



Culinary Arts Diploma

VOCATIONAL OBJECTIVE

The Culinary Arts diploma program is designed to prepare the graduate for an entry-level position in a variety of food service industry work settings. The program emphasizes safety, sanitation, the understanding of ingredients, flavors and cooking methods, and the development of basic skills. Students learn through a combination of lecture, demonstration and extensive practice in kitchen labs, and also work in the school's open-to-the-public restaurant which gives them valuable practical experience prior to their externship and graduation.

Our Culinary Arts diploma students are in the kitchen developing the essential "real world" skills and proper technique that can lead to a successful career. From the basics of identifying products, determining flavor profiles and developing knife skills, to practicing the professional cooking methodology for seafood, meats, starches, vegetables and sauces, the culinary arts programs are designed to teach students how cooking works. As the programs progress, we turn up the heat and the curriculum moves into the nuance of spice, advanced sauces, wild game, world cuisine and culinary artistry, all punctuated by a month spent on the front line of our restaurant in preparation for your externship and career.

PROGRAM OUTLINE

Course Number	Course Title	Lecture Hours	Lab Hours	Extern Hours	Quarter Credits
<i>Major Requirements</i>					
CUL111	Introduction to Professional Cuisine	40	60		7.0
CUL121	Cooking Methods & Flavor Essentials	40	60		7.0
CUL131	Professional Culinary Technique	40	60		7.0
CUL141	Advanced Culinary Technique	40	60		7.0
CUL152	Culinary Artistry	20	20		3.0
CUL161	Restaurant Practical	10	100		6.0
HUM170	Food Ethics & Social Responsibility	40			4.0
CUL197	Culinary Practical Externship			240	8.0
Program Total		230	360	240	49.0

TOOL KIT

The Culinary Arts Tool Kit includes a Cutlery Set by Mercer Tools made of fully-forged, German engineered knives. The complete set, provided with carrying case, includes:

10" French Knife	Boning Knife	Santoku Knife
12" Meat Slicing Knife	Grater	Thermometer
8" Serrated Knife	Zester	Silicone Mat
7.5" Bench Scaper	Peeler	Diamond Steel
Paring Knife	Measuring Spoons	

CLASS SCHEDULES

- Actual time at OCI is generally five to six hours a day between 7:30am-3pm or 2:30-10pm (outside ranges).
- The Weekend program is 9am-4pm Saturday and Sunday.

UNIFORMS AND SUPPLIES

Three OCI Chef Jackets
 Three Sets Chef Pants
 Two OCI Baseball Caps
 Four-way aprons
 Side Towels
 Pocket Calculator
 OCI Hot/Cold Travel Mug

TUITION

Optimal Completion Time 32 Weeks, 4 Terms, 49 Credit Hours
—or— 56 Weeks Weekends, 7 Terms, 49 Credit Hours

Tuition	\$15,925
Application Fee	50
Registration Fee	400
Graduation Fee	50
Lab Fee	900
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	\$17,325



COURSE DESCRIPTIONS AND LEARNING OBJECTIVES

CUL111 - INTRODUCTION TO PROFESSIONAL CUISINE - 7.0

This course will introduce students to the modern world of professional cuisine and provide the theoretical and technical foundation for the entire program. Topics covered will include kitchen safety and sanitation, proper use of equipment, knife skills, culinary math conversions, basic cooking methods, stock making, and soups. Students will also begin the ServSafe sanitation training certified by the National Restaurant Association.

Learning Objectives

- Understand the basics of safety and sanitation in the food-service industry
- Show proficiency in basic knife skills and classic cuts
- Understand and execute the basic dry and moist heat cooking methods
- Understand the basics of culinary math and function of the recipe
- Understand and execute the production of stocks and soups
- Take good notes from readings and in class discussions

CUL121 - COOKING METHODS AND FLAVOR ESSENTIALS - 7.0

While continuing to develop foundational skills, students in this course will begin to explore the world of ingredients and flavor profiles, training their palates to determine proper seasoning and balance of flavor. Fabrication and technical ability in the cooking of various proteins, vegetables, and starches will be stressed, along with an introduction to fresh herbs and hot sauces. Students will also complete the ServSafe sanitation training certified by the National Restaurant Association.

Learning Objectives

- Understand, identify, fabricate, and demonstrate the proper cooking of poultry and pork
- Understand, identify, fabricate, and demonstrate the proper cooking of vegetables
- Understand, identify, fabricate, and demonstrate the proper cooking of potatoes, grains, legumes, and pasta
- Understand the fundamentals of hot sauce creation
- Show proficiency in intermediate knife skills and classic cuts
- Record appropriate notes from text materials and class discussions
- Apply food to serving surfaces in a decorative and logical manner
- Attain a basic understanding of flavoring

CUL131 - PROFESSIONAL CULINARY TECHNIQUE - 7.0

Entering the second term, students in this course will continue to practice foundational skills covered in term one such as knife handling, palate development, and essential cooking methods. Intermediate culinary math focuses on yields, recipe conversion, and ingredient cost. In addition, students will work on more advanced techniques and plate presentation as they start to develop true culinary artistry. Nutritional and international cuisine, the world of herbs and spices, and breakfast production will also be covered, along with the garde manger skills of meat fabrication, forcemeats, cold sauces and emulsions.

Learning Objectives

- Understand and demonstrate proficiency in the production of eggs, crepes and omelettes.
- Understand and demonstrate proficiency in the production of sandwiches.
- Understand and demonstrate proficiency in the production of basic forcemeats.
- Understand and demonstrate proficiency in the production of healthy cuisine.
- Understand and demonstrate proficiency in the production of beef cuts.
- Understand and demonstrate proficiency in the production of yielding and edible portion costing.
- Take good notes from readings and in class discussions.
- Listen actively with comprehension.
- Use good communication skills.

CUL141 - ADVANCED CULINARY TECHNIQUE - 7.0

Students in this course will be asked to take what they've learned and put it together into a synthesized cooking plan. Teamwork and time management will be stressed in the "live fire drill" as students develop and cost out menus, then execute the production of hot entrées, soups and salads, working on multiple tasks simultaneously and together with classmates to get an accurate feel for how industry professionals function as a team. Wild game and seafood fabrication will also be covered, as well as baking, pastry, and plated desserts.

Learning Objectives

- Understand and demonstrate proficiency in the production of quick breads, dough and pate choux
- Understand and demonstrate proficiency in the production of custards, mousses, and dessert sauces
- Understand and demonstrate proficiency in the production and cooking of basic fin fish and shellfish
- Understand and demonstrate the basics of line cooking and production

- Understand and demonstrate proficiency in production and plating of entrées
- Understand and demonstrate proficiency in recipe conversions, plating diagrams, recipe analysis and portion costing

CUL152 - CULINARY ARTISTRY - 3.0

Students in this class will develop skills in advanced culinary theory, technique and plate presentation. Special emphasis is placed on plate composition and flavor techniques. The lab time will be devoted to advanced meat, game and seafood fabrication and utilization, with an emphasis on proper execution and plating for fine dining.

Learning Objectives

- Practice the fabrication and production of proteins, starches, vegetables, and sauces in advanced cooking methodology.
- Practice techniques of fine dining plate presentation
- Demonstrate technique and proficiency in "mystery basket" testing
- Take good notes from readings and during class and lab discussions
- Listen actively with good comprehension
- Use good communication skills

CUL161 - RESTAURANT PRACTICAL - 6.0

Students in this course will gain valuable practical experience by operating the school's full-service, fine-dining restaurant. They will be responsible for all preparation and hot line production of contemporary cuisine for the multi-course, prix fixe meals, including soups, appetizers, salads, and hot entrées. Proper dining room food and beverage service will also be covered, and in addition to all stations on the line, students will work the floor as servers and expeditors.

Learning Objectives

- Understand the scope of operations in a fine-dining restaurant
- Apply previously-developed culinary skills in an active restaurant environment
- Use good communication skills

HUM170 - FOOD ETHICS AND SOCIAL RESPONSIBILITY - 4.0

This dynamic course addresses issues in society regarding the commercialization of the modern farm. Students will have the opportunity to study marketing terms, their legal meaning and consumer perception, consumer protection laws and ethical responsibility, methods of raising/growing food and its social ramifications, and social health issues facing our society as a result of the modern industrialized food chain. Concepts such as sustainability, local, free range, and organic will be explored.

Learning Objectives

- Define ethics and its role in the food industry
- Understand the legal definition of sustainable, organic, pasture raised, grass fed, free range and GMOs
- Discuss the advantages and disadvantages of the use of the above terms, and the consumer perception of these terms in marketing
- Express personal opinions on an issue and defend those opinions based on fact and established ethical theory and research
- Describe the governing bodies and their role in the inspection process
- Discuss the role of the media in developing consumer policy and perception
- Discuss world and national policy on labeling
- Formulate a personal morality platform on ethics relating to food production

CUL197 - CULINARY PRACTICAL EXTERNSHIP - 8.0

Upon successful completion of substantially all major requirements in culinary arts, students work under the supervision of an extern site manager and an OCI externship coordinator to develop practical experience in a food service industry setting. Specific training goals and objectives are prepared prior to the start of the externship and tailored to the needs of the site chosen. Whether or not a student has successfully completed substantially all on-campus required course work will be determined at the discretion of the program director or director of education. Successful completion of the externship is required for graduation.

Learning Objectives

- Apply safe and sanitary practices
- Quickly and accurately receive and stock shipments
- Quickly and efficiently prepare food for production
- Quickly and efficiently assist with food production at various stations, including grill, sauté, pantry, and expeditor
- Demonstrate professional attitude, performance, and attendance