

CULINARY ARTS AND HOSPITALITY MANAGEMENT

Human Arts and Social Sciences Division

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<http://www.cabrillo.edu/programs>

Culinary Arts and Hospitality Management Occupational Program

Cabrillo College's Culinary Arts and Hospitality Management program provides the student with the basic culinary skills in food preparation and service, advanced a la carte dining, and buffet food productions, as well as food service management training for the industry. Cabrillo College offers a basic skills certificate in cooking or catering (16 units each) and/or a certificate of proficiency in Culinary Arts (33 units). The skills certificates are stepping stones towards a certificate of proficiency. When a student has completed 30 units of Culinary Arts core classes and also completed 21 additional units of general education, they can then complete an A.S. Degree in Culinary Arts and Hospitality Management.

The program is located at the beautiful Sesnon House Mansion where there is a full-service restaurant and a catering facility open to the public. The students gain hands-on experience in fine dining and catering events up to 200 people. Check out the website for the Sesnon House at www.cabrillo.edu/services/sesnon.

Career Opportunities

Any dish that a trained culinarian creates can be a work of art in both tasted and visual appeal. As a business, though, a graduate from Culinary Arts and Hospitality Management means employability. The California Restaurant Association (www.calrest.org) indicates that:

- California eating-and-drinking place sales are projected to rise
- In a recent survey, California's new restaurants exceed 6,000; more than any other state in the nation for the same surveying period
- In recent years consumers spent more of the money at restaurants than they did at the supermarket
- The typical restaurant owner started at the beginning of the career ladder working as a dishwasher, busser, or cook. In fact, more than 9 out of 10 salaried restaurant employees started out as hourly employees
- The restaurant industry is the largest employer in California, providing over 950,000 jobs. The restaurant industry provides work for almost 7% of those employed in California.

CULINARY ARTS AND HOSPITALITY MANAGEMENT

Core Course	Units
CAHM 50A	Introduction to Culinary Arts Basics 1
CAHM 50B	Introduction to Entrée Preparation and Service 1
CAHM 50C	Introduction to Appetizers and Baking Preparation. 1
CAHM 50L	Introduction to Culinary Arts Lab. 2
CAHM 57	Catering and Beverage Operations. 2
CAHM 64	Sanitation and Hygiene 2
CAHM 151B	Advanced Culinary Arts* 9
CAHM 155	Basic Baking and Pastry 3
CAHM 157L	Catering and Beverage Operations Lab. 5
CAHM 160	Purchasing and Food Cost Control 2
CAHM 163	Food Service Management. 2

Approved Electives

CAHM 20	Nutrition	3
CAHM 149	Cake Decorating	1
CAHM 153	Garde Manger	2
CAHM 156L	History and Practice of Sauces	1-2
CAHM 159	Chocolate	1
CAHM 165	Meat Cutting/Sausage Making	3
CAHM 166	Breadmaking	1-2
CAHM 167	Cultural and Ethnic Foods	2
CAHM 168	Advanced Baking and Pastry	3
CAHM 170	Commercial Baking II	6
CAHM 171	The Art of Creating Wedding Cakes	1
CAHM 172	Wine & Wine Service	1-2
CAHM 174	World Wine	1-2
CAHM 199C	Career Work Experience Education	1-4
ACCT 151A	Introduction to Accounting: Bookkeeping Concepts	4
BUS 155	Business Mathematics	3
OR		
MATH 154	Elementary Algebra	4

*CAHM 50L, Culinary Basics and CAHM 151B, Advanced Culinary Arts can be taken once as Core course, and repeated one time for approved elective credit.

Associate in Science Degree Culinary Arts and Hospitality Management

	Units
General Education	21
CAHM Core Course	30
Approved Electives	1-8
Electives	1-8
Total for A.S. Degree in Culinary Arts and Hospitality Management	60

Certificate of Proficiency

	Units
CAHM Core Courses	30
ENGL 100/1A/1AMC or CABT 157	3
Total for Certificate of Proficiency	33

Skills Certificates in Culinary Arts

Entry Level Cook

CAHM 50A	Introduction to Culinary Arts Basics	1
CAHM 50B	Introduction to Entrée Preparation and Service	1
CAHM 50C	Introduction to Appetizers and Baking Preparation	1
CAHM 50L	Introduction to Culinary Arts Lab	2
CAHM 64	Sanitation and Hygiene	2
CAHM 151B	Advanced Culinary Arts	9
Total for Entry Level Cook Skills Certificate		16

Entry Level Catering

CAHM 50A	Introduction to Culinary Arts Basics	1
CAHM 50B	Introduction to Entrée Preparation and Service	1
CAHM 50C	Introduction to Appetizers and Baking Preparation	1
CAHM 50L	Introduction to Culinary Arts Lab	2
CAHM 57	Catering and Beverage Operations	2
CAHM 64	Sanitation and Hygiene	2
CAHM 153	Garde Manger	2
CAHM 157L	Catering and Beverage Operations Lab	5
Total for Entry Level Catering Skills Certificate		16

Culinary Arts and Hospitality Management Courses

CAHM 20 Nutrition

3 units; 3 hours Lecture
 Recommended Preparation: Eligibility for ENGL 100 and READ 100.
 Examines essential nutrients and how they affect our health throughout life emphasizing and evaluating current developments in nutrition. May be offered in a Distance-Learning Format.
Transfer Credit: Transfers to CSU. Transfers to UC. CAN FCS2.

CAHM 50A Introduction to Culinary Arts Basics

1 unit; 1 hour Lecture
 Recommended Preparation: Eligibility for ENGL 100 and READ 100.
 Explores kitchen safety and sanitation, nutrition, menu planning, food costing, principles of cooking, knife skills, tools and equipment, and techniques for making stocks, sauces, and soups via lecture-based instruction.
Transfer Credit: Transfers to CSU.

CAHM 50B Introduction to Entree Preparation and Service

1 unit; 1 hour Lecture
 Recommended Preparation: Eligibility for ENGL 100 and READ 100.
 Introduces the principles of restaurant organization; purchasing, storage, cutting, and cooking methods for meat, poultry, fish, shellfish, and vegetarian entrees via lecture-based instruction.
Transfer Credit: Transfers to CSU.

CAHM 50C Introduction to Appetizers and Baking Preparation

1 unit; 1 hour Lecture
 Recommended Preparation: Eligibility for ENGL 100 and READ 100.
 Introduces the principles of baking breads, cakes, custards, pies; preparation of fruits, vegetables, starches; and hors d'oeuvre preparation via lecture-based instruction.
Transfer Credit: Transfers to CSU.

CAHM 50L

Introduction to Culinary Arts Lab

2 units; 6 hours Laboratory

Corequisite: CAHM 50A, CAHM 50B, and CAHM 50C.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 2 times.

Explores a practical application of basic food preparation, service, costing, sanitation, menu planning, and purchasing via laboratory-based instruction.

Transfer Credit: Transfers to CSU.

CAHM 57

Catering and Beverage Operations

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines menu planning, costing, beverage management, public relations, hospitality service, and business strategies involved in catering.

Transfer Credit: Transfers to CSU.

CAHM 64

Sanitation and Hygiene

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines and evaluates all phases of food sanitation, public health laws, and special problems in hotel and restaurant sanitation.

Transfer Credit: Transfers to CSU.

CAHM 149

Cake Decorating

1 unit; ½ hour Lecture, 1½ hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces cake decorating techniques including filling and icing cakes, pastry bag work in borders, Australian lace, string work, writing, and flowers.

CAHM 151B

Advanced Culinary Arts

9 units; 3 hours Lecture, 18 hours Laboratory

Prerequisite: CAHM 50A, CAHM 50B, CAHM 50C, and CAHM 50L or equivalent experience.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 2 times.

Provides opportunities to create and plan menus, research and develop prep formulas, and explore a la carte, ethnic food, garde manger, and specialty baking.

CAHM 153

Garde Manger

2 units; 1 hour Lecture, 3 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Teaches the art of cold food presentation, production of pates, galantines, and mousselines with emphasis on buffets and platters. Pays special attention to color, texture, and balance of food.

CAHM 155

Basic Baking and Pastry

3 units; 2 hours Lecture, 3 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces equipment, skills, and procedures in commercial bakeries, including hands-on production of pastries and specialty items.

CAHM 156A-Z

Special Topics in Culinary Arts and Hospitality Management

½ - 3 units; ½ hour Lecture OR 1½ hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

A course designed to investigate special areas of interest in culinary arts, including table service, cake decorating, computer use and culinary specialties. The special selective topics will be announced in the Schedule of Classes.

CAHM 157L

Catering and Beverage Operation Lab

2½ - 5 units; 7½ hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 2 times.

Provides practical application of catering techniques including menu planning, costing, hospitality service, and buffet presentation.

CAHM 159

Chocolate

1 unit; ½ hour Lecture, 1½ hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Studies the history and manufacturing of chocolate as well as the practical uses and techniques in working with dark, white, and milk chocolate.

CAHM 160

Purchasing and Food Cost Control

2 - 3 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Teaches guidelines for developing food, beverage, and labor cost controls, including theories and procedures related to food storage, portioning, designing menu formulas, costing and pricing, labor and yield calculations, sales forecasting, and basic financial statements.

CAHM 163

Food Service Management

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines the theoretical and practical approaches to supervision and management for the prospective food service manager.

CAHM 165

Meat Cutting and Sausage Making

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Study meat and fish butchering in the food service industry, emphasizing meat grading, commercial and retail meat identification and structure, techniques of boning beef, lamb, pork, chicken, and fish; demonstrations of cooking methods including smoking and sausage making.

CAHM 166

Bread Making

1 - 2 units; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Studies bread making techniques for preparing yeasted breads, sweet doughs, and specialty items such as sourdough and laminated doughs.

CAHM 167

Cultural and Ethnic Foods

2 units; 1 hour Lecture, 3 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces a variety of ethnic foods which could include Middle Eastern, African, European, and/or Southeast Asian, emphasizing how to prepare and incorporate ethnic foods into a restaurant setting. May focus on specific cuisine areas.

CAHM 168

Advanced Baking and Pastry

3 units; 2 hours Lecture, 3 hours Laboratory

Prerequisite: CAHM 155.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines advanced application of principles and practical techniques of yeast doughs, puff pastry, cookies, tarts, cakes, tortes, frozen desserts, plate presentation, and cake decorating.

CAHM 169

Commercial Baking I

6 units; 1 hour Lecture, 15 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 2 times.

Introduces hands-on commercial baking by focusing on quantity production baking and production of yeast and yeast breads, cookies, and muffins.

CAHM 170

Commercial Baking II

6 units; 1 hour Lecture, 15 hours Laboratory

Prerequisite: CAHM 169. Recommended Preparation: CAHM 149,

Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 2 times.

Presents an intermediate hands-on course in commercial baking emphasizing quantity and practical application in the production of cakes, pastries, and enriched doughs.

CAHM 171

The Art of Creating Wedding Cakes

1 unit; ½ hour Lecture, 1½ hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores the creation of wedding cakes including principles of mixing, baking, filling, frosting, and decorating.

CAHM 172

Wine and Wine Service

1 - 2 units; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores basic concepts of oenology, wine regions, wine varieties; the health benefits of wine; responsible beverage service; and wine sensory perception in the form of guided wine tastings.

CAHM 174

World Wines

1 - 2 units; 1 hour Lecture

Prerequisite: CAHM 172.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores world wines in depth, focusing on differences in viticulture, wine laws, and grape varieties in major world wine producing countries including sensory perception of wine based on the terroir influences of the region. Must be 21 or over to enroll.

CAHM 175

History and Practice of Sauces

1 - 2 units; ½ hour Lecture, 1½ hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Presents the history and techniques of sauce making around the world.

CAHM 198

Culinary Arts Internship

4 units; 20 hours Laboratory

Prerequisite: CAHM 50ABCL, CAHM 64, CAHM 151B.

Corequisite: COMM 8.

Recommended Preparation: Eligibility for ENGL 100.

Repeatability: May be taken 2 times.

Students will gain hands-on experience in restaurants, bakeries, hotels, resorts, casinos, or food service establishments that meet their career goals in a learning environment that is supported by Cabrillo Culinary Arts instructors and dedicated chefs and managers in the industry. Prospective interns will be interviewed and selected by the manager or chef of the approved site.

