

Montgomery County Community College
CUL 125
American Regional Cuisine
3-1-4

COURSE DESCRIPTION:

This course presents the principles of traditional dishes of various cuisines and related terminology throughout the United States. This class builds upon the basics and utilizes advanced techniques to proceed into the culinary traditions and practices of the different regions in our country. Ingredients, flavor profiles, preparations and techniques of each region will be analyzed. Students will have the opportunity to prepare, taste and present dishes from each regional cuisine. Sanitary practices and compliance with laws and ordinances of the Department of Health are enforced. Students are required to have a professional chef's uniform to participate in class according to departmental uniform policies. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

PREREQUISITE(S):

CUL 260 Global Cuisines with a grade of C or higher

CO-REQUISITE(S):

None

Upon successful completion of this course, the student will be able to:

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
1. Analyze a variety of American regional cultures and their applicable foods.	Lecture & Lab	Lab grading rubric
2. Execute safety and sanitation practices.	Lecture & Lab	Sanitation Activity Lab grading rubric
2. Identify the various flavor profiles and cooking techniques found within the different regions.	Lecture & Lab & Assigned Readings	Lab grading rubric

3. Evaluate a variety of recipes from American cultures prepared by self and others.	Demonstrate & Practice	Student Presentations
4. Demonstrate proper plating techniques with an emphasis on portion control and proper temperatures.	Hands on Lab	Practical Exam
5. Demonstrate the plating differences between appetizers, soups, salads, and entrees.	Hands on Lab	Practical & Written Exam
6. Articulate kitchen commands used in a restaurant setting.	Lecture Assigned Readings Lab	Practical Exam
7. Analyze a variety of simple sustainable practices that will help to control foodservice costs in kitchens and foodservice operations and show good environmental stewardship.	Lecture Assigned readings Written assignments	Written Assignment Written exam

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Director of Educational Effectiveness. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Lecture/ Lab: Course overview, Review of Techniques & Knife Skills & Fabrication
2. Lecture/Lab: American Regional Cuisines
3. Final Written Exam & Practical

LEARNING MATERIALS:

Professional Cooking by Wayne Gisslen – Publisher Wiley, New Jersey 9th Edition

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Stephen O'Donnell, CEC, AAC	Date: 1/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 5/19/2009
Revised by: Christopher Allen Tanner, CEC, WCC, CHE Director of The Culinary Arts Institute	Date: 3/21/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 4/2012
Revised by: Christopher Allen Tanner, CEC, WCC, CHE, AAC Director of The Culinary Arts Institute	Date: 12/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 1/14/2013
Revised by: Francine Marz, MBA, CEC Director of The Culinary Arts Institute	Date: 7/9/2014
Revised by: Joseph Jacques Baking & Pastry Instructor	Date: 8/5/2015
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 8/5/2015
Revised by: Francine Marz, MBA, CEC Director of The Culinary Arts Institute	Date: 8/24/2015
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 12/22/2015
Revised by: John De Pinto MLD, CEC Culinary Business Manager	Date: 3/23/2018
VPAA/Provost or designee Compliance Verification:	

Victoria L. Bastecki-Perez, Ed.D.

Date: 5/3/2018

Revised by: Joseph Jacques, CEPC
Culinary Business Manager

Date: 6/9/2021

VPAA/Provost or designee Compliance Verification:
Gloria Oikelome, Ed.D.

Date: 6/9/2021

Revised by: Joseph Jacques, CEPC
VPAA or designee Compliance Verification:

Date: 4/1/2024



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.