

**CULINARY ARTS AND HOSPITALITY
MANAGEMENT**

CAHM 20 Nutrition 

Examines essential nutrients and how they affect our health throughout life emphasizing and evaluating current developments in nutrition.

Transfer Credit: CSU; UC.

Section	Days	Times	Units	Instructor	Room
65184	Arr.	Arr.	3.00	D.Russo	OL

Section 65184 is an ONLINE course. Mandatory orientation Thursday 2/11, 6:00PM-9:00PM, Room 456. Students will be dropped if they don't attend orientation or e-mail instructor prior to Monday 2/8. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses."

65185	MW	08:00AM-09:20AM	3.00	D.Russo	405
65187	W	05:30PM-08:35PM	3.00	C.Cavanaugh	Wat4580

65186	M	06:00PM-09:05PM	3.00	D.Russo	456
&	Arr.	Arr.		D.Russo	OL

Section 65186 is a hybrid ONLINE course. Meets alternating Mondays 2/8, 2/22, 3/8, 3/22, 4/5, 4/19, 5/3, and 5/17 with the balance of course content and work done online. First class includes mandatory orientation. Students will be dropped if they don't attend orientation or e-mail instructor prior to Monday 2/8. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses."

65188	TH	06:00PM-09:05PM	3.00	C.Cavanaugh	432
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CAHM 50A Introduction to Culinary Arts Basics

Explores kitchen safety and sanitation, nutrition, menu planning, food costing, principles of cooking, knife skills, tools and equipment, and techniques for making stocks, sauces, and soups via lecture-based instruction.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
65189	W	05:30PM-08:40PM	1.00	S.Slater	405

Meets 5 weeks 2/10-3/10.

CAHM 50B Introduction to Entree Preparation and Service

Introduces the principles of restaurant organization; purchasing, storage, cutting, and cooking methods for meat, poultry, fish, shellfish, and vegetarian entrees via lecture-based instruction.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
65190	W	05:30PM-08:40PM	1.00	S.Slater	405

Meets 5 weeks 3/17-4/21. Holiday 3/31.

CAHM 50C Introduction to Appetizers and Baking Preparation

Introduces the principles of baking breads, cakes, custards, pies; preparation of fruits, vegetables, starches; and hors d'oeuvre preparation via lecture-based instruction.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
65191	W	05:30PM-08:40PM	1.00	S.Slater	405

Meets 5 weeks 4/28-5/26.

CAHM 50L Introduction to Culinary Arts Lab

Explores a practical application of basic food preparation, service, costing, sanitation, menu planning, and purchasing via laboratory-based instruction. Corerequisites: CAHM 50A, CAHM 50B, CAHM 50C. Repeatability: May be taken 2 times.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
65192	M	08:00AM-02:30PM	2.00	K.Niven	1803

Enroll in one section only of CAHM 50L.

65193	T	08:00AM-02:30PM	2.00	S.Slater	1803
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Enroll in one section only of CAHM 50L.

65194	W	08:00AM-02:30PM	2.00	K.Niven	1803
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Enroll in one section only of CAHM 50L.

65195	TH	08:00AM-02:30PM	2.00	C.Mosley	1803
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Enroll in one section only of CAHM 50L.

CAHM 149 Cake Decorating

Introduces cake decorating techniques, including filling and icing cakes, pastry bag work in borders, Australian lace, string work, writing and flowers.

Section	Days	Times	Units	Instructor	Room
65171	TH	05:00PM-09:10PM	1.00	S.Buswell	908

Meets 8 weeks 4/15-6/3. \$30 materials fee due first class meeting. For supply list, see instructor's web page at www.cabrillo.edu "Directory."

CAHM 151B Advanced Culinary Arts

Provides opportunities to create and plan menus, research and develop prep formulas, and explore a la carte, ethnic food, garde manger, and specialty baking. Prerequisites: CAHM 50A, CAHM 50B, CAHM 50C, and CAHM 50L or equivalent experience. Repeatability: May be taken 2 times.

Section	Days	Times	Units	Instructor	Room
65172	M	12:00PM-03:05PM	9.00	M.Wille	908

&	M	03:15PM-06:25PM		M.Wille	1803
&	TW	02:50PM-10:50PM		E.Carter	1803

65173	M	12:00PM-03:05PM	9.00	M.Wille	908
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&	M	03:15PM-06:25PM		M.Wille	1803
&	TTH	02:50PM-10:50PM		M.Wille	1803

65174	M	12:00PM-03:05PM	9.00	M.Wille	908
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&	M	03:15PM-06:25PM		M.Wille	1803
&	WTH	02:50PM-10:50PM		M.Wille	1803

CAHM 155 Basic Baking and Pastry

Introduces equipment, skills, and procedures in commercial bakeries, including hands-on production of pastries and specialty items.

Section	Days	Times	Units	Instructor	Room
65176	W	05:00PM-10:10PM	3.00	A.Baldzikowski	908

\$70 materials fee due first class meeting. For supply list see instructor's web page at www.cabrillo.edu "Directory."

Cabrillo College *Schedule of Classes* – Spring 2010

CAHM 156AC Artisan Confections

Introduces confectionery formulas, theory, and techniques including chocolate work, noncrystalline sugar, crystalline sugar, jellies, and aerated confections. Prerequisite: CAHM 50L.

Section	Days	Times	Units	Instructor	Room
66531	M	05:00PM-08:05PM	2.00	A.Baldzikowski	908

\$75 materials fee due first class meeting.

CAHM 157L Catering and Beverage Operation Lab

Provides practical application of catering techniques including menu planning, costing, hospitality service and buffet presentation. Repeatability: May be taken 2 times.

Section	Days	Times	Units	Instructor	Room
65177	FS	09:00AM-06:00PM	5.00	S.Slater	1803
&	Arr.	Arr.		S.Slater	Arr.

Meets 8 hr weekly, arranged around catering events on Fridays and Saturdays.

CAHM 159 Chocolate

Studies the history and manufacturing of chocolate as well as the practical uses and techniques in working with dark, white, and milk chocolate.

Section	Days	Times	Units	Instructor	Room
65178	TH	05:00PM-09:10PM	1.00	A.Baldzikowski	908

Meets 8 weeks 2/11-4/8. Holiday 4/1. \$70 materials fee due first class meeting. For supply list see instructor's web page at www.cabrillo.edu "Directory."

CAHM 160 Purchasing and Food Cost Control

Teaches guidelines for developing food, beverage, and labor cost controls, including theories and procedures related to food storage, portioning, designing menu formulas, costing and pricing, labor and yield calculations, sales forecasting, and basic financial statements.

Section	Days	Times	Units	Instructor	Room
65179	TH	11:10AM-01:15PM	2.00	R.Larson	908

CAHM 165 Meat Cutting and Sausage Making

Study meat and fish butchering in the food service industry, emphasizing meat grading, commercial and retail meat identification and structure, techniques of boning beef, lamb, pork, chicken, and fish; demonstrations of cooking methods including smoking and sausage making.

Section	Days	Times	Units	Instructor	Room
65180	M	06:30PM-09:35PM	3.00	C.Mosley	1803

\$90 materials fee due first class meeting.

CAHM 171 The Art of Creating Wedding Cakes

Explores the creation of wedding cakes including principles of mixing, baking, filling, frosting, and decorating.

Section	Days	Times	Units	Instructor	Room
65181	SSU	09:00AM-06:00PM	1.00	A.Baldzikowski	908

Meets 2 weekends 2/20-2/28. \$60 materials fee due first class meeting. For supplies list see instructor's web page at www.cabrillo.edu "Directory."

CAHM 172A Wine and Wine Service

Provides an overview of basic wine concepts including wine history, viticulture, tasting procedures, food pairing, wine menus, marketing, purchasing, and table service. Must be 21 or older to enroll.

Section	Days	Times	Units	Instructor	Room
66533	TH	06:00PM-08:05PM	2.00	S.Slater	403

\$30 materials fee due first class meeting.

CAHM 172B Wine Varietals

Provides a comparative study of wine varietals, focusing on the terroir effect on various wines. Must be 21 or older to enroll.

Section	Days	Times	Units	Instructor	Room
66534	TH	08:15PM-09:05PM	1.00	S.Slater	403

\$50 materials fee due first class meeting.

CAHM 175 History and Practice of Sauces

Presents the history and techniques of sauce making around the world.

Section	Days	Times	Units	Instructor	Room
65183	T	03:00PM-07:10PM	1.00	E.Carter	908

Meets 8 weeks 2/9-4/6. Holiday 3/30. \$70 materials fee due first class meeting.