

# World Cuisine Course Syllabus – Spring 2020

**Course Title:** World Cuisine  
**Course Number:** CA8. 913  
**Class Meets:** Tuesday, CC-219  
**Instructor:** Chef Audrey Anderson  
**E-mail:** [andersau@linnbenton.edu](mailto:andersau@linnbenton.edu)

**Credits:** 2  
**Number of Sessions:** 11  
**Time:** 3pm-5:50pm  
**Length of Sessions:** 2hrs 50min  
**Phone:** 541-917-4397

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**DESCRIPTION:** Explore the preparation of foods through a hands on cooking course with emphasis on authentic cuisine. Includes experimentation, cooking, and tasting unfamiliar dishes and ingredients in a hands-on environment. Also learn to identify the characteristics of regional ingredient uses and the interrelationship between separate and distinct cuisines.

**OUTCOMES:** Upon successful completion of this course, students will be able to:  
Analyze characteristics of food in a series of cooking methodology and sensory evaluations. Learn how to produce food with various cooking methods and flavoring agents; fluent with cooking terms, equipment, and ingredients related to regions explored in the International Cuisines Course; communicate an understanding of the flavor analysis and apply the terms with cooking methods in order to produce a quality dish with accuracy.

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**Grading:** A to F  
**Grading Procedures:**  
Daily Performance  
Final Project Essay

**Attendance:** Students will be required to attend all classes. Daily grading is based on attendance. Four days absent and you will be removed from class. Tardiness will result in 2 points deducted for every 10min up to a half hour, at which point you will be graded as absent, your fourth tardy will result in a zero for the day. If you are not able to attend class or will be tardy, please notify Chef Audrey at least 2hrs in advance via phone or email.

**Daily Performance and Class Participation:** Students will be required to actively participate in classroom and kitchen lab activities as related to the daily agenda and subject matter. Each student will be required to participate in all clean up and dishes. We will all leave together at the end of class once the kitchen is clean, dishes have been done and the instructor has excused you.

**LBCC Comprehensive Statement of Nondiscrimination:**  
LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital

status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information see Board Policy BP-1015.

## **Final Project Essay:**

Objective: for students to freely express their interest in their chosen cuisine via a typed essay. Cuisine topics can cover any type of cuisine whether we discussed in class or otherwise. Essay will be assigned on Week Eight of the term, and will be due the Sunday before Week Eleven (Finals Week), **no late assignments will be accepted.**

Cuisine examples:

Dutch, Mexican, Spanish, Italian, Taiwanese, African, Native American, etc.

Final Project Must Include:

- 2 Pages Minimum.
- Single Spaced 12pt font, 1000 words min.
- An opening paragraph, supporting paragraphs, and a conclusion.
- Include the history, ingredients used, and region, but please go as in depth as you would like.

**Kitchen Attire:** Students will be cooking in a professional commercial kitchen. The following is required kitchen attire:

- Culinary students are required to be in chef whites
- Long pants
- Short sleeve shirt, no tank tops
- Close-toed/non-slip shoes
- Apron: will be provided
- Chef's hat: will be provided
- Long hair restrained and pulled back
- No jewelry on the hands, fingers or wrists. To include but not limited to watches, bracelets, and rings.
- Please avoid strong smelling cologne, perfumes and lotions as this will inhibit sensory evaluation for you and your classmates.

**Safety and Sanitation:** Will be covered in depth on the first day of class. Students are expected to hold safety and sanitation procedures in high regard for the safety of you and your classmates.

**Kitchen Equipment:** You will be exposed to commercial kitchen equipment that is used for College food service and the Culinary Arts program. Students will be instructed how to properly use equipment, knives, utensils, etc. If you are unsure or uncomfortable utilizing a specific piece of equipment, please consult your instructor immediately so as to avoid mishandling and equipment malfunction.

# Weekly Class Schedule

## **Week 1:**

Welcome and introduction

- Class expectations and syllabus review
- Safety and Sanitation review
- Lecture:
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- Kitchen tour
  - Practice knife skills

## **Week 2: Scandinavian**

- Salted Cucumber Salad
- Mussels in Cream with Cabbage
- Charred Root Vegetables
- Dark Rye Vortbrod with Dill and Cured Fish
- Boiled Crayfish & Potatoes

## **Week 3: Italian**

- Cioppino
- Pasta
  - Pappardelle alla carbonara
  - Tortellini
- Bruschetta
  - Anchovy
  - Tomato
- Parmigiano Reggiano
- Fresh vegetables

## **Week 4: Spanish**

- Paella
- Gambas a la plancha
- Tortilla española
- Chorizo al Vino

### **Week 5: African**

- Injera
  - Shiro Wat
- Freekeh
- Shish Taouk
- Yassa
- Baba Ghanoush & Himbasha

### **Week 6: Persian**

- Tabbouleh
- Pomegranate Braised Lamb
- Tamarind Stuffed Salmon
- Pita Bread & Hummus

### **Week 7: Chinese**

- Cantonese
  - Chao Siu Bao
  - Xiao Long Bao
- Szechuan
  - Mapo Tofu w/Pork
- Beijing
  - Roasted Peking Duck

### **Week 8: Class Cancelled, Banquet Week**

### **Week 9: Thai**

- Grilled Corn with Salted Coconut Cream
- Khao Soi Kai
- Duck Laap
- Sticky Rice

### **Week 10: Japanese**

- Karaage
- Udon
- White Rice & Furikake
- Sushi
  - Nori
  - Ahi
  - Salmon
  - Unagi

### **Week 11: Mexican**

- Mole
  - Pipian Verde
  - Colordito
- Masa, Maize
  - Lard
  - Tamales
  - Tortillas
- Pico, Ceviche & Fresh Vegetables
- Soup of Oxtail