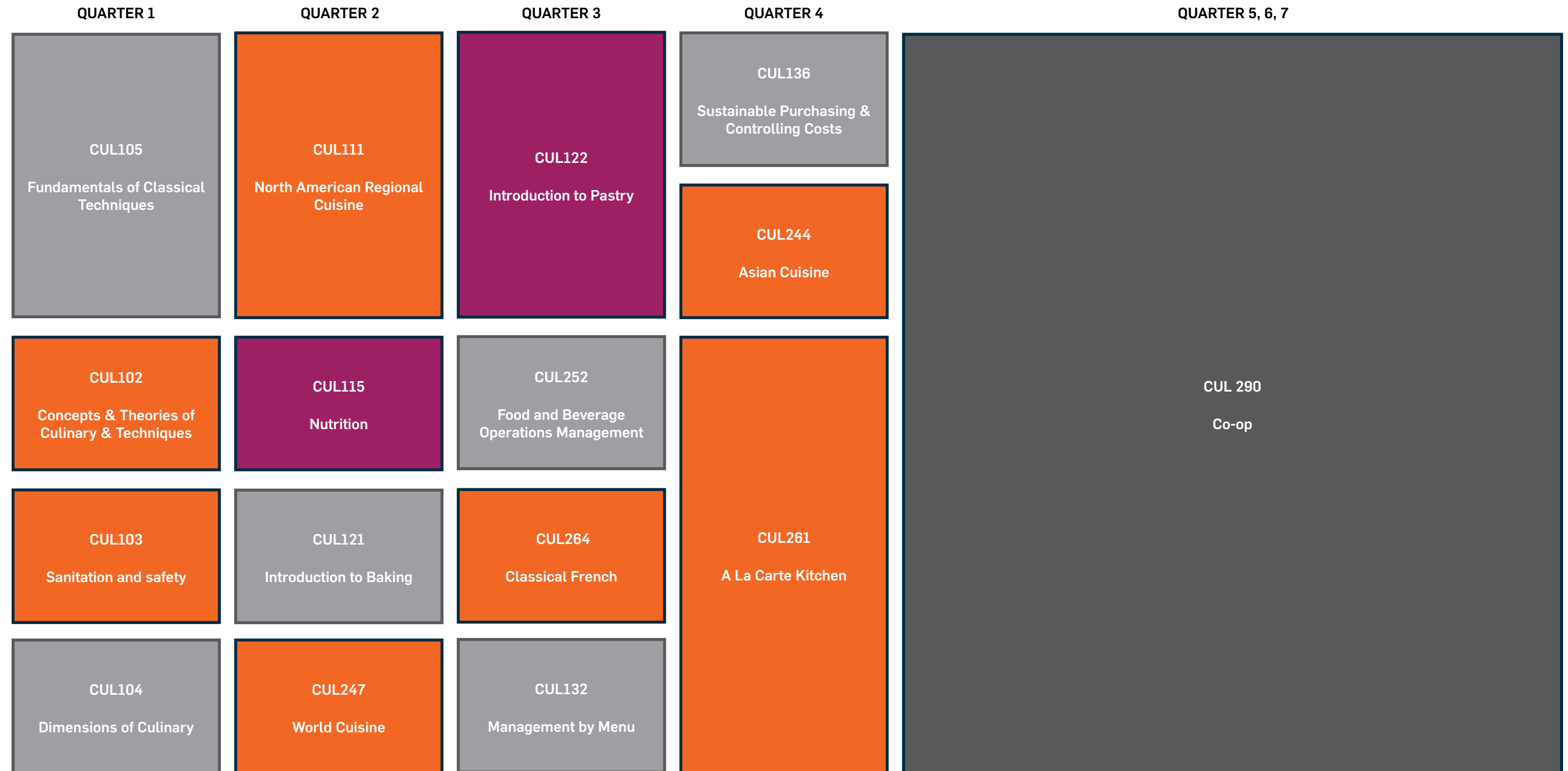


# Culinary Arts with Co-op

## DIPLOMA PROGRAM



LaSalle College  
Vancouver



2 Baking & Pastry Courses 9 credits	+	7 Culinary Arts Courses 33 credits	+	6 Operation Management Courses 18 credits	+	3 Co-op Courses 3 credits	=	TOTAL 63 CREDITS
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# Culinary Arts with Co-op

## COURSE DESCRIPTIONS

### QUARTER 1

#### CUL105 FUNDAMENTALS OF CLASSICAL TECHNIQUES

The fundamental concepts, skills and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, soups, thickening agents, the grand sauces and emulsion sauces. Lectures and demonstrations teach organization skills in the kitchen, work coordination, and knife skills. The basics of vegetable cookery, starch cookery, meat and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying. Students must successfully pass a practical cooking examination covering a variety of cooking techniques.  
*Credits : 6*

#### CUL102 CONCEPTS & THEORIES OF CULINARY TECHNIQUES

The fundamental concepts, skills and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients and cooking theories. Lectures teach organization skills in the kitchen and work coordination. The basics of stocks, soups, sauces, vegetable cookery, starch cookery, meat and poultry are covered. Emphasis is given to basic cooking techniques such as sautéing, roasting, poaching, braising and frying.  
*Credits : 3*

#### CUL103 SANITATION AND SAFETY

This course introduces food and environmental sanitation and safety in a food production area. Attention is focused on food borne illness and their origins, and on basic safety procedures followed in the food service industry. Provincial regulations are addressed in terms of Food Safe, WHMIS, and Work Safe BC.  
*Credits : 3*

#### CUL104 DIMENSIONS OF CULINARY

"Dimensions of Culinary" is a course that introduces students to a wide realm of topics in the culinary arts and culinary education. Students develop their communication skills. They learn to present and assimilate information logically, make decisions, develop effective study habits, use available resources, improve interpersonal relationships, and increase their professional performance. This course gives a profile of the hospitality industry and intends to provide a sense of its scope. The primary issues of concern to students are: career opportunities, the role of culinary education, the experience required to pursue particular opportunities, and the advantages and disadvantages of working in specific areas of the hospitality industry.  
*Credits : 3*

### QUARTER 2

#### CUL111 NORTH AMERICAN REGIONAL CUISINE

The course reinforces the knowledge and skill learned in the preceding classes and helps students build confidence in the techniques of basic cookery. The development of knife skills is accented. American Regional cuisine explores the use of indigenous ingredients in the preparation of traditional and contemporary American specialties. The concepts of mise en place, time-lines, plate presentation, and teamwork in a production setting are introduced and accentuated. Timing and organization skills are emphasized  
*Prerequisites: CUL105 Fundamentals of Classical Techniques, and CUL103 Sanitation & Safety*  
*Credits : 6*

#### CUL115 NUTRITION

This course centers on an explanation of the basic principles of nutrition and its relationship to health. The structure, functions, and sources of nutrients – including proteins, carbohydrates, fats, vitamins, minerals, and water – are discussed. Current issues in nutrition are reviewed, including dietary guidelines, energy balance, vitamin supplements, and food fads.  
*Credits : 3*

#### CUL121 INTRODUCTION TO BAKING

Students are introduced to the fundamental concepts, skills and techniques of baking. Special significance is placed on the study of ingredient functions, product identification and weights and measures as applied to baking. Lectures, demonstrations, production, tasting and testing, students learn yeast-raised dough mixing methods, pie dough, quick dough, cookie dough, and product finishing techniques. Students must pass a practical exam.  
*Prerequisite: Current Food Safe Certificate, CUL103 Sanitation & Safety*  
*Credits : 3*

#### CUL247 WORLD CUISINE

This course emphasizes the ingredients that create the unique character of selected World Cuisines. Students prepare, taste, serve and evaluate traditional, regional cuisines of various countries. Importance will be placed on ingredients, flavour profiles, preparations and techniques representative of these cuisines.  
*Prerequisites: CUL105 Fundamentals of Classical Techniques, and CUL103 Sanitation & Safety*  
*Credits : 3*

### QUARTER 3

#### CUL122 INTRODUCTION TO PASTRY

This course is a combination of theory, lecture, demonstration and hands-on production to provide an introduction to pastry techniques for use in a commercial kitchen. Students learn a variety of dough, batters, fillings, and glazes with an emphasis on formulas. Instruction regarding the preparation of basic cakes and icings, roll-in dough, preparations of pastry cream and finishing techniques; plus selection and proper use and handling of various chocolates used in baking and decorating are introduced. Students must pass a practical exam.  
*Prerequisites: CUL105 Fundamentals of Classical Techniques, CUL103 Sanitation & Safety*  
*Credits : 6*

#### CUL252 FOOD AND BEVERAGE MANAGEMENT

This course will give students a basic understanding of the management process in food and beverage operations. All aspects of food and beverage operations are covered, including organization, marketing, menus, production, service, safety, finances, wine style, wine storing, service of wine and, food wine matching.  
*Credits : 3*

#### CUL264 CLASSICAL FRENCH CUISINE

This course emphasizes both the influences and ingredients that create the unique character of selected Classical French Cuisines. Students prepare, taste, serve, and evaluate traditional, regional dishes of France. Importance will be placed on ingredients, flavor profiles, preparations, and techniques representative of Classical French Cuisine. Please keep in mind that while recipes used in this curriculum are close replications to the original dishes, they are not and in many cases, cannot be exact duplications of the authentic dish.  
*Prerequisites: CUL105 Fundamentals of Classical Techniques, CUL103 Sanitation & Safety*  
*Credits : 3*

#### CUL132 MANAGEMENT BY MENU

This course prepares future food service managers by giving a clear picture of the important role menu planning plays within operations. It covers topics ranging from menu development, pricing, and evaluation to facilities design and layout. Students will benefit because good menu development is crucial to the success of any foodservice operation, i.e., a planning tool, source of operational information and a merchandising method for reaching patrons.  
*Credits : 3*

### QUARTER 4

#### CUL136 SUSTAINABLE PURCHASING & CONTROLLING COSTS

This course introduces the student to the methodologies and tools used to control costs and purchase supplies. This course helps the student value the purchasing, planning, and control processes in the food and beverage industry. Primary focus is on supplier selection, planning, and controlling costs, with an introduction to the study of sustainable products and approaches. Topics include planning and controlling costs using budgeting techniques, standard costing, standardized recipes, performance measurements, and food, beverage, and labor cost controls.  
*Credits : 3*

#### CUL244 ASIAN CUISINE

This course emphasizes both the influences and ingredients that create the unique character of selected Asian cuisines. Students prepare, taste, serve, and evaluate traditional, regional dishes of various countries. Importance will be placed on ingredients, flavor profiles, preparations, and techniques representative of these cuisines.  
*Prerequisites: CUL105 Fundamentals of Classical Techniques, CUL103 Sanitation & Safety*  
*Credits : 3*

#### CUL261 A LA CARTE KITCHEN

Introduces students to the A La Carte kitchen, emphasis is on "a la minute" method of food preparation, plus dining room service standards. Industry terminology, correct application of culinary skills, plate presentation, organization and timing in producing items off both a fixed-price menu and a la carte menu are stressed. The principles of dining room service are practiced and emphasized. The philosophy of food are further explored and examined in light of today's understanding of food, nutrition and presentation.  
*Prerequisites: CUL105 Fundamentals of Classical Techniques, CUL103 Sanitation & Safety, CUL111 North American Regional Cuisine, CUL122 Introduction to Pastry, and CUL252 Food & Beverage Operations Management*  
*Credits : 9*

### QUARTER 5-7

#### CUL 290 CO-OP

This course has been designed to acquaint the student with actual working conditions in an approved restaurant/hospitality establishment. This course is a supervised entry level work experience in the hospitality industry. Students are responsible for acquiring an work experience job and may seek assistance through Lasalle College Vancouver's Career Services Department. Students gain experience needed to enter their field on graduation.  
*Credits : 3*



**LaSalle College**  
Vancouver

## CULINARY KIT

price: \$995.00

### KNIFE KIT

1. 3.5" Paring Knife ..... 10419366
2. 7" Fork Legend ..... 10419373
3. 9" Chef's Knife ..... 10430323
4. 10" Wide Bread Knife ..... 10419403
5. 10" Spatula ..... 10419410
6. 6" Bonning Knife ..... 10419427
7. 10" Steel ..... 10424438
8. Swivel Peeler ..... 10419441
9. 4"x1" Knife Guard ..... 10419458
10. 6"x1" Knife Guard ..... 10419465
11. 10"x2" Knife Guard (2) ..... 10419472
12. 12"x2" Knife Guard ..... 10419489
13. Pocket Thermometer ..... 10419496
14. Plastic Bowl Scraper ..... 10419502
15. Large Tongs ..... 10419519
16. Scraper Heat Resistant ..... 10420508
17. 12" Piano Whip ..... 10419533
18. Measuring Spoon Set ..... 10419540
19. Double Melon Baller ..... 10419557
20. #2 Plain Tube Set ..... 10419571
21. #6 Plain Tube Set ..... 10419571
22. #2 Star Tube Set ..... 10419571
23. #6 Star Tube Set ..... 10419571
24. Exoglass Spoon ..... 10419625
25. Fish Spatula ..... 10419632
26. Cut Ruler ..... 10419649
27. Long Nose Pliers ..... 10419656
28. Triple Zip Knife Roll ..... 10428283
29. 11" Granton Slicer ..... 10419397

### TEXTBOOK KIT

30. Sport Bag ..... 10427323
31. Foodsafe Level I Workbook ..... 10463666
32. Professional Food Manager ..... 10414279

### B&P ESSENTIAL KIT

33. Chef Jackets (3) ..... 10416204
34. Chef Pants (3) ..... 10416211
35. Bib Aprons (3) ..... 10410035
36. Chef Hats (3) ..... 10416228
37. Towels (6) ..... 10416235