

## Vegetarian Culinary Arts Courses 2017/2018

<b>VGCA 101. Professional Cooking: Vegetarian Main Dishes and Entrees I</b>	<b>1 hour</b>
<b>VGCA 105. Professional Cooking: Baking and Pastry I</b>	<b>1 hour</b>
<b>VGCA 109. Professional Cooking: Soups, Sandwiches and Salads I</b>	<b>1 hour</b>
<b>VGCA 113. Professional Cooking: Desserts I</b>	<b>1 hour</b>
<b>VGCA 117. Professional Cooking: Vegetables, Grains and Side Dishes I</b>	<b>1 hour</b>
<b>VGCA 121. Professional Cooking: Fresh and Raw I (Elective)</b>	<b>1 hour</b>
<b>VGCA 125. International Cuisine: The Americas I</b>	<b>1 hour</b>
<b>VGCA 140. Professional Cooking: Beverages I (Elective)</b>	<b>1 hour</b>
<b>VGCA 142. Professional Cooking: Fish and Poultry (Elective)</b>	<b>1 hour</b>
<b>VGCA 144. Professional Cooking: Beef (Elective)</b>	<b>1 hour</b>
<b>VGCA 146. Professional Cooking: Appetizers (Elective)</b>	<b>1 hour</b>
<b>VGCA 151. Food Safety and Sanitation</b>	<b>2 hours</b>
<b>VGCA 161. Introduction to Culinary Arts and Skills</b>	<b>2 hours</b>
<b>VGCA 171. Introduction to Food Purchasing, Preparation and Presentation</b>	<b>3 hours</b>
<b>VGCA 175. Introduction to Culinary Supervision and Management</b>	<b>2 hours</b>
<b>VGCA 181. Introduction to Marketing for Culinary Professionals</b>	<b>1 hour</b>
<b>VGCA 190. Health Benefits of Vegetarian Diets</b>	<b>1 hour</b>
<b>VGCA 202. Professional Cooking: Main Dishes and Entrees II</b>	<b>1 hour</b>
<b>VGCA 206. Professional Cooking: Baking and Pastry II</b>	<b>1 hour</b>
<b>VGCA 214. Professional Cooking: Desserts II</b>	<b>1 hour</b>
<b>VGCA 218. Professional Cooking: Vegetables, Grains and Side Dishes II</b>	<b>1 hour</b>
<b>VGCA 226. International Cuisine: Europe and Asia I</b>	<b>1 hour</b>
<b>VGCA 230. Nutritional Cooking I</b>	<b>1 hour</b>
<b>VGCA 265. Topics in Culinary</b>	<b>1 – 3 hours</b>
<b>VGCA 292. Vegetarian Culinary Arts Internship</b>	<b>4 hours</b>
<b>VGCA 295. Directed Study</b>	<b>1 – 3 hours</b>

**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).

**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**

**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).

**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).

**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**

**VGCA 121. Professional Cooking: Fresh and Raw I (Elective) 1 hour**

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

**FALL**

**VGCA 125. International Cuisine: The Americas I 1 hour**

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

**FALL**

**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).

**WINTER (odd years only)**

**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).

**WINTER (even years only)**

**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 (odd years only)**

**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 (even years only)**

**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**

**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**

**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).

**WINTER**

**VGCA 175. Introduction to Culinary Supervision and Management 2 hours**

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

**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**

**VGCA 190. Health Benefits of Vegetarian Diets** **1 hour**

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**

**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**

**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**

**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).

**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).

**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).

**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).

**WINTER**

**VGCA 265. Topics in Culinary** **1 – 3 hours**

Topics selected from the culinary field not covered in other courses. This course may be repeated for credit.

**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 | SUMMER**

**VGCA 295. Directed Study**

**1 – 3 hours**

The contents of this course will be adjusted to meet the particular needs of the student. This course may be repeated for credit. Approval of Dean required.