasing, Preparation and Presentation	3 hours
VGCA 175. Introduction to Culinary Supervision and Management	2 hours
VGCA 181. Introduction to Marketing for Culinary Professionals	1 hour
VGCA 191. Health Benefits of Vegetarian Diets I	2 hours
VGCA 202. Professional Cooking: Main Dishes and Entrees II	1 hour
VGCA 206. Professional Cooking: Baking and Pastry II	1 hour
VGCA 210. Professional Cooking: Soups, Sandwiches and Salads II	1 hour
VGCA 214. Professional Cooking: Desserts II	1 hour
VGCA 218. Professional Cooking: Vegetables, Grains and Side Dishes II	1 hour
VGCA 226. International Cuisine: Europe and Asia I	1 hour
VGCA 230. Nutritional Cooking I	1 hour
VGCA 292. Vegetarian Culinary Arts Internship	4 hours

VGCA 101. Professional Cooking: Vegetarian Main Dishes and Entrees I 1 hour

This course equips the student with skills necessary to prepare a variety of vegetarian and vegan main dishes and entrees. Lacto-ovo and vegan dishes will be explored along with the health benefits of individual ingredients. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 105. Professional Cooking: Baking and Pastry I 1 hour

This course covers basic theory and skill sets used throughout the fields of baking and pastry preparation. Use of kitchen tools and techniques specific to baking and pastry are taught. Students will learn the importance of exact ratios and the function of each ingredient in turning out perfect baked products. Methods such as creaming, blending, foaming, meringues, and straight doughs are covered. **Lab Fee:**8 (\$150).

FALL | WINTER

VGCA 109. Professional Cooking: Soups, Sandwiches and Salads I 1 hour

This course covers a range of cold prep foods including the healthful preparation of vegetarian and vegan soups, sandwiches, salads, and salad dressings. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 113. Professional Cooking: Desserts I 1 hour

This course teaches the culinary skills necessary to prepare vegetarian and vegan desserts including custards, creams, sauces, fruit salad, fruit pies/cakes, cookies, chocolate-based desserts, and others. **Lab Fee:** 9 (\$180).

FALL | WINTER

VGCA 117. Professional Cooking: Vegetables, Grains and Side Dishes I 1 hour

This course covers health preparation of vegetables and grains and the preparation of appropriate side dishes for the menu. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 121. Professional Cooking: Fresh and Raw I 1 hour

This course covers techniques for preparing entrees, side dishes, and desserts using primarily fresh and raw ingredients. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 125. International Cuisine: The Americas I 1 hour

This course explores regional cuisines of the Americas. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 140. Professional Cooking: Beverages I (Elective) 1 hour

This course covers the healthful preparation of a wide array of beverages including health and sport beverages, smoothies, tea and tea service, and juices. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 142. Professional Cooking: Fish and Poultry (Elective) 1 hour

This course will teach the culinary skills necessary to prepare basic clean meat entrees using fish and poultry. In SDA health care, long-term care, and camp environments, preparation and service of clean meats is present. Preparation of clean meats relative to safety, handling, cooking, and serving is important for employment in these environments and others. **Lab Fee:** 9 (\$180).

FALL | WINTER

VGCA 144. Professional Cooking: Beef (Elective) 1 hour

This course teaches the culinary skills necessary to prepare meat entrees using beef. In SDA health care, long-term care, and camp environments, preparation and service of clean meats is present. Preparation of clean meats relative to safety, handling, cooking, and serving is important for employment in these environments and others. **Lab Fee:** 9 (\$180).

FALL | WINTER

VGCA 146. Professional Cooking: Appetizers I (Elective) 1 hour

This course covers the healthful preparation and artful presentation of appetizers. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 151. Food Safety and Sanitation 2 hours

This course covers essential techniques for preserving the nutritional value of food without compromising the absolute requirement for providing safe and wholesome food. Techniques for sanitizing the workplace and preventing foodborne illness are covered. ServSafe certification is part of this course. **Lab Fee:** 3 (\$20).

FALL | WINTER

VGCA 161. Introduction to Culinary Arts and Skills 2 hours

This course covers the evolution of classical and modern culinary skills. This course covers basic food preparation techniques for cooking eggs and preparing and serving dairy products. Basic knife skills, cooking techniques, garnishing, and sauce and stock preparation are covered. **Lab Fee:** 12 (\$300).

FALL | WINTER

VGCA 171. Introduction to Food Purchasing, Preparation and Presentation 3 hours

This course covers menu development, food identity standards, product quality, as purchased/edible portion calculations, having the necessary ingredients in the appropriate state, and various forms of food presentation. Scaling production for small to large operations, food/menu costing, purchasing, and scheduling are covered. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 175. Introduction to Culinary Supervision and Management 2 hours

This course covers various aspects of supervision, personnel management, employment laws, and payroll.

FALL | WINTER

VGCA 181. Introduction to Marketing for Culinary Professionals 1 hour

This course covers basic marketing strategies essential for understanding how to be successful as a culinary professional. The requirement for a professional portfolio as part of a personal marketing plan is introduced.

FALL | WINTER

VGCA 191. Health Benefits of Vegetarian Diets I 2 hours

This course covers historical aspects of vegetarian diets including vegan, raw and whole foods dietary patterns. Health benefits and potential pitfalls are discussed. Current research is explored with relevance to preparing healthful vegetarian menus.

FALL | WINTER

VGCA 202. Professional Cooking: Main Dishes and Entrees II 1 hour

This course teaches the culinary skills necessary to prepare meat analogs and more complex entree recipes with emphasis on portioning and advanced cooking methods. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 206. Professional Cooking: Baking and Pastry II 1 hour

This course covers the culinary skills necessary to prepare different yeast and non-yeast, bakery products such as breads, laminated doughs, cakes, biscotti, etc. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 210. Professional Cooking: Soups, Sandwiches and Salads II 1 hour

This course covers the healthful preparation of vegetarian and vegan soups, sandwiches, salads, and salad dressings. Additional emphasis is placed on commercial production, taste testing and sensory evaluation, and advanced cold preparation kitchen skills. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 214. Professional Cooking: Desserts II 1 hour

This course teaches the culinary skills necessary to prepare advanced vegetarian and vegan desserts. **Lab Fee:** 9 (\$180).

FALL | WINTER

VGCA 218. Professional Cooking: Vegetables, Grains and Side Dishes II 1 hour

This course covers healthful preparation of vegetables and grains using advanced kitchen preparation skills and traditional as well as unique recipes and ingredients. Vegan recipes will be emphasized. **Lab Fee:** 8 (\$150).

FALL | WINTER

VGCA 226. International Cuisine: Europe and Asia I 1 hour

This course explores various regional cuisines of Europe and Asia. **Lab Fee:** 9 (\$180).

FALL | WINTER

VGCA 230. Nutritional Cooking I

1 hour

This course teaches the culinary skills necessary to prepare a wide variety of vegetarian and vegan main dishes and entrees. Lacto-ovo, vegan and raw dishes are explored along with the health benefits of individual ingredients. **Lab Fee: 8 (\$150).**

FALL | WINTER

VGCA 292. Vegetarian Culinary Arts Internship

4 hours

This course provides the student with 400 clock hours of culinary experience at a restaurant, catering company, hospital food service, camp, or other food service operation. This gives the student the opportunity to put into practice skills they have learned in class. Internship placement assistance will be provided by Southern. Weekly meeting and/or tele-conference with a University professor is required.

FALL | WINTER