

CULINARY ARTS (CULAR)

CULAR 10 (C-ID HOSP 100) 3 units

Intro to Hospitality

54 hours lecture

Grading: letter grade.

This course is an overview of the hospitality industry's structure; Focus on customer service, cultural/economic trends and career opportunities in restaurants, lodging, resorts, and related food service operations.

Transferable to CSU Only

CULAR 20 (C-ID HOSP 110) 2 units

App. Food Serv. Sanit in Hotel/Rstr. Mgmt.

36 hours lecture

Grading: letter grade.

Formerly CULAR 20AD. This course introduces students to food safety and sanitation issues facing professionals in the food and beverage industry. The course serves as a foundation for the entire Culinary/Baking Program by helping students ascertain a thorough understanding of food safety and sanitation. The course is based on regulatory code and covers major foodborne illnesses, standards, process controls, and food safety management systems, such as HACCP. To successfully complete the course, students are required to demonstrate knowledge by successfully passing a Nationally Accredited Food Protection Manager Certification Exam.

Transferable to CSU Only

CULAR 30 (C-ID HOSP 120) 3 units

Cost Control in Hospitality

54 hours lecture

Grading: letter grade.

This course is an overview of applying cost control techniques in managing food, beverages and labor expense to maximize profit. Topics include: Menu costing and pricing, expense and income statement analysis, purchasing and storage control, loss prevention and waste management.

Transferable to CSU Only

CULAR 90 (C-ID HOSP 130) 4 units

Intro to Culinary Skills & Principles

36 hours lecture, 126 hours laboratory

Corequisite: CULAR 20.

Grading: letter grade.

Materials Fee: \$85

Formerly CULAR 202. The fundamental concepts, skills, and techniques involved in basic cookery are covered in this course: ingredients, cooking theories, preparation of stocks, mother sauces, and emulsions, knife skills, vegetables and starches, and meat and poultry prepared using basic cooking techniques (sautéing, roasting, poaching, braising, and frying). Students must pass a practical exam on a variety of cooking techniques. Note: Proof of TB clearance is required on the first day of class.

Transferable to CSU Only

CULAR 211 3 units

Intermed. Culinary Skills & Principles

36 hours lecture, 72 hours laboratory

Prerequisite: CULAR 20 and CULAR 90 or CULAR 202.

Grading: letter grade.

Materials Fee: \$85

This course provides students with skills and knowledge of the organization, equipment and responsibilities of the "cold kitchen". Cold hors d'oeuvres, sandwiches, salads, and basic charcuterie items are taught. Reception foods and buffet arrangements are introduced. Students must pass a written and practical exam. Note: Proof of TB clearance is required on the first day of class.

CULAR 215 2 units

Buffets and Catering

36 hours lecture, 27 hours laboratory

Prerequisite: CULAR 20 and CULAR 90 or CULAR 202.

Grading: letter grade.

This course is designed to instruct students on various types and levels of food presentation and cooking. From large buffets to small intimate dinner events, students learn to develop menu items, select cooking methods, formulate presentation styles and control costs. This includes event planning, catering costing, and food preparation methodology. Note: Proof of TB clearance is required on the first day of class.

CULAR 216 3 units

World Cuisines: American Regional

36 hours lecture, 72 hours laboratory

Prerequisite: CULAR 20 and CULAR 90 or CULAR 202.

Grading: letter grade.

Materials Fee: \$65

This course explores the use of indigenous ingredients in the preparation of traditional and contemporary American specialties from Hawaii to Florida, with stops in the Pacific Northwest, Texas, and New England along the way. Note: Proof of TB clearance is required on the first day of class.

CULAR 217 2 units

Vegetarian & Specialty Cuisine

18 hours lecture, 54 hours laboratory

Prerequisite: CULAR 20 and CULAR 90 or CULAR 202.

Grading: letter grade.

Materials Fee: \$55

This course provides the knowledge to understand the principles of vegetarian, vegan, raw food, and specialty cuisines. Topics will include how to combine non-meat proteins, prepare raw foods, and make substitutions for low fat, low sugar, gluten-free, and other allergy-based dietary restrictions. Note: Proof of TB clearance is required on the first day of class.

CULAR 218 3 units

World Cuisines: Asian

36 hours lecture, 72 hours laboratory

Prerequisite: CULAR 20 and CULAR 90 or CULAR 202.

Grading: letter grade.

Materials Fee: \$65

Students prepare, taste, serve, and evaluate traditional, regional dishes of the cuisines of India, the four regions of China, Japan, Vietnam, Thailand, and Indonesia. Importance will be placed on ingredients, flavor profiles, preparations, and techniques representative of these cuisines. Note: Proof of TB clearance is required on the first day of class.

CULAR 219 3 units

World Cuisines: Mediterranean

36 hours lecture, 72 hours laboratory

Prerequisite: CULAR 20 and CULAR 90 or CULAR 202.

Grading: letter grade.

Materials Fee: \$65

This course emphasizes the influences and ingredients that create the unique character of Mediterranean cuisine. Students prepare, taste, serve, and evaluate traditional, regional dishes of countries in the Mediterranean region. Ingredients, flavor profiles, and techniques representative of these cuisines will be stressed. Note: Proof of TB clearance is required on the first day of class.

CULAR 222A 4 units

Advanced Restaurant Operations

72 hours lecture

Prerequisite: CULAR 20, CULAR 211, and CULAR 90 or CULAR 202.

Corequisite: CULAR 222B.

Grading: letter grade.

This capstone course covers the fundamental principles of front- and back-of-house operations in a restaurant setting including: equipment and station set-up, cost control, inventory, menu development, Point of Sale (POS) system, dining room service, hospitality management, and marketing. Note: Proof of TB clearance is required on the first day of class.

CULAR 222B 4 units

Advanced Restaurant Practicum

216 hours laboratory

Prerequisite: CULAR 20, CULAR 211, and CULAR 90 or CULAR 202.

Corequisite: CULAR 222A.

Grading: letter grade.

This capstone course gives students real-time hands-on professional restaurant experience via LBCC's full-service student-run Bistro. Rotating between the kitchen and dining room, students learn how to set-up stations, create, prepare, and serve made-to-order dishes, dining room set-up and décor, manage beverage services and customer service/relations. Note: Proof of TB clearance is required on the first day of class.

CULAR 225 2 units

Product and Menu Development

36 hours lecture

Grading: letter grade.

This course provides the basic knowledge of food composition, ingredients, and their functions. Students will learn how to create food products and develop menus by blending flavors with various cooking and baking techniques or by ingredient substitution.

CULAR 250 2 units

Culinary Skills for Baking Students

18 hours lecture, 54 hours laboratory

Corequisite: CULAR 20.

Grading: letter grade.

Materials Fee: \$45

This course introduces the Baking and Pastry student to basic culinary skills and principles in order to build foundational skills, outside of his or her specialty. This includes knife cuts, basic sauce making, sautéing, poaching, braising and steaming. Note: Proof of TB clearance is required on the first day of class.