

## Vegetarian Culinary Arts Courses 2018/2019

<b>VGCA 101. Professional Cooking: Vegetarian Main Dishes and Entrees I</b>	<b>1 hour</b>
<b>VGCA 102. Introduction to Culinary Fundamentals</b>	<b>2 hours</b>
<b>VGCA 109. Professional Cooking: Soups, Sandwiches and Salads I</b>	<b>1 hour</b>
<b>VGCA 113. Professional Cooking: Desserts</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 135. Professional Cooking: Baking</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 173. Introduction to Menu Development and Operational Procedures</b>	<b>3 hours</b>
<b>VGCA 175. Introduction to Culinary Supervision and Management</b>	<b>2 hours</b>
<b>VGCA 259. 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 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 235. Professional Cooking: Pastry and Pies</b>	<b>1 hour</b>
<b>VGCA 237. Professional Cooking: Cake Production and Presentation</b>	<b>1 hour</b>
<b>VGCA 269. Cooking for Special Diets</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>1 – 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 102. Introduction to Culinary Fundamentals** 2 hours

Introduction to Culinary Fundamentals introduces the concepts, skills and techniques used in a professional kitchen. Students practice mise en place, basic knife skills, and safe food and equipment handling as they prepare breakfast and brunch menu items.

**Lab Fee:** 12 (\$300).

**FALL**

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

This course draws on the rich flavors provided by fresh produce, herbs, and seasonings for the preparation of vegetarian stocks, soups and sauces. Students also develop skills in the preparation and production of sandwiches and salads while practicing techniques to present visually appealing menu items for a variety of venues. **Lab Fee:** 8 (\$150).

**WINTER**

**VGCA 113. Professional Cooking: Desserts** 1 hour

This course covers the basic theory and skill sets for the preparation of desserts such as custards, sauces, meringues, soufflés and frozen desserts. Topics covered include the use of dessert making equipment, as well as a variety of ingredients and their specific function. **Lab Fee:** 9 (\$180).

**WINTER**

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

This course introduces students to the selection and preparation of a variety of vegetables and grains, using moist heat cooking methods such as boiling, steaming, braising, stewing, poaching and blanching. **Lab Fee:** 8 (\$150).

**FALL**

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

Students explore a variety of techniques including juicing, dehydrating, fermenting, sprouting and blending to create a wholesome, dynamic cuisine. Fresh fruits, vegetables, nuts, grains and sprouts are featured in the raw food repertoire.

**Lab Fee:** 8 (\$150).

**FALL**

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

This course examines the factors such as geography, culture and history that have influenced the cuisines of the culinary regions of America. By learning what factors contributed to each cuisine, students develop a deeper understanding of what makes it unique. Regional recipes are adapted to fit a vegetarian lifestyle. **Lab Fee:** 8 (\$150).

**FALL**

**VGCA 135. Professional Cooking: Baking****1 hour**

This In this course students learn the science of baking a variety of quick, yeast, artisan and specialty breads. Essential baking skills are developed as students prepare and bake loaves, rolls and artisan breads. The importance of ratios and the function of ingredients in producing quality and consistent baked products is emphasized, as well as the ability to diagnose and respond to faults in bread production. **Lab Fee:** 8 (\$150).

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

Students develop the ability to select ingredients and equipment to make and present hot and cold beverages. A range of methods are employed to explore beverages from around the globe. **Lab Fee:** 8 (\$150).

**WINTER (odd years only)****VGCA 142. Professional Cooking: Fish and Poultry (Elective)****1 hour**

This course introduces the principles of meat cookery as it applies to fish and poultry. Students select appropriate equipment and a variety of cooking methods such as steaming, stewing, poaching, pan frying, broiling, grilling and roasting. Current trends of plating and presentation are practiced. **Lab Fee:** 9 (\$180).

**WINTER (even years only)****VGCA 144. Professional Cooking: Beef (Elective)****1 hour**

This course introduces the principles of meat cookery as it applies to beef. Students select appropriate equipment and a variety of cooking methods such as searing, stewing, braising, roasting, grilling, and baking. Current trends of plating and presentation are practiced. **Lab Fee:** 9 (\$180).

**FALL (odd years only)****VGCA 146. Professional Cooking: Appetizers I (Elective)****1 hour**

Students will develop knowledge and practical skills to select ingredients and equipment for the preparation and artful presentation of a variety of appetizers. Focus is on appropriate portion control, temperature, color and texture, as well as current trends to plating and presentation of food items. **Lab Fee:** 8 (\$150).

**FALL (even years only)****VGCA 151. Food Safety and Sanitation****2 hours**

This course teaches current food safety practices which include the handling, preparation and storage of food in ways that prevent foodborne illness. Students learn to create a culture of food safety in the kitchen. ServSafe certification is a requirement for completion of the course. **Lab Fee:** 3 (\$20).

**FALL****VGCA 173. Introduction to Menu Development and Operational Procedures****3 hours**

In this course students apply the skills of professional menu development for a variety of operations. Learning focuses on the importance of using the proper tools and documents to control cost and analyze sales. This course explores various food service concepts including methods of evaluating business success. **Lab Fee:** 8 (\$150).

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

This course covers various aspects of organizational policies, plans and procedures in the food industry. Employment laws, payroll practices and ethical principles are explored. Learning is focused on promoting team commitment and cooperation, and dealing effectively with problems and conflict.

**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. Learning focuses on developing a personal marketing plan, which includes a resume, professional portfolio, and individualized business plan.

**FALL**

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

This course examines a variety of vegetarian diets, exploring different dietary patterns such as lacto-ovo, vegan, and whole foods. Students establish the value of the vegetarian lifestyle by exploring current scientific research.

**FALL**

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

Students continue to develop skills necessary to prepare healthy vegetarian entrees using wholefoods while exploring traditional ethnic origins of vegetarian cuisines from around the world. **Lab Fee:** 8 (\$150).

**Prerequisite(s):** VGCA 101

**FALL**

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

Students continue to expand their knowledge in the preparation of vegetables and grains using dry heat and other advanced techniques. Methods of enhancing flavor with the addition of marinades, rubs, sauces, smoke etc. will be explored. **Lab Fee:** 8 (\$150).

**Prerequisite(s):** VGCA 117

**WINTER**

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

Students explore the cuisines found throughout Europe and Asia, focusing on the development of the cuisine and the many issues that molded and influenced it. Common food ingredients and flavorings, cooking methods, and general characteristics are examined. **Lab Fee:** 9 (\$180).

**WINTER**

**VGCA 235. Professional Cooking: Pastry and Pies 1 hour**

This course covers basic theory, skill sets, equipment and techniques specific to pastries, pies and tarts. Students learn the importance of ratios and the function of ingredients in producing a creative and quality product, as well as how to respond to product and process faults. **Lab Fee:** 8 (\$150).

**Prerequisite(s):** VGCA 135

**FALL**

**VGCA 237. Professional Cooking: Cake Production and Presentation 1 hour**

Students are introduced to a range of cakes and their preparation methods, such as creaming, folding and blending, as well as how to respond to product and process faults. Students work with chocolate, frostings, glazes, fondant, etc. as they learn cake decorating skills. **Lab Fee:** 9 (\$180).

**Prerequisite(s):** VGCA 135

**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 269. Cooking for Special Diets**

**1 hour**

This course explores recipe modification and ingredient substitution to adapt traditional recipes for special diets. An emphasis is placed on the skills and knowledge needed to prepare for vegan, gluten free, and those with allergies. **Lab Fee:** 8 (\$150).

**WINTER**

**VGCA 292. Vegetarian Culinary Arts Internship**

**1 – 4 hours, variable credit**

Students are required to participate in the 400 hour internship program which is structured learning in the workplace. This enables students to develop appropriate attitudes towards work, experience participating in industry standards, and practice the skills acquired in the classroom. Internship placement assistance will be provided, giving the student an opportunity to explore the culinary field in an area of their interest, such as a restaurant, hospital, school, bakery, etc.

Please note:

**PREREQUISITE:** All lab classes require the completion of VGCA 151 or a ServSafe certificate before enrollment, or the Professor's consent. Students that are currently taking VGCA 151 will also be permitted to enroll in lab classes.

**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.