



# CULINARY ARTS

Perform kitchen and culinary duties in commercial kitchens, hotels and restaurants. Students gain hands-on experience in the on-site industry-grade kitchen lab. Class includes an optional paid apprenticeship through The Colorado Restaurant Foundation.

**cooking, baking, & food prep | plan events & menus | sanitization & safety | nutrition & dietary needs | practice & create recipes**

## Suggested Abilities

- 8th grade English reading, writing, speaking, and listening
- Understanding of basic algebra
- Sustained activity for 5 hours at a time
- Capable of lifting 30 pounds

## Prerequisites

- *High School Students: Meet with counselor for eligibility requirements*

## Class Hours

- Morning: 7:50am - 10:40am, Mon. - Fri.
- Afternoon: 12:05pm - 2:55pm, Mon. - Fri.

## SEMESTER 1

### CUA 1000 Culinary Program Fundamentals

#### 3 credits

Safety, sanitation, knife technique, equipment use, cooking principles, food science, culinary math, storage, recipes, professionalism, competitions, career paths, and resources.

### CUA 1001 Food Safety and Sanitation

#### 2 credits

Sanitation, foodborne illness prevention, safe temperatures and handling, HACCP, pest control, and local/state health regulations; concludes with a nationally recognized National Restaurant Association test.

### CUA 1021 Intro to Food Production Practices

#### 1 credit

Basic commercial kitchen principles: safety and sanitation, equipment and knife care, tool use, recipe conversion, workplace organization, and fundamental cooking methods.

### CUA 1022 Intro to Stocks, Soups, & Sauces

#### 1 credit

Fundamentals of stocks, soups, sauces, gravies, and thickeners; teaches commercial production, tool/equipment use, safety/sanitation, pre-prep skills, and efficient kitchen organization.

### CUA 1023 Intro to Garde Manger

#### 1 credit

Principles and techniques for preparing cold foods and non-alcoholic beverages in a commercial kitchen, including safety, equipment use, garnishes, terrines, hors d'oeuvres, and efficient prep.

### CUA 1024 Vegetable Prep & Breakfast Cookery

#### 1 credit

Commercial kitchen fundamentals: safety, equipment care, recipes, stocks, soups, sauces, terrines, and beverages. Includes principles of vegetable products, hot and cold preparation, decorative garnishes, and carvings with fruits and vegetables.

### CUA 1031 Starch/Pasta/Casserole/Grain

#### 1 credit

Covers preparing and cooking potatoes, starches, legumes, and pastas. Teaches casserole and grain production in a commercial kitchen, emphasizing pre-prep skills and efficient organization.

### CUA 1032 Center of the Plate: Meat

#### 1 credit

Provides the student with the basics of meat handling, including principles used for selecting meat products, their basic cuts and cooking methods. Focuses on a variety of meat products in a commercial kitchen.

### CUA 1056 Nutrition/Hospitality Professional

#### 3 credits

Human nutrition fundamentals, covering life-cycle and special dietary needs. Focuses on preparation of food for nutrition.

## SEMESTER 2

### **CUA 1033 Center of the Plate:Poultry, Fish & Seafood**

#### **1 credit**

Selection, forms, cooking methods, and preparation of poultry, fish, and seafood in a commercial kitchen, emphasizing pre-preparation, efficient work organization, practical application of techniques, and meat fabrication techniques.

### **CUA 1041 Baking: Principles/Ingredients**

#### **1 credit**

Baking fundamentals: terminology, principles, ingredient functions, and use of commercial baking equipment, tools, and utensils.

### **CUA 1042 Basic Yeast-Raised Quick Breads**

#### **1 credit**

Fundamentals of yeast-raised and quick-bread production, enabling students to prepare white, roll, multigrain, specialty, sweet yeast products, and quick breads in a commercial kitchen.

### **CUA 1043 Baking: Cakes, Pies, Pastries and Cookies**

#### **1 credit**

Fundamentals of making cakes, pies, pastries, and cookies; enables students to produce a variety of desserts in a commercial kitchen.

### **CUA 1054 Intro to Business of Catering**

#### **3 credits**

Overview of the catering industry, emphasizing the customer perspective; prepares them to plan and execute diverse catering events, including hands-on experience with college catered functions.

### **CUA 1057 Menu Planning**

#### **3 credits**

Introduces menu planning for food-service operations, teaching menu functions, mechanics, outcomes, and providing an overview of the current and evolving food-service industry through menus.

### **CUA 1059 Buffet Planning and Production**

#### **1 credit**

Students plan and present buffet setups, focusing on menu development, equipment and layout. Includes platter presentations, carving stations, steam table/chafing dishes, and plated service.

### **CUA 1191 Front of the House Planning**

#### **1 credit**

Organize special meal functions, handle reservations and special requests, evaluate dining room personnel, create menu format for the GPA Dining Room and operate the POS manager's menu.

### **CUA 2045 International Cuisine**

#### **2 credits**

Full meal preparation of nontraditional international cuisine. Ethnic ingredients and meals from India, Thailand, Greece, Morocco, Africa, South America and Ecuador will be introduced..

### **CUA 2069 Dietary Baking**

#### **2 credits**

Develop gluten-free and allergen-aware bakery products, using substitutions (fats, sweeteners, dairy), addressing celiac and health concerns, and analyzing ingredient nutrition

## **Culinary Arts Certificate**

1 Year

30 Credit Hours



**Information Revised DEC '25.** Information subject to change. Course listings have been paraphrased on this flyer, or full course info please see Pickens Catalog. This certificate is eligible for Financial Aid. If you have further questions, please call (303)344-4910.