# MOHAWK VALLEY COMMUNITY COLLEGE

# UTICA AND ROME, NEW YORK

**Course Name: FS206 American Regional Cuisine Course Credit Hours: C - 1, P - 4, ILS - 0 CR - 3**

**Course Prerequisites/Corequisites:** Prerequisite - FS153 Culinary Fundamentals 2

### Catalog Description

This course covers classical cooking skills associated with the preparation and service of American, international, and ethnic cuisines. Topics include classic and modern cooking trends and technologies. Cuisines revolving around American regional cuisines and ingredients are incorporated into lecture and lab. This course covers commercial kitchen cleaning and builds understanding for clean facilities.

1. ***Student Learning Outcomes:***
   * Integrate flavors, ingredients, seasonings, and cooking techniques of the major American regions in keeping with both traditional and current trends.
   * Employ a variety of techniques, tools, and basic guidelines to optimize food appearance, flavor, taste, texture, doneness, nutritional content, and presentation of international cuisine.
   * Demonstrate effective mis en place, sanitation and safety, teamwork, and task coordination in food preparation and service.
   * Name and describe the primary American regions, traditions, foods, flavors, ingredients, and cooking
   * Compare the unique similarities and differences in world cuisines

### Major Topics:

* + - * Understanding Regional Cuisines
      * The Plantation South
      * New England
      * The Mid-Atlantic
      * The Chesapeake Bay Shore
      * Louisiana
      * The Appalachian South
      * The Central Farmlands and Cities
      * The Western and Central Ranchlands
      * Rocky Mountains and Great Basin
      * Anglo-Asian California
      * The Pacific Northwest
      * South Florida and Puerto Rico

Rev 3.6.23