

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: CUL 206 **Credits:** 3

Course Title: International Cuisine

Course Description:

Introduces the concepts of cultural differences and similarities and the preparation of the food specialties of the major geographical areas of the world. Focuses on emerging cuisines as they become popular. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

General Course Purpose:

This course consists of the study of international cuisine and preparation of component dishes. It focuses on how various factors, such a geographical location, climate, religion, economics, indigenous plants and animals, local seasonings, and external influences all combine to shape and produce dishes reflective of a culture's cuisine.

Course Prerequisites/Corequisites:

Prerequisites: CUL 220

Course Objectives:

Upon completing the course, the student will be able to:

- Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, broil, roast, carve, skewer, gratiné, garnish, maintain temperature of, grill, or otherwise produce meats, vegetables, and starches reflective of international cuisines;
- Explain the diversity of cuisines;
- Analyze how various factors such a geographical location, climate, religion, economics, indigenous plants and animals, local seasonings, and external influences all combine to shape and produce dishes reflective of a culture's cuisine;
- Illustrate how various fusion cuisines are based on distinctive international cuisines; and
- Properly prepare dishes reflective of the following cuisines: Northern Mediterranean, North African, Middle Eastern, Northern European, Eastern European, Eastern Asian, African, Asian, Indian, and Central and South American.

Major Topics to be Included:

- Diversity of cuisines through location, climate, resources, waterways, and indigenous ingredients
- Fusion cuisines
- Identification of indigenous equipment, ingredients, and cooking techniques
- Mediterranean cuisine
- North African cuisine
- Middle Eastern cuisine
- European cuisine
- Asian cuisine
- Indian cuisine
- Central and South American cuisine

Effective Date/Updated: August 1, 2024