

Date Prepared: 8/31/02

X New

Revised

Effective Date: Summer 2002

## COURSE OUTLINE

1. COURSE PREFIX and NUMBER: **HRI 207** CREDIT HOURS: 3
2. COURSE TITLE: American Regional Cuisine
3. PREREQUISITES: None
4. COURSE DESCRIPTION: Studies the distinct regional cooking styles of America and its neighbors. Emphasizes the indigenous ingredients as well as the cultural aspect of each region's cooking style. Includes the preparation of the various regional foods. Prerequisite: HRI 220. Corequisites: HRI 147 and HRI 206. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.
5. CONTENT:
  - a. This course consists of the study of American regional cuisine and preparation of component dishes. The student will study how various factors such as geographical location, climate, religion, economics, indigenous plants and animals, local seasonings, along with aboriginal and immigrant influences all combine to shape, and produce dishes reflective of a region's cuisine.
6. GENERAL COURSE OBJECTIVES:

Upon successful completion of the course, the student will be able to:

  - a. Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, broil, roast, carve, skewer, gratiné, garnish, maintain temperature, grill, or otherwise produce meats, vegetables, and starches reflective of American Regional cuisines.
  - b. Gain an understanding and appreciation of the diversity of different regional cuisines.
  - c. Gain an understanding of how various factors such a geographical location, climate, religion, economics, indigenous plants and animals, local seasonings, and aboriginal and immigrant influences all combine to shape, and produce dishes reflective of a regional cuisine
  - d. Prepare dishes reflective of New England cuisine.
  - e. Prepare dishes reflective of Mid-Atlantic cuisine.
  - f. Prepare dishes reflective of Floribbean cuisine.
  - g. Prepare dishes reflective of Louisiana
  - h. Prepare dishes reflective of Heartland cuisine.
  - i. Prepare dishes reflective of Southwest cuisine.
  - j. Prepare dishes reflective of Rocky Mountain cuisines.
  - k. Prepare dishes reflective of Pacific Northwest cuisines.

1. Prepare dishes reflective of Californian and Hawaiian cuisines.