

AISH Professional Program

Master Certificate in Italian Cuisine

Program Structure

Semester I – Fall

Menu Development

An analysis of menu development for food service establishments. Topics to be covered include: menu development, descriptions, layout, design, pricing, sales mix and station balance. Students will be involved in critiquing and creating menus from the perspective of concept, clarity, cost, price, and efficiency.

Advanced Italian Restaurant Cooking I Experiential Learning

The course introduces students to the preparation of modern and regional dishes in a restaurant setting and allows them to put their skills into practice in Italian restaurant settings. Emphasis will be placed on cooking techniques and ingredients used in contemporary and classical cuisine, planning and ordering for production, station organization, preparation and plating, timing, palate development and other production realities of a restaurant. Students will cover a variety of flavors and ingredient combinations in Italian restaurant cuisine while preparing them according to the learned concepts of food handling and food safety of a professional kitchen.

Introduction to Italian Gastronomy

An introduction to the social, historical, and cultural forces that have affected the culinary, baking, and pastry professions in Italy; traditions and the way these traditions translate into the professional environment of the food service industry today. Topics include the contemporary challenges facing food professionals in the twenty-first century and etiquette as a historical, social, and professional discipline. Students will be expected to complete several written assignments.

Italian Pasta Workshop Experiential Learning

The workshop objective is to provide students with fundamental knowledge of one of the main dishes of Italian gastronomy. Students will appreciate how the preparation and presentation of Pasta has changed over the centuries and, through the examination of ingredients and the understanding of the evolution of cooking techniques, they will be provided with a sound understanding of the preparation of traditional Italian pasta. The course consists of lectures, workshops and tastings. Each class includes a hands-on cooking session of about 3 hours. The course also includes personal research, assignments and interviews.

Food Safety and Sanitation

This course introduces food production practices. Topics covered include prevention of food borne illness through proper handling of potentially hazardous foods, legal guidelines, kitchen safety, facility sanitation, safe practices of food preparation, storing, and reheating guidelines.

Italian Food and Culture

In this course, students will study the relationship between food and culture, with a focus on the cultural rules of food consumption and how they can be compared to the rules of music, dance, and poetry. Course topics include the relationships between food and religion, gender, folk traditions, mores, and life-cycle rituals. Emphasizing critical reading and writing, this course provides theoretical and empirical exposure to food research in anthropology, folklore, history, and sociology of Italy.

Semester II – Spring

Dietetics and Nutrition in the Mediterranean

This course introduces students to the benefits of eating the “Mediterranean way”, focusing on the nutritional aspects of the diet, the culinary tradition of the most significant Mediterranean countries and on the cultural relevance of the Mediterranean way of eating. Scientists and researchers have discovered that traditional Mediterranean cuisine is one of the most healthful, nutritious diets in the world, one that can help you live longer and enjoy far lower rates of coronary heart disease and other chronic conditions, including diabetes and cancer.

Advanced Italian Restaurant Cooking II Experiential Learning

The course provides a deeper insight to the preparation of modern and regional dishes in a restaurant setting and

allows students to put their skills into practice in Italian restaurant settings. In addition to the concepts of kitchen organization and production, the foundations of Italian restaurant cuisine, and restaurant management, this course will also demonstrate the use of management skills training in the food service industry, the history of food and food service, and propose more complicated restaurant dish preparations during lab hours. Other topics covered include basic responsibility for food service personnel, management and HR practices, restaurant esthetics, and current/future trends in the restaurant industry.

Italian Product Knowledge

An introduction to the identification and use of vegetables, fruits, herbs, nuts, grains, dry goods, prepared goods, dairy products, and spices in various forms. Explore both fresh and prepared foods and learn to identify, receive, store, and hold products. Students will also learn to evaluate products for taste, texture, smell, appearance, and other quality attributes.

Mediterranean Cuisine and Ingredients Experiential Learning

Prepare, taste, serve, and evaluate traditional, regional dishes of Europe and the Mediterranean. Emphasis will be placed on ingredients, flavor profiles, preparations, and techniques representative of the cuisines of Spain, Portugal, France, Morocco, Tunisia, Greece, and Egypt. This class includes Experiential Learning with CEMII that will require additional hours.

Interpersonal Communication

An examination of personal and small group communication with particular emphasis on methods of perceiving information and transmitting messages, gender bias in communication, nonverbal behavior, and methods of communicating ideas and emotions. Students also learn about decision making in groups and forces that influence group behavior. A review of the ways in which people communicate with each other and an introduction to the skills needed to communicate effectively in professional environments. Students participate in small and large group discussions and problem-solving situations involving listening skills, interviewing skills, verbal and nonverbal communication, and public speaking.