Mercer County Community College  
Hotel, Restaurant and Institution Management Program  
Culinary Arts Programs

Course Outline

Course Number: HOS 235  
Course Title: American Regional Cuisine  
Credits: 2  
Lecture: 15 Hour  
Laboratory: 45 hours  
Length: 10 sessions  
Division: Business  
Prerequisites: HOS102, HOS 109


Course Description: Prepare, taste, serve, and evaluate traditional regional dishes of America. Study and practices emphasize ingredients, flavor profiles, preparations, and techniques representative of cuisines of the United States. A continuation on the principles, skills and techniques necessary for advanced food preparation. Areas of culinary study will include intense concentration on the understanding and performing of a wide variety of cooking techniques. Students will prepare menu items and utilizing scratch cooking for all recipes whenever possible. Students will be able to convert recipes to provide purchasing lists and then fabricate portions from primal and Subprimal cuts of meat and then produce those food items. Students will also continue to use basic sanitation and safety techniques in the kitchen.

Meeting Time:  
HRIM Laboratory Engineering Sciences Building (ES) 111

Instructor:  
HRIM kitchen Telephone: 609-570-3203

Office Hours:

Course Competencies/Goals:

The student will be able to:

1. Prepare a variety of recipes using proper preparation and sanitation techniques while demonstrating a working knowledge of yield and portion control along with a working knowledge of station set-up requirements for meal production.
2. Prepare meals using proper preparation sanitation techniques and demonstrating a working knowledge of ingredients, proper ratios and temperatures for brewing hot beverages.
3. Prepare recipes using proper preparation techniques and sanitation techniques utilizing production schedules and quantities associated with American Regional Cuisine and a working knowledge of proper plating and timing for service of American Regional Cuisine.
4. Properly set up meal service including line stations and demonstrate the ability to communicate effectively as a team while meeting the requirements of customer service and “moment of truth” ethical standards.
5. Demonstrate a working knowledge for the development of production sheets including portion size, serving temperatures, quantities, garnish, and timing.
6. Evaluate and create menu specials that meet the parameters of an American Regional Cuisine menu.
Method of Instruction:

A component of this course will include a brief meeting 10 to 15 minute session at the beginning of the class and 45 minute at the end of class, to discuss the day’s events.

In two week blocks, the class will focus a region of America’s cuisine. Due to the nature of the vast amount of materials, you are responsible for completing all reading and written assignments BEFORE the start of each lecture and laboratory session. Failure to do so will prevent you from successfully accomplishing your laboratory assignments.

The laboratory component of this course will consist of 4 hours per session. The laboratory session will consist of students working either in pairs, individually or as determined by the instructor. Students in this class will fabricate their own meats, poultry, and fresh fish as well as prepare stocks, when possible, for use in all recipes used in the class.

Units of study in detail.

Unit I Menu considerations

*The student will be able to…*

- Evaluate menu for class based upon parameters given including budget, product availability, and student abilities.
- Menu development taking into account historical and cultural aspects of American Regional Cuisine.
- Determine stations required for menu and delegate work to stations developing task analysis for each station based upon menu items.
- Demonstrate a working knowledge of plate design and flavor profiles for menu items.
- Prepare various hot and cold beverages to accompany meals.

Unit II Kitchen production requirements

*The student will be able to…*

- Demonstrate the ability to have proper mise en place completed in a timely manner.
- Demonstrate ability to prepare meal items in a timely fashion
- Demonstrate ability to prepare meal and complex items with emphasis on presentation
- Develop job analysis for each station refining it as the position is fully developed.
- Prepare and utilize production sheets to maximize efficiency and minimize waste.

Unit III Service standards

*The student will be able to…*

- Demonstrate high food safety and sanitation standards throughout service
- Demonstrate a working knowledge of service standards for a la cart service including ethical standards for “moment of truth” situation
• Demonstrate an understanding of merchandising as it relates to individual menu items and overall set up of dining room
• Conduct analysis of receipts to determine actual food cost and compare these results to the budget prepared
• Demonstrate the ability to work as a team member and communicate effectively from set up through service and clean up

Method of Evaluation:
60% of final grade.

A. Hands-on portion of the course will determine 60% of the students’ grade. Your performance evaluation is based upon each laboratory session.
• Professional Ethics & Conduct
• Professional Appearance
• Safety & Sanitation
• Tools & Equipment
• Recipe & Menu Understanding
• Mise en Place
• Knowledge & Skills

See Lab/Kitchen Performance Rubric.

B. Class grade - **40% of final grade**
   a) Homework 10% of class grade
   b) Quiz Grade Average 10% of class grade
   c) Written /Lab Final Exam 20% of class grade

Attendance:
If you miss classes you do not learn. If you miss 2 sessions, you cannot pass the course. You will receive a 0 grade for lab participation on the day of an absence. Any assignments quizzes that are missed may be made up, at the discretion of the instructor.

Grade Scale:  
100% - 93% = A  
92% - 90% = A-  
89% - 87% = B+  
86% - 83% = B  
82% - 80% = B-

79% - 77% = C+  
76% - 70% = C  
69% - 60% = D  
59% - 0% = F

Any student who a) knowingly represents work of others as his/her own, b) Uses or obtains unauthorized assistance in the execution of any academic work, or c) gives fraudulent assistance to another student is guilty of cheating. Violators will be penalized in accordance with established college policies and procedures.
**Courtesy and Common Sense**
Please make every attempt to come to all class sessions, on time and stay until the end of the class, unless you have previously notified the instructor you are leaving early. Once the class session has begun, please do not leave the room and re-enter unless it is an emergency. If you must miss a class, it is you are still responsible for all material covered, for announcements made in your absence and for acquiring any materials that may have been distributed in class. It is important to stay focused on the class discussion. For this reason, only one person at a time in the class should be speaking. Side conversations are distracting for surrounding students and the instructor. Please also remember to turn off any pager or cell phone, or set it to vibrate so you do not distract the class.

All students are required to come to classes with clean hair and nails, be odor free, and have on a clean uniform and apron. Students who do not meet the requirements above will not be permitted to prepared any foods or enter the food laboratory. Chapter XII Sanitation in Retail Food Establishments, New Jersey State Sanitary Code, 8:24-14.8: Persons while affected with any disease in a communicable form, or while a carrier of such disease or while affected with boils, infected wounds, sores, acute respiratory infection, nausea, vomiting, or diarrhea which could cause food borne diseases, shall not work in any area of the establishment in any capacity in which there is a likelihood of such person contaminating food or food contact surfaces with pathogenic organisms.

**Professionalism and Courtesy:**
Upon entering this classroom you will be treated as professionals. You will be expected to be courteous both verbally and in your demonstrated behavior. There will not be permitted yelling, running, throwing of any equipment or food or undignified behavior during any lecture or lab session.
Every student will be responsible for cleaning up the lab at the end of class. **No one may leave, without permission of the instructor, prior to the end of the class session.**
There may be days when we will stay after class to finish cleaning up. You will be expected to stay until all clean up is done and the class is dismissed.

**Sexual harassment of any fellow student will not be tolerated.**
Smoking of any tobacco product or smelling like any tobacco product before or during lecture or lab sessions will lead to immediate dismissal of student from lecture or lab session. (This is a food safety issue).

**Reasonable Accommodations for Students with Documented Disabilities**
Mercer County Community College is committed to supporting all students in their academic and co-curricular endeavors. Each semester, a significant number of students document disabilities, which may require learning, sight, hearing, manual, speech, or mobility accommodations to ensure access to academic and co-curricular activities. The
college provides services and reasonable accommodations to all students who need and have a legal entitlement to such accommodations.

For more information regarding accommodations, you may visit the Office of Academic Support Services in LB 218, or contact the office at (609) 570-3422 / stinsona@mccc.edu.

Uniform Policy for MCCC Food Preparation Laboratory Sessions:
Students will be required to wear during each lab session the following uniform which must be clean and wrinkle free:
1. White Chef’s Jacket
2. Chef’s Checkered
3. Chef’s White Cloth Hat (no other hats will be permitted)
4. White Bib Apron
5. Pocket Test Thermometer (Required)
6. Sturdy non-slip Shoes are required. No open toed or open heeled sandals or footwear is permitted. Foot Wear is a Safety Issue. Jewelry is not permitted to be worn: rings, necklaces, tangling earrings, or loose fitting watches with loose chains.

You must be in uniform at every laboratory session. You must have your uniform on for the first lab session. Other accommodations must be cleared with the Director of Hospitality Programs.

Any leftover food that you prepare, with the permission of the instructor, can be taken home in your own, approved sanitary containers. We cannot and will not provide any containers. Also, all food that is taken home must be maintained below 40 degrees F; leftover hot foods must be reheated to 165 degrees F, within 2 hours before they can be consumed; you can reheat hot foods one time only, then they must be discarded. All leftover foods, whether hot or cold, must be consumed within 24 hours or discarded.
CLASS OUTLINE

The following schedule of class sessions and are subject to change by the instructor based on circumstances.

Orientation

Session 1:

Lecture: Introduction American Regional Cuisine
Discuss: The variety of American regional cuisines that will be covered in class. The regional areas will be selected by the instructor. Review next week’s menus, the set up of the kitchen, in the brigade system. Review Stocks and (how to make and store) their importance to the upcoming menus. Come up with specials for the following week’s class including writing a purchase order. Review Safety and Sanitation Procedures
Review Procedures for the Cleaning and Storing of all equipment and supplies

Laboratory:
Make Stocks and mise en place stations for the following week’s class where possible.

Assignments:
American Regional Cooking:
Read Chapter 1 “History” and complete hand outs
Recipe cards for all the New England menu items.
Review: The classic kitchen brigade system, be prepared to handle each station. Start Blog, a personal diary of the day’s events.

Session 2: Soft Open

Lecture: Brief (10 minutes) assigning stations and reviewing uniforms, forecasting the day’s expectations, go over the menu with staff, how many covers. 50 minute end of class review, Quiz, handed in homework

Laboratory:
Mise en place stations and serve.

Assignments:
Read Chapter 2 “New England” and complete hand out
A timeline for station worked that day.
Adjust recipes for next week’s class.
Blog, explaining the day’s events.
Review all stations for next class; be ready to work any station.

Session 3: New England
**Lecture:** Brief (10 minutes) assigning stations and reviewing uniforms, forecasting the day’s expectations, go over the menu with staff, how many covers. 50 minute end of class review, **Quiz**, handed in homework.

**Laboratory:**
Mise en place stations and serve.

**Assignments:**
- Read Chapter 3 “Middle Atlantic States” and complete hand out.
- Adjust timeline for station worked that day.
- Recipe cards for all the Middle Atlantic States menu items.
- Review: The classic kitchen brigade system, be prepared to handle each station.
- One page paper explaining the day’s events.

**Session 4: Middle Atlantic States**

**Lecture:** Brief (10 minutes) assigning stations and reviewing uniforms, forecasting the day’s expectations, go over the menu with staff, how many covers. 50 minute end of class review, **Quiz**, handed in homework.

**Laboratory:**
Mise en place stations and serve

**Assignments:**
- A timeline for station worked that day.
- Adjust recipes for next week’s class
- One page paper, explaining the day’s events.
- Review all stations for next class; be ready to work any station.

**Session 5: Middle Atlantic States**

**Lecture:** Brief (10 minutes) assigning stations and reviewing uniforms, forecasting the day’s expectations, go over the menu with staff, how many covers. 50 minute end of class review, handed in homework.

**Laboratory:**
Mise en place stations and serve.

**Assignments:**
- Read Chapter 9 “Louisiana” and complete hand out.
- Adjust timeline for station worked that day.
- Recipe cards for all the Louisiana menu items.
- Review: The classic kitchen brigade system, be prepared to handle each station.
One page paper, explaining the day’s events.

Session 6: Louisiana
Lecture: Brief (10 minutes) assigning stations and reviewing uniforms, forecasting the day’s expectations, go over the menu with staff, how many covers. 50 minute end of class review, Quiz, handed in homework.

Laboratory:
Mise en place stations and serve.

Assignments:
A timeline for station worked that day.
Adjust recipes for next week’s class
One page paper, explaining the day’s events.
Review all stations for next class; be ready to work any station.

Session 7: Louisiana
Lecture: Brief (10 minutes) assigning stations and reviewing uniforms, forecasting the day’s expectations, go over the menu with staff, how many covers. 50 minute end of class review, handed in homework. Write and finalize California menu.

Laboratory:
Mise en place stations and serve.

Assignments:
Read Chapter 12 “California” and complete hand out.
Adjust timeline for station worked that day.
Recipe cards for all the California menu items.
Review: The classic kitchen brigade system, be prepared to handle each station.
One page paper, explaining the day’s events.

Session 8:

Lecture: Brief (10 minutes) assigning stations and reviewing uniforms, forecasting the day’s expectations, go over the menu with staff, how many covers. 50 minute end of class review, Quiz, handed in homework.

Laboratory:
Mise en place stations and serve.

Assignments:
A timeline for station worked that day.
Adjust recipes for next week’s class.
One page paper, explaining the day’s events.
Review all stations for next class; be ready to work any station.

**Session 9:**
**Lecture:** Brief (10 minutes) assigning stations and reviewing uniforms, forecasting the day’s expectations, go over the menu with staff, how many covers. 50 minute end of class review, handed in homework. review Final written and laboratory exam.

**Laboratory:**
Mise en place stations and serve.

**Assignments:**
Review: chapters 1,2,3,9 and 12
Review: all recipes from class.
Review: The classic kitchen brigade system.
One page paper, explaining the day’s events.
Adjust timeline for station worked that day.

**Session 10: Written Final Examination**

**Lecture:** Written exam, hand in homework

**Laboratory:**
TBA