J. Sargeant Reynolds Community College Course Content Summary

Course Prefix and Number: HRI 287 Credits: 2

Course Title: Contemporary Culinary Artistry and Innovation

Course Description: Studies market-driven culinary trends and contemporary culinary artistry. Covers contemporary nutrition concerns and special dietary needs; alternative business models; innovative plate presentation, flavors, textures, and design elements; molecular gastronomy; and preparation of traditional and nontraditional foods for modern presentation. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose: This course builds upon conventional understanding of cuisine by offering theory and practical lessons involving modern culinary trends.

Course Prerequisites and Co-requisites:

None

Course Objectives:

Upon completing the course, the student will be able to

- a. Describe the expectations of the modern food service customer;
- b. Identify current culinary trends in the hospitality and foodservice industry;
- c. Apply modern cooking techniques, including sous vide and molecular gastronomy;
- d. Discuss plate design, balance, harmony, and station setup;
- e. Develop recipes using different combinations of flavors and textures to enhance the customer's experience;
- f. Describe vegan food preparation requirements and standards;
- g. Identify and discuss gluten-free food preparation standards and requirements;
- h. Identify and discuss emergent food allergens and methods of reducing exposure to customers;
- i. Conduct local market research and feasibility analyses of current culinary trends;
- j. Discuss high-end, quick-service food businesses, pop-up restaurants, food trucks, and specialty markets:
- k. Discuss modern culinary topics, including the Slow Food® movement, comparative attributes of organic ingredients, farm-to-table cuisine, supply of locally-sourced products, and other sustainability-related issues; and
- I. Present an analysis of product and concept life cycles.

Major Topics to Be Included:

- a. Current trends, trend cycles, and business feasibility of trends
- b. Customer expectations
- c. Molecular gastronomy
- d. Sous vide
- e. Vegan recipes and menus
- f. Gluten-free recipes and menus
- g. Sustainability
- h. Food allergies and sensitivities
- i. Plate design and presentation
- i. Recipe development

Effective Date of Course Content Summary: January 1, 2015