

CULINARY ARTS

2019/2020 COURSE DESCRIPTIONS

(COURSES SUBJECT TO CHANGE)

FIRST SEMESTER:

Professional Cooking III: Italian Creative Cuisine and Decoration.

Description: Course Descriptions Coming Soon!

FWCATF440 – Tradition of Italian Food II, 3 Credits.

Description: This course continues to explore the tradition of Italian food through representative recipes. Emphasis will be given to more elaborate dishes, including the cleaning and preparation of shellfish, fresh pasta, food combination's, feast foods and banquets.

FWBPPT470 – Baking Techniques II: Italian Pastry Techniques, 3 Credits.

Description: Since ancient times bread has had a significance that goes beyond mere sustenance. Almost every society in the world eats bread in some form and bread has always been considered a symbol of life for all mankind. Bread celebrates life and plays a leading role in traditional celebrations and festivities. This course focuses on traditional Italian specialty breads, made with special, or alternative flours, shaped by local folklore and passed down from generation to generation like the most precious gift. "Students will be introduced to natural yeast production and learn how to keep the yeast alive and strengthen it for better leavening as well as the nutritional advantages and flavor development thanks to its use. "The course offers a complete survey of traditional specialty breads, specialty flatbreads, sweet breads and rolls with an emphasis on old grain flour, alternative flours and local folklore. In addition to this students will be introduced to special diet baking through lessons on gluten free bread and complements. "A special focus is dedicated to Italy's most famous baked product, pizza: through an in-depth analysis pizza will be explained and enjoyed in all its most popular variations.

FWCAVC504 – Cooking Light: Contemporary Techniques for Healthy Living, 3 Credits.

Description: The last 40 years of food service have been characterized by a slow yet constant development of nutritional awareness and a more informed approach to food. The aim of the course is not only to offer students techniques for

a healthier approach to cooking: this course will focus on cooking techniques that can be applied in order to reduce fat consumption and at same time become the emblems of contemporary cuisine. Flavor-extraction methods, flavoring methods, pressure cooking and sous vide cooking, marinades and brines and the use of alternative fats are nowadays the base of contemporary Chefs' creations: students will learn how these techniques can be used to develop a fine dining cuisine that can be healthier yet not necessarily health-fanatic. This course includes experiential learning hours with our Community Engagement Member Institutions (CEMI).

FWDNSC510 – The Science of Cooking: An Introduction to Molecular Cuisine, 3 Credits.

Description: Forty years after the first appearance of Molecular Gastronomy, Chefs' approach to food has dramatically changed. Gastronomists and food historians talk about the last great food revolution of our times; the movement that changed the way we perceive food and started to stimulate new questions and give interesting answers to those that want to enhance their food knowledge. Since then cooking has taken a great step forward, opening paths once impossible to even think about. This course is aimed at non-scientific students who wish to approach the world of scientific application toward cooking and want to improve their knowledge of cooking techniques. A scientist and a Chef will alternate teaching the course giving both technical information and practical suggestions. Students will learn cutting edge techniques to create new textures and amazing effects.

SECOND SEMESTER:

Course Descriptions Coming Soon!

- Nutritional Cooking
- Food and Beverage Operations and Management Experiential Learning
- Physiology of Taste and Flavor Experiential Learning
- Worldwide Cuisine Experiential Learning
- Precision Cooking and Texture Development