

Culinary Arts Diploma

VOCATIONAL OBJECTIVE

The Culinary Arts Diploma program is designed to prepare graduates 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
CUL197	Culinary Practical Externship			240	8.0
HUM170	Food Ethics & Social Responsibility	40			4.0
Program Total		230	360	240	49.0

CLASS SCHEDULES

- Actual time at OCI is generally five to six hours a day between 7:30am-3pm or 1:30-10pm (outside ranges).
- The Weekend program is 8am-4pm Saturday and Sunday.
- Program and /or individual course contents are subject to modification by the college when such are deemed advisable or required by regulatory or accrediting agencies. The college reserves the right to schedule classes and/or approve substitutions, as it deems appropriate.

TUITION

*Optimal Completion Time 32 Academic Weeks, 4 Terms, 49 Credit Hours
—or— 56 Academic Weeks for the Weekend Program, 7 Terms, 49 Credit Hours*

Tuition	\$16,905
Application Fee	50
Registration Fee	500
Graduation Fee	50
Lab Fee/Other Fee	900
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	\$18,405

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.

Learning Objectives

- Understand the basics of safety and sanitation in the foodservice 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.
- Use good communication skills.

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.
- Use good communication skills.
- 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 of culinary, 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, charcuterie, cold sauces and emulsions.

Learning Objectives

- Understand and demonstrate proficiency in the production of eggs and omelettes.
- Understand and demonstrate proficiency in the production of sandwiches and salads.
- Understand and demonstrate proficiency in the production of basic charcuterie.
- Understand and demonstrate proficiency in the production of healthy cuisine.
- Understand and demonstrate proficiency in the proper cooking of beef.
- Understand and demonstrate proficiency in the production of yielding and edible portion costing.
- 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 entrees, 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 and pastry.

Learning Objectives

- Understand and demonstrate proficiency in the production of quick breads, dough and pâte à choux.
- 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 the production and plating of entrees.
- Understand and demonstrate proficiency in recipe conversions, plating diagrams, recipe analysis and portion costing.
- Use good communication skills.

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 "plating project".
- 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 entrees.

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.

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. 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

- Upon a successful training and orientation period, the student will be able to smoothly and efficiently, under the direct supervision of the site supervisor, assist with the preparation and production of food in an industry setting.
- Demonstrate professional attitude, performance, and attendance.
- Apply safe and sanitary practices.
- Quickly and efficiently assist with food production as needed.

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 history behind the commercialization of the food system.
- Understand the legal definition of food labels.
- 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.
- Discuss the role of the media in developing consumer policy and perception.
- Make connections between these issues and how they impact chefs and bakers in the industry.
- Use this information to decide where the student stands on contemporary food issues.

Certain courses require prerequisite courses or the equivalent coursework. Please refer to the catalog for specific information on these requirements.