



**Academy of Arts, Careers and Technology (AACT)
Culinary and Hospitality Academy
2021/2022
World Cuisine Information**

Instructors Name and Contact Information:

Fred Wright MCFE, CEC, WCEC, AAC.

Email: fwright@washoeschools.net

Office 775-327-3937

Office location 380 Edison Way Suite 101 RM 373 (inside kitchen) Reno NV 89502

Office hours 6:30am-8:00 and 3:00-3:30 Daily or by appointment

- Link to brief academy video. <https://youtu.be/s2wc-B7oNEI>

Course Purpose

The purpose of World Cuisine is to explore regions of the world through their food. This year we will be exploring Persia and India. Students will train to apply hands-on skills and knowledge in the food service. However, this is an elective class, this program will begin to prepare students for an entry-level position within the culinary industry by introducing topics such as kitchen safety, sanitation, and nutritional concepts. Students will also apply technical skills by operating commercial equipment, preparing various foods and recipes. This industry is one that makes a \$1,000,000 a minute, with the current and projected growth of tourism and hospitality business. The demand continues to be great for qualified, food and beverage management graduates with motivation, experience and formal education. By examining real life situations related to restaurant operations, the students can make decisions based on knowledge of the theory, rather than being told what to do.

Course Objectives

1. Students will be able to explain the history of the foodservice industry, how it effects foodservice today.
2. Students will be able to demonstrate safety and sanitation procedures that follow state and local health regulations in the food preparation area at all times, as well as complete the food handler certification exam with an 80% or higher, and the Serve Safe Manager exam with a 75% or higher.
3. Students will be able to perform safety procedures and practices, including fire prevention and the proper use of Safety Data Sheets (SDS), for the protection of guests and employees at all times in foodservice area.
4. Students will be able to identify, explain the uses and characteristics of, and demonstrate the proper use of various pieces of equipment, cookware, and bakeware.
5. Students will be able to identify various types of knives, their care and uses, as well as demonstrate 8 various industry knife cuts with 100% accuracy.
6. Students will practice proper station set up and mise en place and remain professional at all times while in the kitchen.
7. Students will be able to identify, describe and demonstrate the principles of cooking as applied to grain and starch products including cereals, rice, and pasta.
8. Students will be able to identify, describe and demonstrate the principles of cooking as applied to fruit and vegetable products.

CLASS SCHEDULE WORLD CUISINE- PERSIA AND INDIA

AUGUST 9-13 ORIENTATION & LAB INTRODUCTION KITCHEN TOURS

**AUGUST 16- 24 SAFETY, FOOD SANITATION, SENSORY PERCEPTION,
AND KNIFE SKILLS**

AUGUST 30 – SEPTEMBER 3

**COMMON FOODS AND HISTORY AND RELIGIONS OF THE REGION- THE
RELATIONSHIP OF THE PERSIA (OTTOMAN) AND THE INDIAN SUB CONTINENT
CUISINES**

“SPICE IS NICE”

SEPTEMBER 3 – 10 FLATBREADS AND STARCHES

LAVOSH, SANGAK, BARBARI, ROTI AND NAAN

RICE, POTATO, COUSCOUS, NOODLES, AND GRAINS

SEPTEMBER 20 -24 “THE CURRY”, CONDIMENTS AND SAUCES

SEPTEMBER 20- 24 VEGETABLES , LEGUMES, AND FRUITS OF THE REGION

SEPTEMBER 27- OCTOBER 1 Dairy products, butters, yoghurts, cheese, eggs!

—————OCTOBER 4- 8 VACATION—————

OCTOBER 11- 15 SOUPS AND SALADS

OCTOBER 18 – 22 Vegetable Dishes

**OCTOBER 25 -28 Meats And Fish - lamb, goat (KID), yak, fins, mollusks and
Crustaceans**

NOVEMBER 1- 5 Stews, Roasts And Grills

NOVEMBER 8 – 12 ROYAL CUISINES OF THE INDIAN AND OTTOMAN EMPIRE

—————NOVEMBER 24-28 THANKSGIVING HOLIDAY—————

NOVEMBER 22-30 STREET FOODS

DECEMBER 1-8 DESSERTS

DECEMBER 9- 16 KITCHEN CLEANUP EXAMS

Students just finished a sanitation and safety section and are beginning to explore their own spice blend, while cooking different flat breads. Syllabus can be found on our students' teams.