

## TECA 1000 - Sanitation and Safety (1 Credit)

### Course Description

The Sanitation and Safety course introduces students to the importance of food safety and sanitation in the kitchen. Students learn how to recognize and prevent hazards that can cause food-borne illnesses. It covers how to store and handle food and equipment, including the use of sanitizers and prevention of cross contamination. The course introduces regulations related to food safety and sanitation.

### Course Objectives

- Identify microorganisms related to food spoilage and food-borne illnesses; describe their requirements and methods for growing.
- Demonstrate acceptable procedures when preparing potentially hazardous foods, including time/temperature principles.
- Demonstrate good personal hygiene and health habits.
- Identify the Hazard Analysis Critical Control Points (HAACP) during all food handling processes as a method for minimizing the risk of food-borne illness.
- Define appropriate responses to kitchen injuries.

### Course Outline

- Serve Safe Food Handlers Certificate
- Southwest Tech Kitchen Safety

### Textbook & Reading Materials

Culinary Artistry, Andrew Dornenburg & Karen Page, ISBN: 9780471287858

Professional Baking 8th ed, Wayne Gisslen, ISBN: 9781119744993

Culinary Math 4th ed, Linda Blocker & Julia Hill, ISBN: 9781118972724

On Cooking 6th ed, Sarah Labensky & Priscilla Martel & Alan Hause, ISBN: 9780134441900

### Classroom Hours

Mo, Tu, Th, Fr

8:00 AM - 3:00 PM

Wednesday

8:00 AM - 2:00 PM

For a full list of course hours visit: [Course Schedule](#)

## Instructor Contact Information

Leslie Clark — lclark@stech.edu

Rachel Baily — rbaily@stech.edu

Alexx Guevara — aguevara@stech.edu

Jon Woodgate — jwoodgate@stech.edu

Office Hours: By appointment

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## Canvas Information

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  - For regular Hours and Weekdays call (435) 586 - 2899.
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## TECA 1010 - Introduction to Culinary Arts (1 Credit)

### Course Description

The Introduction to Culinary Arts course explores the careers available in the food service industry. Students learn how to identify, prepare, and combine ingredients for a well-balanced diet, as well as learn about nutrients and dietary substitutions for food allergies. Through hands-on activities, students practice the basic techniques used in cooking, with an emphasis on presentation. Students who complete this course will have a comprehensive understanding of the fundamentals behind a successful culinary career.

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### Course Objectives

- Explain the hospitality industry's philosophy and its role in providing customer service.
  - Examine professional career opportunities in the hospitality and foodservice industry.
  - Explain the primary characteristics, functions, and major food sources for major nutrients.
  - Identify common food allergies and identify appropriate substitutions.
  - Examine the importance of sustainable practices in a foodservice operation.
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### Course Outline

- Introduction to the Profession
  - Career Opportunities
  - Food Ethics and Social Responsibility
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### Textbook & Reading Materials

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## TECA 1020 - Culinary Math (1 Credit)

### Course Description

The Culinary Math course teaches students the basics of math as it relates to the culinary field. In this course, students learn how to cost recipes and develop yield formulas, as well as practice fraction skills. Through lectures, demonstrations, and in-class problem solving, students practice a variety of math principles such as fractions, decimals, and baker percentages needed for success in the culinary industry.

### Course Objectives

- Perform basic math functions to include fractions, weights, and measurements.
- Calculate the correct cost of a recipe, including the overall cost, individual cost, and menu sales price.
- Determine selling price based on calculated food costs using current technology.
- Modify recipes using a yield formula to increase and decrease quantities.
- Generate an overall food-cost percentage by examining inventory/ordering.

### Course Outline

- Culinary Math Basics
- Recipes and Yield Percentages
- Recipe Conversions and Food Costing

### Textbook & Reading Materials

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## TECA 1100 - Culinary I (3 Credits)

### Course Description

The Culinary I course introduces students to knife skills, and the tools and common equipment used in the kitchen. Students practice knife skills and classical cuts. The course provides instruction and practice for mise en place and organizing a kitchen, as well preparing different vegetables, grains, and starches. Basic herbs, spices, seasonings, and cooking techniques are also covered.

### Course Objectives

- Identify tools and equipment used in a professional kitchen and demonstrate proper handling of these items to include safety, sanitation, and storage.
- Demonstrate knife proficiency to achieve quality results when producing classical knife cuts used in various food preparation and cooking.
- Identify, describe, and utilize herbs, spices, and seasonings.
- Explain Mise en Place and demonstrate a combination of organizational skills, preparedness, and timing when it comes to seasonings and flavors when preparing and cooking food.
- Evaluate and analyze the preparation of a variety of vegetables, legumes, grains, and starches using a variety of cooking methods.

### Course Outline

- Equipment Identification
- Understanding Mise en Place
- Introduction to Knives
- Introduction to Knife Skills
- Egg Cookery
- Introduction to Breakfast Cooking

### Textbook & Reading Materials

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## TECA 1110 - Culinary Techniques (3 Credits)

### Course Description

The Culinary Techniques course teaches the essential techniques used in the professional kitchen. Students practice breaking down, preparing, and cooking poultry as well as fish. Fabrication methods for beef, lamb, and game are also taught.

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### Course Objectives

- Execute proper poultry fabrication.
  - Identify a variety of poultry and how they are used.
  - Demonstrate cooking poultry using a variety of cooking methods.
  - Identify and prepare a variety of fish, shellfish, and crustaceans.
  - Identify and explain various fabrication methods for beef, lamb, pork, and game as available.
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### Course Outline

- Introduction to Cooking Methods
  - Dry Heat Method - Grilling & Broiling
  - Dryheat Method - Saute & Pan Fry
  - Dry Heat Method - Deep Frying & Roasting
  - Moist Heat Method - Poaching & Simmer
  - Moist Heat Method - Steaming
- 

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---

### Classroom Hours

Mo, Tu, Th, Fr

8:00 AM - 3:00 PM

Wednesday

8:00 AM - 2:00 PM

For a full list of course hours visit: [Course Schedule](#)

## Instructor Contact Information

Leslie Clark — lclark@stech.edu  
Rachel Baily — rbaily@stech.edu  
Alexx Guevara — aguevara@stech.edu  
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## TECA 1200 - Soups, Stocks and Sauces (3 Credits)

### Course Description

The Soups, Stocks, and Sauces course introduces students to the fundamentals of cooking quality soups, stocks, and sauces. A variety of preparation techniques and ingredients are explored. Topics include understanding the importance of mirepoix, making soups, and thickening sauces.

---

### Course Objectives

- Explain the process for making classical stocks.
  - Produce and use various methods for thickening.
  - Produce a variety of classic soups.
  - Produce the five classic mother sauces.
  - Produce a variety of small sauces.
- 

### Course Outline

- Understanding Stock Making
  - Making Stocks
  - Introduction to Soups
  - Making Clear Soups
  - Making Thick Soup
  - Mother Sauces
  - Making Mothersauces
- 

### Textbook & Reading Materials

Culinary Artistry, Andrew Dornenburg & Karen Page, ISBN: 9780471287858

Professional Baking 8th ed, Wayne Gisslen, ISBN: 9781119744993

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## TECA 1210 - World Cuisine (2 Credits)

### Course Description

This World Cuisine course teaches students about the vast array of ingredients and flavors found Throughout the world. Demonstrations on some regional and international dishes are given by the instructor. Using the same cooking principles that students have learned, they are able to cook with different herbs and spices from around the country to create some regional dishes.

---

### Course Objectives

- Demonstrate a variety of cooking methods using specific ingredients from a certain region.
  - Examine different regions and gain a basic knowledge of the history of the cuisine.
  - Construct dishes using regional and international flavors.
  - Explain how geography and culture affects the regional cuisine.
  - Build visually appealing and balanced plates from specific regions from around the country and the world.
- 

### Course Outline

- American Cuisine
  - European Cuisine
  - Asian Cuisine
- 

### Textbook & Reading Materials

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Professional Baking 8th ed, Wayne Gisslen, ISBN: 9781119744993

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Wednesday

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## TECA 1220 - Flavor Essentials (1 Credit)

### Course Description

The Flavor Essentials course teaches students the importance of working with flavors and seasonings. Students learn about sustainability and when different fruits and vegetables are in season to best utilize their flavor. Students work on plating, advanced flavor, and seasoning.

---

### Course Objectives

- Combine flavor and seasoning profiles.
  - Demonstrate the ability of working with seasonal fruits and vegetables.
  - Determine proper use of fresh herbs and spices.
  - Demonstrate proper plating.
- 

### Course Outline

- Taste and Flavor - Understanding the Difference
  - Combining Tastes
  - Flavor Profiling and Food Pairing
- 

### Textbook & Reading Materials

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## TECA 1240 - Pastas and Grains (2 Credits)

### Course Description

The Pastas and Grains course teaches students about different types of starches including pasta and grains. Students learn the proper techniques in creating pasta dough and shaping for the desired finished product. Several methods of potato preparation are demonstrated. Rice/grain cooking methods are explained and demonstrated to the students.

---

### Course Objectives

- Prepare pasta dough and identify different shapes and uses of pasta.
  - Identify grains and cook them using a variety of methods.
  - Identify different types of rice and demonstrate a variety of methods to cook rice.
  - Describe the role of starches and their place on a balanced plate.
  - Identify different beans and legumes.
- 

### Course Outline

- Introduction to Pastas
  - Pasta Making
  - Introduction to Grains and Legumes
  - Cooking Grains
  - Cooking Legumes
- 

### Textbook & Reading Materials

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## TECA 1400 - Garde Manger - Cold Kitchen (3 Credits)

### Course Description

The Garde Manger-Cold Kitchen course teaches the fundamentals of the cold kitchen. Students gain an understanding of the pantry, sandwich and salad preparation and other common dishes found under Garde Manager skills.

---

### Course Objectives

- Identify and prepare a variety of salads.
  - Identify and prepare a variety of dressings and emulsions.
  - Identify and prepare an assortment of hot and cold sandwiches.
  - Explain the importance of food preservation techniques.
  - Demonstrate proficiency using knives and other tools to achieve professional quality results working with vegetables, fruits, garnishes, and other decorative and edible purposes.
  - Discuss the flow of goods in a foodservice operation including ordering, receiving, and storing.
  - Define, describe, and explain the importance of a par system.
  - Define FIFO and explain how it is used to effectively maintain proper storage procedures.
- 

### Course Outline

- Introduction to Cold Food
  - Making Dressings
  - Making Green Salads
  - Making Bound Salads
  - Sandwiches and Hors D'oeuvres
  - Making Cured Meats
- 

### Textbook & Reading Materials

Culinary Artistry, Andrew Dornenburg & Karen Page, ISBN: 9780471287858

Professional Baking 8th ed, Wayne Gisslen, ISBN: 9781119744993

Culinary Math 4th ed, Linda Blocker & Julia Hill, ISBN: 9781118972724

On Cooking 6th ed, Sarah Labensky & Priscilla Martel & Alan Hause, ISBN: 9780134441900

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### Classroom Hours

Mo, Tu, Th, Fr

8:00 AM - 3:00 PM

Wednesday

8:00 AM - 2:00 PM

For a full list of course hours visit: [Course Schedule](#)

## Instructor Contact Information

Leslie Clark — lclark@stech.edu

Rachel Baily — rbaily@stech.edu

Alexx Guevara — aguevara@stech.edu

Jon Woodgate — jwoodgate@stech.edu

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## TECA 1500 - Baking I (3 Credits)

### Course Description

The Baking I course teaches students basic bakery principles that are fundamental for success in any food industry career. The course outlines the basic ingredients and mixing methods that make up the majority of baked goods. Learn to create pie doughs and basic pastries. Mixing techniques along with the appropriate types of crusts to be used with their subsequent fillings are demonstrated. The correct equipment and baking procedures. This course also teaches basic quick breads, muffins, and cake mixing methods.

---

### Course Objectives

- Identify baking ingredients and explain their basic function in the formulation of baking and pastry recipes.
  - Identify and demonstrate different mixing methods used in baking.
  - Demonstrate proper use of baking scale and measuring of wet and dry ingredients.
  - Identify and prepare various types of quick breads and yeast breads.
  - Identify and prepare various pies and cookies.
  - Prepare a variety of cakes utilizing the various mixing methods and finish each cake with a variety of icings or toppings.
- 

### Course Outline

- Introduction to Bread Making
  - Making Cookies
  - Making Cakes
  - Introduction to Pie Making
  - Working with Sugar and Merangues
- 

### Textbook & Reading Materials

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Professional Baking 8th ed, Wayne Gisslen, ISBN: 9781119744993

Culinary Math 4th ed, Linda Blocker & Julia Hill, ISBN: 9781118972724

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Mo, Tu, Th, Fr  
8:00 AM - 3:00 PM

Wednesday  
8:00 AM - 2:00 PM

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## Instructor Contact Information

Leslie Clark — lclark@stech.edu

Rachel Baily — rbaily@stech.edu

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## TECA 1600 - Baking II (2 Credits)

### Course Description

The Baking II course expands the students' knowledge and skills and prepares them to work in a retail or industrial bakery. Students practice creating a variety of baked and dessert goods. Advanced bakery techniques are shared and practiced.

---

### Course Objectives

- Construct pies with appropriate crust and filling while being able to differentiate the filling methods.
  - Produce puff and blitz pastry dough using proper roll-in and fold-in techniques.
  - Cook sugar syrup to the seven different stages, avoiding crystallization.
  - Produce pastry cream and baked custard.
  - Examine the differences between a baked pudding and starch-thickened pudding.
- 

### Course Outline

- Laminated Doughs and Pate Choux
  - Making Pastries
  - Pastry Creams and Dessert Sauces
- 

### Textbook & Reading Materials

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## TECA 1630 - Custom Baking Service (1 Credit)

### Course Description

The Custom baking course teaches students to use their baking skills in fulfill a custom order. Students learn best practices for time and food management along with service techniques. They also learn accurate item pricing for baked goods and effective customer communication and interactions.

---

### Course Objectives

- Discuss food costing.
  - Plan and time baked goods for an event or customer.
  - Practice taking customer orders and confirming and complete service.
- 

### Course Outline

- Advanced Creams and Custards
  - Working with Chocolate and Caramel
- 

### Textbook & Reading Materials

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## TECA 1800 - Job Seeking Skills (1 Credit)

### Course Description

Job Seeking Skills explores how to prepare and successfully apply to potential career opportunities. During this course, you will be presented with essential job-seeking skills needed to find gainful employment.

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### Course Objectives

- Create a professional resume, cover letter and reference sheet.
  - Utilize online tools successfully to create an e-portfolio.
  - Expand and develop networking skills.
  - Utilize online resources effectively to find job openings.
  - Demonstrate the ability to fill out job applications in a professional manner.
  - Perform successfully in a job interview.
  - Demonstrate appropriate follow-up procedures.
- 

### Course Outline

- Writing a Professional Resume
  - Methods of Job Searching
  - Interviewing Skills
- 

### Textbook & Reading Materials

Culinary Artistry, Andrew Dornenburg & Karen Page, ISBN: 9780471287858

Professional Baking 8th ed, Wayne Gisslen, ISBN: 9781119744993

Culinary Math 4th ed, Linda Blocker & Julia Hill, ISBN: 9781118972724

On Cooking 6th ed, Sarah Labensky & Priscilla Martel & Alan Hause, ISBN: 9780134441900

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### Classroom Hours

Mo, Tu, Th, Fr

8:00 AM - 3:00 PM

Wednesday

8:00 AM - 2:00 PM

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## Instructor Contact Information

Leslie Clark — lclark@stech.edu

Rachel Baily — rbaily@stech.edu

Alexx Guevara — aguevara@stech.edu

Jon Woodgate — jwoodgate@stech.edu

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## TECA 1830 - ServeSafe Food Managers Course (1 Credit)

### Course Description

The ServSafe Food Managers Certification course expands on the students' basic food safety knowledge and standards. Students will go into more details on safe food handling, time and temperature abuse, food borne illnesses, various sanitizers and their application, allergens, cross-contact, proper kitchen flow, pest management, facilities, and equipment management. The purpose of this training is to prepare students for supervisory positions that require a Food Managers Certification.

### Course Objectives

- Identify the symptoms and associated foods that can cause the Big Six food borne illnesses.
- Demonstrate the proper procedures for identifying intentional food contamination that can cause illness or harm to the public.
- Plan and compose an Active Managerial System for one of the steps in the Flow of Food.
- Demonstrate the usage of SDS, OSHA, and other safety materials.
- Pass National ServSafe Certification standards and exam.

### Course Outline

- ServSafe Study Guide and Course Work
- Practice Exam and Final Testing

### Textbook & Reading Materials

Culinary Artistry, Andrew Dornenburg & Karen Page, ISBN: 9780471287858

Professional Baking 8th ed, Wayne Gisslen, ISBN: 9781119744993

Culinary Math 4th ed, Linda Blocker & Julia Hill, ISBN: 9781118972724

On Cooking 6th ed, Sarah Labensky & Priscilla Martel & Alan Hause, ISBN: 9780134441900

ServSafe Manager Book 8th ed, National Restaurant Association, ISBN: 9780866127400

### Classroom Hours

Mo, Tu, Th, Fr

8:00 AM - 3:00 PM

Wednesday

8:00 AM - 2:00 PM

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## Instructor Contact Information

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## TECA 1920 - Culinary Arts Externship (2 Credits)

### Course Description

Externship students will have a work-based learning experience in a foodservice environment under the supervision of a pre-approved chef. Food service will involve at least 51 percent cooking from scratch.

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### Course Objectives

- Identify opportunities to learn new skills.
  - Demonstrate working knowledge of learned skills.
  - Execute proper sanitation and professionalism.
  - Perform the assigned functions of the establishment.
  - Explain the learning gained from this experience.
- 

### Course Outline

- Culinary Shift 1
  - Culinary Shift 2
  - Culinary Shift 3
- 

### Textbook & Reading Materials

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