

COURSE OUTLINE

**Culinary Arts 152
Cuisine of South Asia**

Catalog Statement

CULIN 152 is an introduction to the cuisine of South Asia. The course explores the development and evolution of the particular ingredients associated with each region or country. Culinary history, formative influences and general characteristics that have influenced the development of each region's cuisine will be studied, such as geography, climate, religion and trade. Specific areas of instruction will include the identification and use of characteristic ingredients and the selection of proper equipment and cooking methods.

Total Lecture Units: 3.0

Total Laboratory Units: 0.0

Total Course Units: 3.0

Total Lecture Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Note: Students who have successfully completed CULIN 122 will not receive credit for completion of CULIN 152.

Note: Uniform, equipment and lab fee are required.

Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- read and follow written recipes;
- show proof of current California Food Handlers Permit, ServSafe Food Protection Manager Certification or equivalent.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- identify and select ingredients according to recipe requirements;
- prepare menu selections according to standardized commercial recipes in a sanitary manner;
- identify specific equipment used in the various cuisines studied;
- explain the development of South Asian cuisines and the influence of each particular region's geography, climate, religion and trade;
- complete common and individual goals/objectives set by the instructor, either as a team or individually following standards consistent with a professional, commercial foodservice operation.

Course Content

Total Faculty Contact Hours = 48.0

Introduction to International Cuisine (8 hours)

- What is cuisine?
- Regions covered-similarities and differences
- Introduction to cooking methods
- Regional ingredients, herb and spice identification
- Religious influences on world cuisines

Iran/Iraq/Armenia (8 hours)

- Geographical and climatic influences
- The origins of classical Arabic cooking
- Staple foods
- Influence of trade
- Preparation of classical and regional dishes

India/Pakistan (8 hours)

- Geographical and climatic influences
- Differences between Indian and Pakistani cuisine
- Religious influences
- Influence of trade
- British influence
- Preparation of classical and regional dishes

Thailand/Myanmar (8 hours)

- Geographical and climatic influences
- Differences between Thai and Myanmar regions
- Religious influence
- Influences of trade
- Preparation of classical and regional dishes

Vietnam/Cambodia (8 hours)

- Geographical, religious and climatic influences
- Staple foods
- Influence of trade
- Regional differences in Vietnamese and Cambodian cuisine
- Colonial effects
- Preparation of traditional and regional dishes

Methods of Instruction

The following methods of instruction may be used in the course:

- lectures/discussions;
- demonstrations;
- multi-media presentations;
- individual or group presentations.

Out of Class Assignments

The following out of class assignments may be used in the course:

- reading assignments in the textbook and other articles (e. g. summarize an article describing the influence of south Asian cuisine on current British dining habits);
- homework assignments;
- individual research project, (e.g. a written project describing various food products and/or food preparation methods typical to a particular area or culture).

Methods of Evaluation

The following methods of evaluation may be used in the course:

- quizzes;
- midterm examinations;
- assessment of laboratory production;
- instructor evaluation of student's portfolio of work;
- final examination.

Textbook

Heyman, Patricia A. *International Cooking a Culinary Journey*. 3/E. Upper Saddle River: Prentice Hall, 2017. Print.
12th Grade Textbook Reading Level. ISBN: 10: 0133815234 (9780133815238)

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- identify ingredients commonly found in the cuisines of the regions studied;
- produce authentic food items according to recipes using professional preparation and cooking methods;
- describe the historical, religious, geographical, climatic and economic influences related to the cuisines studied.