# Hospitality and Tourism Career Cluster

Restaurant and Event Management & Travel and Tourism Pathways

## **Culinary Essentials Introduction (Read First)**

Schools may choose to add competences to a class, but they cannot take anything away. If a school would like to add competences to the Culinary Essentials class the following provides a list of recommendations for additions.

The Culinary Essentials class will be included in four pathways. The pathways will include Restaurant, Event Management, Lodging, and Travel & Tourism. Because of this the course was designed to give a through overview to the foodservice portion of the overall industry. If a school wants to focus their development on the restaurant pathway they may choose to add more culinary competences to the class, to provide a more in depth review of certain skills. The educators and industry representatives that reviewed this course would recommend the following competences be added.

## Investigate dry heat food production methods.

- Demonstrate broiling, sautéing, grilling, roasting, baking, pan frying, and deep frying.
- Identify herbs, spices, oils and vinegar, marinates and rubs for foods best prepared by dry heat methods.

### Investigate moist heat food production methods.

- Demonstrate poaching, simmering, boiling, and steaming.
- Demonstrate preparation of various stock, sauce, and soups.
- Identify herbs, spices, oils and vinegar, marinates and rubs for foods best prepared by moist heat methods.

#### Investigate combination food production methods.

- Demonstrate braising and stewing.
- Identify herbs, spices, oils and vinegar, marinates and rubs for combination foods.

#### Investigate cold food production.

- Demonstrate garnishing techniques.(\*8.5.12)
- Identify herbs, spices, oils and vinegar, marinates and rubs best used for cold foods.(\*8.5.8; 8.5.14)

### Investigate basic baking techniques.

- Identify common ingredients used in baking.
- Distinguish between various mixing methods for baked products.
- Produce a variety of baked products.

#### Other Suggested Skills:

- Demonstrate how to provide accurate change to a customer
- Chicken Fabrication