



CATALOG ADDENDUM

CATALOG 2010-2011

PUBLICATION DATE: APRIL 2011

1. CATALOG ADDITIONS

New Diploma Program Offerings

Baking & Pastry – Diploma
Culinary Arts - Diploma



5099 E. Grant Road, Suite 100, Tucson, AZ 85712 * 520-318-2700 * 866-690-8850

Catalog Addendum
Baking & Pastry
Diploma

Addendum Effective April 2011.

Baking & Pastry - Diploma

55 Credits, Four 11-week quarters, or 44 weeks

The Baking & Pastry program can provide students with culinary skills combined with a focus on baking and pastry. This combination skill set enhances each graduate's ability to meet the challenges of an increasingly demanding and rapidly changing field. Two strengths of the program of study are an emphasis on culinary skills as well as the core baking and pastry courses. The program focuses upon both production and individualized skills necessary to pursue employment in bakeries, restaurants, and other catering or institutional settings. In addition to technical skills, the program offers food safety and sanitation, nutrition and kitchen supervision/career development and related business courses to support their professional skills for employment and supervision. Upon completion of the program, graduates may pursue entry level positions as line cooks, pastry cooks, caterers or cake decorators.

Objectives: Upon completion of the program, graduates will be able to:

- produce a wide variety of artisan breads, pastries and plated desserts.
- create sugar, chocolate and pastillage centerpieces.
- produce complex pastries and cakes involving multiple skills and techniques.

DIPLOMA IN BAKING & PASTRY ARTS

Typical Course Sequence

Subject to change without notice at the discretion of the school.

| | | Lecture Hrs. | Lab Hrs. | Externship Hrs. | Contact Hrs. | Credits |
|-------|---|-------------------------|---------------------|----------------------------|-------------------------|----------------|
| CU100 | Fundamentals of Classical Techniques ◊ | 22 | 88 | 0 | 110 | 6 |
| CU110 | Culinary Theories and Concepts◊ | 22 | 22 | 0 | 44 | 3 |
| CU124 | Introduction to Baking and Pastry Techniques◊ | 22 | 88 | 0 | 110 | 6 |
| CU130 | American Regional Cuisine ◊ | 22 | 88 | 0 | 110 | 6 |
| CU165 | Kitchen Management and Career Development ◊ | 22 | 22 | 0 | 44 | 3 |
| CU209 | Artisan Breads and Baking Production◊ | 22 | 88 | 0 | 110 | 6 |
| CU219 | European Cake and Tortes◊ | 11 | 44 | 0 | 55 | 3 |
| CU229 | Advanced Patisserie and Display Cakes ◊ | 22 | 88 | 0 | 110 | 6 |
| CU234 | Classical European Cuisine◊ | 11 | 44 | 0 | 55 | 3 |
| CU249 | Sustainable Purchasing and Controlling Costs◊ | 22 | 22 | 0 | 44 | 3 |

| | | | | | | |
|---------------|---|-----|-----|---|-----|----|
| CU279 | Chocolate, Confections and Centerpieces ◊ | 22 | 88 | 0 | 110 | 6 |
| SCI156 | Nutritional Science** | 44 | 0 | 0 | 44 | 4 |
| Totals | | 264 | 682 | 0 | 946 | 55 |

◊ = Area of Concentration; ** = General Education

Baking and Pastry, Diploma

Typical Course Sequence-Subject to change at the discretion of the school.

| <i>Qtr</i> | <i>A</i> | <i>B</i> | <i>C</i> | <i>D</i> | <i>E</i> |
|------------|---|----------|---|--|---|
| 1 | CU100 Fundamentals of Classical Techniques Prereq: None | | CU110 Culinary Theories and Concepts Prereq: None | SCI156 Nutrition Prereq: None | |
| 2 | CU124 Introduction to Baking and Pastry Techniques Prereq: None | | | CU165 Kitchen Management and Career Development Prereq: None | CU249 Sustainable Purchasing and Controlling Costs Prereq: None |
| 3 | CU130 American Regional Cuisine Prereq: CU100, CU110 | | CU219 European Cakes and Tortes Prereq: CU124 | CU209 Artisan Breads and Baking Production Prereq: CU124 | |
| 4 | CU229 Advanced Patisserie and Display Cakes Prereq: CU124 | | CU234 Classical European Cuisine Prereq: CU130 | CU279 Chocolate, Confections and Centerpieces Prereq: CU124 | |

Course Description

CU100 FUNDAMENTALS OF CLASSICAL TECHNIQUES

6 Credits

Prerequisite: None

Through demonstrations and hands-on work, fundamental concepts, skills, and techniques involved in basic cookery are covered. These include the study of ingredients and cooking theories; the preparation of stocks, broths, glazes, soups, thickening agents, the grand and emulsion sauces. The cookery basics for vegetables, starches, meat, fish, and poultry are also introduced, as well as techniques such as sautéing, roasting, poaching, braising, broiling, grilling, stir-fry. In addition to learning organizational skills and work coordination, students will learn the basics of classical culinary vocabulary, basic food chemistry and flavor profiles, as well as identification, application and use of equipment and tools.

CU110 CULINARY THEORIES AND CONCEPTS

3 Credits

Prerequisite: None

The fundamental concepts, skills, and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, soups, thickening agents, the grand sauces, and emulsion sauces. Lectures teach organization skills in the kitchen and work coordination. The basics of stocks, soups, sauces, vegetable cookery, starch cookery, meat, and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying.

CU124 INTRODUCTION TO BAKING AND PASTRY TECHNIQUES

6 Credits

Prerequisite: None

This course is a combination of theory, lecture, demonstration and hands-on production to provide an introduction to baking and pastry techniques for use in a commercial kitchen. Special significance is placed on the study of ingredient functions, production identification, and weights and measures as applied to baking and pastry techniques. Instruction regarding the preparation of yeast-raised dough mixing methods, roll-in dough's, pie dough's, basic cake mixing methods, fillings, icings, pastry cream, and finishing techniques. Emphasis is also placed on dessert plating and presentation. Students must pass a practical exam.

CU130 AMERICAN REGIONAL CUISINE

6 Credits

Prerequisite: CU100 Fundamentals of Classical Techniques, CU110 Culinary Theories and Concepts

The knowledge learned in Culinary Skills is reinforced to build student confidence and strengthen the techniques of basic cookery. Attention is given to portion control, costing, plate presentation, and teamwork in production. American Regional Cuisine introduces culture, food, local growing, and regional cooking methods, with emphasis on cooking and classical French culinary techniques.

CU165 KITCHEN MANAGEMENT AND CAREER DEVELOPMENT

3 Credits

Prerequisite: None

This course focuses on managing people from the hospitality supervisor's viewpoint. The emphasis is on techniques for increasing productivity and controlling labor costs, managing time, facilitating change, motivating employees, and resolving conflict. This course also stresses effective communication and explains the responsibilities of a supervisor in the food service operation. Specific focus is placed on interviewing and hiring employees, and is explored from the perspective of a manager looking for staff, and as workers involved in a job search.

CU209 ARTISAN BREADS AND BAKING PRODUCTION

6 Credits

Prerequisite: CU124 Introduction to Baking and Pastry Techniques

This course provides the information, tools, and instruction to gain proficiency in the preparation of a variety of artisan breads. Emphasis will be placed upon learning to mix, ferment, shape, bake and store hand crafted breads. Students will focus on traditional fermentation, as well as the science and ingredients. Students learn assembly speed and to increase their proficiency in meeting production deadlines with quality products.

CU219 EUROPEAN CAKES AND TORTES

3 Credits

Prerequisites: CU124 Introduction to Baking and Pastry Techniques

Students will build on competencies previously learned and apply those skills to new products to create more elaborate tortes and cakes using complex finishing methods such as applying glazes, using decorating sponges, and building multi-component cakes. Topics to be covered include comparison of classical and modern preparations, classical cakes, glazed, iced, molded, and cream-filled cakes, and bombes.

CU229 ADVANCED PÂTISSERIE AND DISPLAY CAKES

6 Credits

Prerequisites: CU124 Introduction to Baking and Pastry Techniques

This course explores the techniques of plated desserts and the theory behind building edible art for á la carte service, competition or banquet functions. Methods and procedures for producing high-quality specialty decorated cakes, as well as the design, assembly, and decoration of wedding cakes will be introduced.

CU234 CLASSICAL EUROPEAN CUISINE

3 Credits

Prerequisite: CU130 American Regional Cuisine

The preparation of classical recipes from France, Italy and Northern Europe will be applied, including cream and veloute soups, soups bound with pureed vegetables, rice, etc. Also included are classical sauces, vegetable cookery, potatoes, rice, and other starches. Entrée production and presentation will include meats, fish, and egg cookery. Pantry will encompass salads and vinaigrettes, single and composed salads.

CU249 SUSTAINABLE PURCHASING AND CONTROLLING COSTS

3 Credits

Prerequisite: None

This course introduces the student to the methodologies and tools used to control costs, purchase supplies, and help the student value the purchasing, planning, and control process in the food and beverage industry. Primary focus is on supplier selection, planning, and controlling costs, with an emphasis placed on the study of sustainable products and approaches. Topics include planning and controlling costs, using budgeting techniques, standard costing, standardized recipes, performance measurements, food, beverage, and labor cost controls.

CU279 CHOCOLATE, CONFECTIONS AND CENTERPIECES

6 Credits

Prerequisite: CU124 Introduction to Baking and Pastry Techniques

Students are introduced to the fundamental concepts, skills and techniques of chocolates and confections. Students are introduced to the basic techniques used in form simple centerpieces. Lectures and demonstrations teach chocolate tempering, candy production, and the rules that apply when creating centerpieces.

SCI156 NUTRITIONAL SCIENCE

3 Credits

Prerequisite: None

This class centers on an explanation of the basic principles of nutrition and their relationship to health. The structure, functions, and sources of nutrients – including proteins, carbohydrates, fats, vitamins, minerals, and water – are discussed. Current issues in nutrition are reviewed, including the U.S. Dietary Guidelines, energy balance, vitamin supplements and fad foods.



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Catalog Addendum
Culinary Arts
Diploma

Addendum Effective April 2011.

Culinary Arts - Diploma

55 Credits, Four 11-week quarters, or 44 weeks

The Culinary Arts 4-quarter Diploma program is proud to be part of The International Culinary Schools at the Art Institutes, America's largest system of culinary programs offered at over 30 Art Institutes schools.

Cook up a rewarding career in The Art Institute of Tucson's Culinary Arts program. In the diploma program, students have the opportunity to learn from seasoned and qualified chefs and become successful in this appetizing field.

Students study the fundamentals of cooking, baking, knife skills, nutrition, sanitation, safety, food production, kitchen operations, and food selection and purchasing. They have an opportunity to learn about modern, regional, and classic cuisine, covering a variety of international styles, practicing these skills in professional kitchens. Students also have an opportunity to learn the basic management skills they need to achieve their career goals.

Culinary Arts students also spend time working in the *ai bistro*, the student-operated public dining lab, where students prepare and serve lunch or dinner and learn to become food service professionals who meet the needs of their guests.

Graduates are prepared to find entry-level positions such as prep cooks, line cooks, first cooks, and assistant pastry chefs. After gaining experience, they can pursue entry-level jobs as sauciers, bakers, sous chefs, and pastry chefs. They can pursue work opportunities in entertainment establishments, restaurants, hotels, clubs, resorts, food companies, hospitals and other health care institutions, convention centers, and cruise ships.

Objectives: Upon completion of the program, graduates will be able to:

- cook and present various ethnic cuisines professionally.
- work as a professional team member.

DIPLOMA IN CULINARY ARTS

Typical Course Sequence

Subject to change without notice at the discretion of the school.

| | | Lecture Hrs. | Lab Hrs. | Externship Hrs. | Contact Hrs. | Credits |
|--------|--|-----------------|-------------|--------------------|-----------------|---------|
| CU100 | Fundamentals of Classical Techniques ◊ | 22 | 88 | 0 | 110 | 6 |
| CU110 | Culinary Theories and Concepts ◊ | 22 | 22 | 0 | 44 | 3 |
| CU124 | Introduction to Baking and Pastry Techniques◊ | 22 | 88 | 0 | 110 | 6 |
| CU130 | American Regional Cuisine◊ | 22 | 88 | 0 | 110 | 6 |
| CU135 | Latin Cuisine◊ | 11 | 44 | 0 | 55 | 3 |
| CU165 | Kitchen Management and Career Development◊ | 22 | 22 | 0 | 44 | 3 |
| CU201 | Garde Manger◊ | 22 | 88 | 0 | 110 | 6 |
| CU236 | World Cuisine◊ | 11 | 44 | 0 | 55 | 3 |
| CU240 | A la Carte ◊ | 11 | 154 | 0 | 165 | 6 |
| CU235 | Asian Cuisine ◊ | 11 | 44 | 0 | 55 | 3 |
| CU249 | Sustainable Purchasing and Controlling Costs ◊ | 22 | 22 | 0 | 44 | 3 |
| CU255 | Food and Beverage Operations Management ◊ | 22 | 22 | 0 | 44 | 3 |
| SCI156 | Nutritional Science** | 44 | 0 | 0 | 44 | 4 |
| Totals | | 264 | 726 | 0 | 990 | 55 |

◊ = Area of Concentration; ** = General Education

Culinary Arts, Diploma

Typical Course Sequence-Subject to change at the discretion of the school.

| Qtr | A | B | C | D | E |
|-----|---|---|--|---|--|
| 1 | CU100 Fundamentals of Classical Techniques Prereq: None | | CU110 Culinary Theories and Concepts Prereq: None | SCI156 Nutritional Science Prereq: None | CU165 Kitchen Management and Career Development Prereq: None |
| 2 | CU130 American Regional Cuisine Prereq: CU100, CU110 | | CU135 Latin cuisine Prereq/Coreq: CU130 | CU249 Sustainable Purchasing and Controlling Costs Prereq: None | CU236 World Cuisine Prereq/Coreq: CU130 |
| 3 | CU124 Introduction to Baking and Pastry Techniques Prereq: None | | CU255 Food and Beverage Operations Management Prereq: None | CU201 Garde Manger Prereq: CU130 | |
| 4 | | CU235 Asian Cuisine Prereq/Coreq: CU130 | CU240 A la Carte Prereq: CU130, CU255 | | |

Course Descriptions

CU100 FUNDAMENTALS OF CLASSICAL TECHNIQUES

6 Credits

Prerequisite: None

Through demonstrations and hands-on work, fundamental concepts, skills, and techniques involved in basic cookery are covered. These include the study of ingredients and cooking theories; the preparation of stocks, broths, glazes, soups, thickening agents, the grand and emulsion sauces. The cookery basics for vegetables, starches, meat, fish, and poultry are also introduced, as well as techniques such as sautéing, roasting, poaching, braising, broiling, grilling, stir-fry. In addition to learning organizational skills and work coordination, students will learn the basics of classical culinary vocabulary, basic food chemistry and flavor profiles, as well as identification, application and use of equipment and tools.

CU110 CULINARY THEORIES AND CONCEPTS

3 Credits

Prerequisite: None

The fundamental concepts, skills, and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, soups, thickening agents, the grand sauces, and emulsion sauces. Lectures teach organization skills in the kitchen and work coordination. The basics of stocks, soups, sauces, vegetable cookery, starch cookery, meat, and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying.

CU124 INTRODUCTION TO BAKING AND PASTRY TECHNIQUES

6 Credits

Prerequisite: None

This course is a combination of theory, lecture, demonstration and hands-on production to provide an introduction to baking and pastry techniques for use in a commercial kitchen. Special significance is placed on the study of ingredient functions, production identification, and weights and measures as applied to baking and pastry techniques. Instruction regarding the preparation of yeast-raised dough mixing methods, roll-in dough's, pie dough's, basic cake mixing methods, fillings, icings, pastry cream, and finishing techniques. Emphasis is also placed on dessert plating and presentation. Students must pass a practical exam.

CU130 AMERICAN REGIONAL CUISINE

6 Credits

Prerequisite: CU100 Fundamentals of Classical Techniques, CU110 Culinary Theories and Concepts

The knowledge learned in Culinary Skills is reinforced to build student confidence and strengthen the techniques of basic cookery. Attention is given to portion control, costing, plate presentation, and teamwork in production. American Regional Cuisine introduces culture, food, local growing, and regional cooking methods, with emphasis on cooking and classical French culinary techniques.

CU135 LATIN CUISINE

3 Credits

Prerequisite: CU100 Fundamentals of Classical Techniques

This course emphasizes both the influences and ingredients that create the unique character of selected Latin cuisines. Students prepare, taste, serve, and evaluate traditional regional dishes of Mexico, South America and the Caribbean Islands. Importance will be placed on ingredients, flavor profiles, preparations, and techniques representative of these cuisines.

CU165 KITCHEN MANAGEMENT AND CAREER DEVELOPMENT

3 Credits

Prerequisite: None

This course focuses on managing people from the hospitality supervisor's viewpoint. The emphasis is on techniques for increasing productivity and controlling labor costs, managing time, facilitating change, motivating employees, and resolving conflict. This course also stresses effective communication and explains the responsibilities of a supervisor in the food service operation. Specific focus is placed on interviewing and hiring employees, and is explored from the perspective of a manager looking for staff, and as workers involved in a job search.

CU201 GARDE MANGER

6 Credits

Prerequisite: CU130 American Regional Cuisine

This course introduces the multiple responsibilities of the cold kitchen. Basic recipes for dressings, marinades, and salads made from vegetables, cooked meat, seafood, and pastas, as well as preparing a variety of sandwiches, presentation, and combination of salads are covered. Hors d'oeuvres will be introduced, including hot, cold, zakuski, and canapés. The fine art of chaud-froid, and its use and importance are emphasized. This course also explores the making, presentation, and accompaniments of pâtés and terrines. Sausage-making and its importance are covered. Students will learn how to make galantines, ballontines, and mousses.

CU235 ASIAN CUISINE

3 Credits

Prerequisites: CU100 Fundamentals of Classical Techniques, CU110 Culinary Theories and Concepts

This course explores the culinary traditions of Asia. Foodstuffs and traditional recipes of China, Japan, Southeast Asia, and India are explored. Influence of Western techniques and foodstuffs are discussed. Achievement of nutritional balance in an Asian diet and a general introduction to Asian herbs and spices are included.

CU236 WORLD CUISINE

3 Credits

Prerequisites: CU100 Fundamentals of Classical Techniques, CU110 Culinary Theories and Concepts

This course will focus on international recipes including Spanish, African, Middle Eastern, and Indian cuisine. Emphasis will be placed on ingredients, flavor profiles, preparations, and techniques.

CU240 A la CARTE

6 Credits

Prerequisite: CU130 American Regional Cuisine

The students prepare modern and regional American cuisine in a public restaurant. Correct application of culinary skills, plate presentation, organization, and timing in producing items off both a fixed-price menu and an a la carte menu are stressed. The principles of dining room service and the philosophy of food are further explored and examined in light of today's understanding of food, nutrition, and presentation.

CU249 SUSTAINABLE PURCHASING AND CONTROLLING COSTS

3 Credits

Prerequisite: None

This course introduces the student to the methodologies and tools used to control costs, purchase supplies, and help the student value the purchasing, planning, and control process in the food and beverage industry. Primary focus is on supplier selection, planning, and controlling costs, with an emphasis placed on the study of sustainable products and approaches. Topics include planning and controlling costs, using budgeting techniques, standard costing, standardized recipes, performance measurements, food, beverage, and labor cost controls.

CU255 FOOD AND BEVERAGE OPERATIONS MANAGEMENT

3 Credits

Prerequisite: None

Topics covered include the psychology of service, professional standards of performance for dining room personnel, the fundamental skills required for service-ware handling, the service sequence, order taking, guest relations, and the liability and consumer dimensions of alcohol service. This course also highlights

the specific management opportunities and challenges in managing a bar, lounge, or foodservice establishment serving alcoholic beverages. Significant product knowledge orientation, as well as cost control and purchasing, production, and service issues are addressed.

SCI156 NUTRITIONAL SCIENCE

3 Credits

Prerequisite: None

This class centers on an explanation of the basic principles of nutrition and their relationship to health. The structure, functions, and sources of nutrients – including proteins, carbohydrates, fats, vitamins, minerals, and water – are discussed. Current issues in nutrition are reviewed, including the U.S. Dietary Guidelines, energy balance, vitamin supplements and fad foods.