

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
74268	Arr.	Arr.	3.00	D.Russo	OL
Section 74268 is an ONLINE course. Mandatory orientation Monday 2/6, 6:00PM-9:00PM, Room 450. Students will be dropped if they don't attend orientation or e-mail instructor prior to Monday 2/6. For details, see instructor's web page at go.cabrillo.edu/online .					
74269	MW	08:00AM-09:20AM	3.00	D.Russo	403
74270	MW	09:30AM-10:50AM	3.00	D.Russo	403
74271	TH	05:30PM-08:35PM	3.00	C.Cavanaugh	WatA280
74272	TH	06:00PM-09:05PM	3.00	D.Cook	432

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
74273	W	05:30PM-08:40PM	1.00	S.Slater	405

Meets 5 weeks 2/8-3/7.

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
74274	W	05:30PM-08:40PM	1.00	S.Slater	405

Meets 5 weeks 3/14-4/18. Holiday 4/11.

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
74275	W	05:30PM-08:40PM	1.00	S.Slater	405

Meets 5 weeks 4/25-5/23.

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
74276	M	08:00AM-02:50PM	2.00	K.Niven	1803
Enroll in one section only of CAHM 50L. \$10 materials fee due first class.					
74277	T	08:00AM-02:50PM	2.00	S.Slater	1803
Enroll in one section only of CAHM 50L. \$10 materials fee due first class.					
74278	W	08:00AM-02:50PM	2.00	K.Niven	1803
Enroll in one section only of CAHM 50L. \$10 materials fee due first class.					
74279	TH	08:00AM-02:50PM	2.00	G.Hanle	1803
Enroll in one section only of CAHM 50L. \$10 materials fee due first class.					

CAHM 60 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
75815	TH	11:10AM-01:15PM	2.00	R.Larson	514

CAHM 64 Sanitation and Hygiene

Examines and evaluates all phases of food sanitation, public health laws, and special problems in hotel and restaurant sanitation.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
75587	M	06:30PM-08:35PM	2.00	P.McCauley	435

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
74257	M	12:00PM-03:05PM	9.00	M.Wille	908
&	M	03:15PM-06:25PM		M.Wille	1803
&	TW	02:30PM-10:30PM		E.Carter	1802
74258	M	12:00PM-03:05PM	9.00	M.Wille	908
&	M	03:15PM-06:25PM		M.Wille	1803
&	TTH	02:30PM-10:30PM		M.Wille	1802
74259	M	12:00PM-03:05PM	9.00	M.Wille	908
&	M	03:15PM-06:25PM		M.Wille	1803
&	WTH	02:30PM-10:30PM		M.Wille	1802

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
74261	M	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/ "Directories A-Z."

Cabrillo College *Schedule of Classes* – Spring, 2012

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
74263	FS	09:00AM-06:00PM	3.00	S.Slater	1803
&	Arr.	Arr.		S.Slater	Arr.

+ 118 hr 20 min arranged Friday and Saturdays around catering events.

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
74264	F	10:00AM-02:10PM	1.00	A.Baldzikowski	908

Meets 8 weeks 2/17-4/6. \$70 materials fee due first class. For supplies list, see instructor's web page at www.cabrillo.edu/ "Directories A-Z."

CAHM 167 Cultural and Ethnic Foods

Introduces a variety of ethnic foods which could include Middle Eastern, African, European, and/or Southeast Asian, emphasizing how to prepare and incorporate ethnic foods into a restaurant setting.

Section	Days	Times	Units	Instructor	Room
75804	W	04:00PM-08:05PM	2.00	G.Murphy	908

\$75 materials fee due first class meeting.

CAHM 168 Advanced Baking and Pastry

Examines advanced application of principles and practical techniques of yeast doughs, puff pastry, cookies, tarts, cakes, tortes, frozen desserts, plate presentation, and cake decorating. Prerequisite: CAHM 155.

Section	Days	Times	Units	Instructor	Room
74266	TH	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 "Directories A-Z."

CAHM 175 History and Practice of Sauces

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

Section	Days	Times	Units	Instructor	Room
74267	T	03:00PM-07:10PM	1.00	Carter/Hanle	908

Meets 8 weeks 2/7-3/27. \$70 materials fee due first class.