**Hospitality and Tourism Career Field**

**Contemporary Cuisine**

Subject Code: 330105

Outcome & Competency Descriptions

**Course Description:**

Students will prepare regional and international food products and beverages according to standardized recipes. They will research and develop marketable new recipes, plan and design menus, and calculate food requirements and costs. Selection, use, maintenance and storage of commercial equipment, machines, tools and tableware will be emphasized. Food science, inventory management, food presentation, and safety and sanitation will also be addressed.

**Strand 1. Business Operations/21st Century Skills**

Learners apply principles of economics, business management, marketing and employability in an entrepreneur, manager and employee role to the leadership, planning, developing and analyzing of business enterprises related to the career field.

**Outcome 1.1. Employability Skills:** Develop career awareness and employability skills (e.g., face-to-face, online) needed for gaining and maintaining employment in diverse business settings.

**Competencies:**

1.1.6. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.

1.1.7. Apply problem-solving and critical-thinking skills to work-related issues when making decisions and formulating solutions.

1.1.13. Manages time, priorities, and resources to achieve personal and professional goals.

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**Outcome 1.2. Leadership and Communications:** Process, maintain, evaluate and disseminate information in a business. Develop leadership and team building to promote collaboration.

**Competencies:**

1.2.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

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**Strand 3. Safety and Sanitation**

Learners apply knowledge of biological, physical and chemical hazards and the concepts of safety and sanitation to protect employees and customers from injuries, illnesses and diseases.

**Outcome 3.2. Personal Safety and Sanitation:** Demonstrate strategies for preventing risks and biological and physical contamination through personal hygiene, proper attire and precautionary medical safeguards.

**Competencies:**

3.2.3. Select, maintain, and use proper work attire and personal protective clothing and equipment appropriate to job tasks.

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**Outcome 3.3. Food Safety and Sanitation:** Demonstrate strategies for preventing and controlling biological, physical and chemical contamination of food products through proper food handling and sanitization procedures.

**Competencies:**

3.3.8. Monitor and track food temperatures throughout the receiving, thawing, storing, cooking and holding processes.

3.3.10. Mark, label, store, and dispose of food and food by-products (e.g., fats, oil, grease).

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**Outcome 3.4. Equipment Safety and Sanitation:** Demonstrate strategies and techniques for eliminating biological, physical and chemical contamination through proper equipment use, storage and maintenance.

**Competencies:**

3.4.2. Implement equipment safety requirements, and adhere to health and safety codes that restrict equipment use.

3.4.3. Set up, program, sanitize, and use commercial equipment and machines.

3.4.4. Break down and maintain commercial equipment and machines.

3.4.5. Calibrate temperature probes.

3.4.6. Inspect, use, sanitize, and store knives, hand tools and implements.

3.4.7. Clean, sanitize, and store tableware and equipment.

3.4.8. Adjust equipment and workstations to respond to allergies, food intolerances, and special requests.

3.4.9. Lock out and tag out equipment until fixed.

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**Strand 4. Culinary Arts**

Learners apply principles of sociology, chemistry, cultural psychology and food science in the preparation, cooking and presentation of food and beverages.

**Outcome 4.1. Culinary Industry Fundamentals:** Analyze the effects of sociological, cultural, historical and environmental developments on consumer food preferences and the resulting culinary issues and challenges.

**Competencies:**

4.1.1. Differentiate among the segments of the culinary and foodservice operations industry, and identify the types of food served by these segments.

4.1.2. Analyze the effect of cultural, historical, sociological and environmental developments on food preparation and presentation.

4.1.3. Analyze food preparation and presentation trends.

4.1.4. Identify characteristics of various international cuisines, and recognize notable dishes of cuisines common to different regions.

4.1.5. Determine customer behavioral characteristics and factors that influence customer selection of food places and menu items.

**Outcome 4.2. Sandwiches and Appetizers:** Select ingredients and prepare sandwiches, appetizers and small plates.

**Competencies:**

4.2.1. Identify types and components of hot and cold sandwiches, which are comprised of base, spread, filling, accent and garnish.

4.2.2. Prepare sandwich components, and assemble open and closed hot and cold sandwiches.

4.2.3. Prepare meat and cheese trays.

4.2.4. Prepare amuse bouche, hors d’oeuvres, appetizers and small plates.

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**Outcome 4.3. Ingredient Selection and Preparation:** Follow mise en place principles when organizing food and equipment, determine amounts to use, and prepare ingredients for use in recipes.

**Competencies:**

4.3.1. Explain the importance of product specifications and portion control.

4.3.2. Measure solids and liquids, and apply ratios and equations to scale, and convert U.S. and metric measurements.

4.3.3. Use and convert standardized recipes to achieve specific quantities and serving sizes.

4.3.4. Adjust recipes and preparation techniques to respond to dietary restrictions.

4.3.5. Select production methods (e.g., heat transfer, moist heat, dry heat) and equipment appropriate for the food product and environment.

4.3.7. Demonstrate mise en place principles in setting up work space.

4.3.8. Select tools and equipment that foster best results in food preparation.

4.3.9. Perform processing necessary to prepare ingredients for use in a recipe (e.g., clarify, seed, soak, steep, bread, batter, caramelize, reduce, emulsify).

4.3.10. Use standard knife and fabrication skills and techniques.

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**Outcome 4.4. Food Staples and Sides Preparation:** Apply cooking principles and methods, cultural and ethnic knowledge and nutrition-management strategies to prepare and pair staples and sides.

**Competencies:**

4.4.1. Use quality factors to select food products and produce.

4.4.2. Identify seasonings, oils, flavor enhancers and food additives by type, class and purpose.

4.4.3. Create marinades and rubs

4.4.4. Identify types and grading of egg products.

4.4.5. Prepare egg-based dishes.

4.4.6. Identify types, grading and classification of dairy products.

4.4.7. Use dairy products in food dishes.

4.4.8. Prepare salads and salad dressings.

4.4.9. Select dip ingredients, and prepare dips.

4.4.10. Select stock ingredients; and prepare stocks, bouillons, broths and bases.

4.4.11. Prepare sauces and gravies using appropriate thickening agents.

4.4.12. Prepare clear soups, thick soups and specialty soups.

4.4.13. Prepare fruits.

4.4.14. Prepare vegetables and legumes.

4.4.15. Prepare starchy foods.

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**Outcome 4.5. Meat, Poultry, and Seafood:** Apply cooking principles and methods, cultural and ethnic knowledge and nutrition-management strategies to prepare meat, poultry and seafood dishes.

**Competencies:**

4.5.1. Identify types, grades and cuts of beef, veal, lamb and pork.

4.5.2. Identify how meat composition influences food quality and preparation.

4.5.3. Select meat cuts, and prepare meat dishes.

4.5.4. Identify types, grades and cuts of chicken, turkey, duck and goose.

4.5.5. Select poultry cuts, and prepare poultry dishes.

4.5.6. Identify and prepare offal meats.

4.5.7. Describe the characteristics, uses and methods of preparing charcuterie.

4.5.8. Identify and assess the quality of fish and shellfish.

4.5.9. Prepare and cook fish and shellfish.

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**Outcome 4.6. Food Presentation:** Apply plating and presentation principles to deliver attractive and balanced menu items.

**Competencies:**

4.6.1. Plate food using design principles of color, height, focal point, proportion and temperature.

4.6.2. Prepare platter and buffet presentations.

4.6.3. Garnish plates, soups and desserts.

4.6.4. Maintain nutritional value and dietary restrictions during the plating and presentation process.

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**Outcome 4.7. Beverage Preparation:** Recommend beverage selections, and prepare non-alcoholic specialty drinks.

**Competencies:**

4.7.1. Select types of coffee and coffee flavorings, and prepare coffee drinks.

4.7.2. Select types of tea and tea flavorings, and prepare specialty tea drinks.

4.7.3. Prepare milk and dairy-based drinks.

4.7.4. Prepare specialty juices, water and energy drinks.

4.7.5. Prepare carbonated beverages.

4.7.6. Monitor beverage temperatures and holding times.

4.7.7. Determine beverage pairings appropriate for particular menu items.

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**Strand 6. Nutrition Science**

Learners apply food science and nutrition to manage the health and wellness concerns of customers and to research and develop new food products that meet quality assurance standards.

**Outcome 6.1. Food Science:** Apply principles of biology, chemistry and physics to determine the nutritional values and health impacts of food products.

**Competencies:**

6.1.1. Describe sources and forms of energy and the relationship between temperature and energy transfer.

6.1.2. Describe how food responds to temperature.

6.1.3. Sample food products for moisture content, acidity level, specific gravity or butter-fat content.

6.1.4. Assess water’s function in food processing, distinguish between moisture content and water activity and differentiate how water activity affects food functionality and storage.

6.1.6. Relate the functions and physical properties of simple and complex carbohydrates, lipids, vitamins, minerals and proteins (i.e., functional ingredients) to the selection of food ingredients.

6.1.7. Describe the roles of enzymes as catalysts and the factors that affect enzyme activity.

6.1.10. Describe the nature, purpose, and chemical and physical effects of food additives and colorings.

6.1.12. Explain the chemical nature, required elements and nutritional implications of fermentation, gel formation, dextrinization and retrogradation processes.

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**Outcome 6.3. Research for Recipe Development:** Apply principles of food composition and chemistry, nutrition science and innovation processes to research and develop marketable new recipes.

**Competencies:**

6.3.1. Conduct a sensory evaluation of the food product.

6.3.2. Explain how product availability, cost, product quality, nutrition science, allergies and intolerances affect the food innovation process.

6.3.3. Analyze trends to identify opportunities for food innovation.

6.3.4. Determine the nutritional value of food products.

6.3.5. Develop new food concepts.

6.3.6. Evaluate operational considerations, and recommend new food recipes.

6.3.7. Conduct test market.

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**Outcome 6.4. Menu Development:** Apply principles of food science, nutritional analysis and human behavior to plan and design menus.

**Competencies:**

6.4.1. Analyze sociocultural trends, food habits, preferences and nutritional guidelines to identify menu options.

6.4.2. Select menu items consistent with defined brand and operational capabilities.

6.4.3. Balance the nutritional value of food pairings.

6.4.4. Determine menu price points and menu prices.

6.4.5. Design menus, menu item descriptions and nutritional disclosures.

6.4.7. Modify menus and recipes to adjust to food-chain supply issues (e.g., outbreaks, crop destruction, recalls, excess inventory).

6.4.8. Evaluate compliance with truth-in-menu laws as they relate to product and menu descriptions and nutritional claims.

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**Strand 7. Foodservice Operations**

Learners use foodservice management principles to achieve profit objectives and deliver customer experiences consistent with the brand.

**Outcome 7.1. Purchasing and Inventory Management:** Plan and implement procedures and techniques to maintain food and beverage safety and quality, reduce costs and achieve organizational objectives during inventory acquisition, storage and use.

**Competencies:**

7.1.4. Calculate unit costs, total costs and yield measures for standard recipes.

7.1.5. Calculate plate, buffet and salad bar requirements and costs.

7.1.8. Apply first-in first-out (FIFO) inventory control method to store and use food products.

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