

CUL 276.5 Course Outline as of Fall 2025**CATALOG INFORMATION**

Dept and Nbr: CUL 276.5 Title: SOUTHERN CUISINE

Full Title: American Cuisine: Southern

Last Reviewed: 3/24/2025

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0.50	17.5	Lecture Scheduled	8.75
Minimum	1.00	Lab Scheduled	1.50	2	Lab Scheduled	26.25
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 17.50

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: CUL 275.11

Catalog Description:

Expand your culinary skills while also exploring the rich history, culture, and traditional foods of American Southern cuisine. In this course, students will learn to cook a variety of dishes common to American Southern cuisine.

Prerequisites/Corequisites:

Course Completion or Current Enrollment in CUL 230 OR CUL 250 OR DIET 50

Recommended Preparation:**Limits on Enrollment:****Schedule of Classes Information:**

Description: Expand your culinary skills while also exploring the rich history, culture, and traditional foods of American Southern cuisine. In this course, students will learn to cook a variety of dishes common to American Southern cuisine. (Grade or P/NP)

Prerequisites/Corequisites: Course Completion or Current Enrollment in CUL 230 OR CUL 250 OR DIET 50

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Demonstrate basic techniques to prepare a variety of dishes common to American Southern cuisine using locally available products.
2. Apply sensory evaluation for flavor and texture balance in recipes.

Objectives:

At the conclusion of this course, the student should be able to:

1. Define and describe the differences among global cuisine, American cuisine, and American Southern cuisine.
2. Utilize a variety of cooking techniques to prepare recipes.
3. Select and utilize appropriate cooking and service wares to prepare and serve recipes.
4. Select ingredients based on geographical location and climate and utilize them to prepare dishes common to American Southern cuisine.
5. Describe the eating patterns and lifestyles common to American Southern cuisine.
6. Discuss the historical influences of other countries and cuisines on American Southern cuisine.
7. Identify and describe the ways foods are used for nutritional, medicinal, and/or ceremonial/religious purposes.
8. Apply sensory evaluation skills to identify characteristics of high quality ingredients and finished products.
9. Practice safe, hygienic food-handling procedures.

Topics and Scope:

I. Definitions

- A. National cuisine
- B. Regional cuisine
- C. Global cuisine

- D. Cooking terminology
- II. Styles of Cooking
 - A. Dry heat
 - B. Moist heat
 - C. Combination cooking
- III. Cooking Equipment
 - A. Pots and pans
 - B. Ovens and stoves
 - C. Utensils
 - D. Serving bowls and platters
- IV. Ingredients Based on Geographical Location and Season
 - A. Fresh
 - B. Dried
 - C. Canned
 - D. Frozen
 - E. Seasonal
 - F. Herbs and spices
 - G. Oils and vinegars
- V. Eating Patterns and Lifestyles
 - A. Vegetarian
 - B. Meat-based diet
 - C. Stationary versus mobile
 - D. Home cooking versus prepared foods
 - E. Environmental and health-related considerations
- VI. Historical Influences of Other Countries and Cuisines
 - A. Immigration
 - B. Politics/colonialization
 - C. Religion
 - D. Environment
 - E. Geography
 - F. Trade/commerce
- VII. Foods Used for Specific Purposes
 - A. Nutritional
 - B. Medicinal
 - C. Ceremonial/religious
- VIII. Sanitation and Safety Practices in the Professional Kitchen
- IX. Sensory Evaluation

All topics are covered in the lecture and lab portions of the course.

Assignment:

Lecture-Related Assignments:

1. Weekly reading (6-10 pages)
2. Recipe journal
3. Cuisine worksheets (3-4)

Lab-Related Assignments:

1. Prepare weekly recipes
2. Weekly recipe evaluation worksheets

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Cuisine worksheets

Writing
10 - 20%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Preparing weekly recipes; weekly recipes evaluation worksheets

Skill Demonstrations
50 - 70%

Exams: All forms of formal testing, other than skill performance exams.

None

Exams
0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

Recipe journal; attendance and participation

Other Category
20 - 30%

Representative Textbooks and Materials:

Instructor prepared materials.