

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: CUL 287 **Credits:** 3

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. 2 credits

General Course Purpose:

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

Course Prerequisites/Corequisites:

None.

Course Objectives:

Upon completing the course, the student will be able to:

- Describe the expectations of the modern food service customer;
- Identify current culinary trends in the hospitality and foodservice industry;
- Apply modern cooking techniques, including sous vide and molecular gastronomy;
- Discuss plate design, balance, harmony, and station setup;
- Develop recipes using different combinations of flavors and textures to enhance the customer's experience;
- Describe vegan food preparation requirements and standards;
- Identify and discuss gluten-free food preparation standards and requirements;
- Identify and discuss emergent food allergens and methods of reducing exposure to customers;
- Conduct local market research and feasibility analyses of current culinary trends;
- Discuss high-end, quick-service food businesses, pop-up restaurants, food trucks, and specialty markets;
- 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
- Present an analysis of product and concept life cycles.

Major Topics to be Included:

- Current trends, trend cycles, and business feasibility of trends
- Customer expectations
- Molecular gastronomy
- Sous vide
- Vegan recipes and menus

- Gluten-free recipes and menus
- Sustainability
- Food allergies and sensitivities
- Plate design and presentation
- Recipe development

Effective Date/Updated: August 1, 2024