**HFT 4930**  
Contemporary Cuisine

**Instructors:** Joe Askren MBA, CEC, CCE  
Garry Colpitts CEC, CFSE  
**Office:** Sarasota Campus- CIL  
**E-Mail:** Please communicate with us on Canvas Conversation  
**Office Telephone:** 941-359-4229  
**Office Hours:** Mon-Wed: 11am-3pm  
or by appointment

**PREREQUISITES:** None

**COURSE CREDIT HOURS:** 3

**COURSE DESCRIPTION:** The course’s focus is on standards, techniques, and food trends in commercial food production and service. The class focuses on open discussion regarding the food science behind each ingredient allowing the student to become confident in their own cooking ability. Students will gain practical experience in recipe deconstruction, nutritional analysis, and cooking technique in accordance with standards, sanitation and safety.

**COURSE TOPICS:** This course will cover the following content areas:
1. Food preparation and nutrition in a professional kitchen  
2. Flavor profiling, manipulation of basic techniques, menu planning  
3. Strategies to assure the highest quality in an operation’s product

**COURSE OBJECTIVES:**
1. Understand the food science background of each ingredient in a recipe  
2. Modify basic cooking techniques in order to prepare desired food product  
3. Exhibit and understanding of basic flavor profiles using sensory analysis  
4. Follow food safety, sanitation, and nutritional guidelines  
5. Choose correct equipment and ingredients for desired food product

**BACHELOR OF SCIENCE IN HOSPITALITY MANAGEMENT MISSION STATEMENT:** The Bachelor of Science in Hospitality Management in the College of Hospitality and Technology Leadership at the University of South Florida Sarasota-Manatee prepares graduates for leadership positions in the hospitality industry through foundational knowledge of hospitality operations and experiences that promote diversity, ethical responsibility, lifelong learning, and community engagement.

**BACHELOR OF SCIENCE IN HOSPITALITY MANAGEMENT PROGRAM LEARNING OUTCOMES (PLOs):**
1. Identify and apply business concepts and skills relevant to the operational areas of hospitality management.  
2. Describe and apply the fundamental principles of leadership and model the behavior of effective leaders.  
3. Demonstrate effective communication skills.  
4. Analyze information and make decisions using critical thinking and problem solving skills.  
5. Evaluate diversity and ethical considerations relevant to the hospitality industry.

**COURSE STUDENT LEARNING OUTCOMES:** Upon completion of this course, students will be able to:
1. Explain and demonstrate the basic cooking techniques that are present in common recipes (aligns with PLO’s 1 & 3)  
2. Recognize nutritional profiles and flavor profiles present in common recipes (aligns with PLO’s 1 & 3)  
3. Modify and manipulate basic cooking techniques in order to deliver unique results (aligns with PLO’s 1, 3 & 4)
4. Modify and manipulate cooking techniques and flavor profiles in order to deliver nutritionally dense food products (aligns with PLO’s 1, 3 & 4)
5. Demonstrate the understanding of basic knife skills, kitchen equipment, hand tools, their uses, as well as safety and care (aligns with PLO 1 & 3)

TEXT AND MATERIALS:
- REQUIRED TEXT: The Flavor Bible can be purchased online or at the USF bookstore.

- Materials needed: pen/pencil, composition book (provided by Chef Askren), Knife set is optional; no need to purchase: program will provide knives needed for this course. Facility will also purchase hand towels, hats, lab coats, and aprons.

DRESS CODE:
You are only required to purchase a white skull cap from the USFSM bookstore. These are usually priced at $8/each. Your lab fee will include the following: apron, side towel, and lab coat. Any long hair must be tucked behind your neck or under the hat. Nails must be kept to a minimum and CLEAN; no nail polishes. Jewelry must be kept to a minimum, nothing that is excessive, that could cause harm, distraction or pose a sanitation or safety problem. No visible facial piercings, other than earrings. Shoes are to be of sturdy construction. Black skid/oil resistant safety shoes or sneakers. No open toe shoes are permitted for safety/sanitation reasons. There will be a class line up to inspect all in attendance. Failure to dress properly will result in dismissal from class/lab activities.

CANVAS USE:
The class syllabus is posted in Canvas, an online course management system. You must have an active Canvas account. You must have it active on or before the second-class meeting. We will post course material and other information on Canvas, which you must read. Also, any changes or additions specific to class may be announced and posted here. It is your responsibility to periodically check Canvas between class meeting times.

Canvas may be accessed using your net ID and password. Go to: usflearn.instructure.com

GRADING, EVALUATION AND ATTENDANCE POLICIES:

Quizzes (10 points x 5 quizzes= 50 points):
There will be 5 quizzes given over the semester. These short answer and multiple-choice questions will evaluate your knowledge of past discussions/labs. There may also be questions about reading assignments.

Professionalism and Participation (20 x 9= 180 points):
For each class, you will be evaluated on the dress code requirement, tardiness, lab procedures, and participation in labs. *See Rubric.

Journal Entries (10 x 9= 90 points):
You will be given a composition notebook to take notes on in-class activities. The required format and rubric will be discussed in class. The purpose of the entries is to generate thought about topics being discussed as well as demonstrate your understanding of culinary techniques and nutritional information. The notebooks will be collected a few times throughout the semester for evaluation. *See Rubric.

Service Functions/Practical (50 pts):
50 points- College of Business Celebration Reception, May 30th
Be Healthy America, July 8th (during regular class)

Field Trips:
We will plan on doing one field trip to Gamble Creek Farms. The lab portion on that day will be completed at the farm. A USFSM campus van will shuttle all students to the venue.
GRADE SCALE
95-100 = A+
93-94 = A
90-92 = A-
88-89 = B+
83-87 = B
80-82 = B-
78-79 = C+
73-77 = C
70-72 = C-
68-69 = D+
63-67 = D
60-62 = D-
59 & below = F

COURSE SCHEDULE:

Week 1 - May 13th
Introduction to course: description, syllabus, and objectives
Tour of lab, dress code, kitchen safety
Lecture/Demo: complexities of an ingredient (carrot)

Week 2 - May 20th
Topic: Fresh herbs, whole spices, and infusions
Technique: herb infusions, smoking, rubs, marinade, brines
Lab: the use of salt, spices, and infusions; mole taste test

Week 3 - May 27th
Topic: Tomato and Peppers
Technique: skinning, purees, tomato water, roasting
Lab: comparison of flavor using different parts of a tomato/pepper

***May 30th: College of Business Celebration Reception – Mandatory (4:00-8:30)

Week 4 - June 3rd
Topic: Carrots and other root vegetables
Technique: juicing, dusts, gnocchi, paints, risotto, terrine
Lab: gnocchi using different root vegetable dusts, risotto without rice

Week 5 - June 10th
Topics: Emulsions and Suspensions
Technique: Sabayon, Hollandaise, Mayo, Buerre Blanc, Vinaigrette (suspended/broken), cookie dough
Lab: All of the above.

Week 6 - June 17th
No Class

Week 7 - June 24th
Topics: The incredible edible Egg
Technique: Poached, Scrambled (2 ways), Sunnyside, Hard, Omelet, Soufflé, Custard
Lab: All of the above.

Week 8 - July 1st
Topic: Spinach and Kale
Technique: Salad, Smoothie, Juice, Pesto, and Dips
Lab: All of the above.

Week 9 - July 8th – Be Healthy America Event
Topic: Berries and Bananas; Healthy Fats (grass fed butter and coconut and olive)
Technique: Dessert
Lab: Healthy Desserts (3 recipes), Mayo with Xanthan Gum

Week 10 - July 15th
Topics: Mixology, Molecular Ingredients, Hydrocolloids etc.
Technique: Spherification, Cocktails
Lab: Classic flavor combinations used for cocktails

LAB RUBRIC:

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Poor</th>
<th>Fair</th>
<th>Good</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interaction with group/class</td>
<td>no participation, lacks knowledge of procedures, incomplete, unsafe, very dirty station</td>
<td>minimal participation, general knowledge, ignores some safety precautions, untidy station</td>
<td>good participation, has sound knowledge of topic, proper safety, station is clean</td>
<td>superb participation, encourages others, role model, proper safety, very clean and tidy</td>
</tr>
<tr>
<td>Follow Procedure</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Cooking Techniques</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Safety</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Clean-up</td>
<td>very few notes, poor reflection, could not be used as a study tool</td>
<td>minimal notes, average reflection, may help as a study tool</td>
<td>good notes, reflection is well thought out, could be used as a good study tool</td>
<td>very organized notes, reflection is deep and passionate, could be used to teach others</td>
</tr>
<tr>
<td>Journal Entry</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>10</td>
</tr>
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USFSM Policies

A. Academic Dishonesty: The University considers any form of plagiarism or cheating on exams, projects, or papers to be unacceptable behavior. Please be sure to review the university’s policy in the catalog, USFSM Undergraduate Catalog or USFSM Graduate Catalog, the USF System Academic Integrity of Students, and the USF System Student Code of Conduct.

B. Academic Disruption: The University does not tolerate behavior that disrupts the learning process. The policy for addressing academic disruption is included with Academic Dishonesty in the catalog: USFSM Undergraduate Catalog or USFSM Graduate Catalog, USF System Academic Integrity of Students, and the USF System Student Code of Conduct.

C. Contingency Plans: In the event of an emergency, it may be necessary for USFSM to suspend normal operations. During this time, USFSM may opt to continue delivery of instruction through methods that include but are not limited to: Blackboard, Elluminate, Skype, and email messaging and/or an alternate schedule. It’s the responsibility of the student to monitor Blackboard site for each class for course specific communication, and the main USFSM and College websites, emails, and MoBull messages for important general information. The USF hotline at 1 (800) 992-4231 is updated with pre-recorded information during
D. Disabilities Accommodation: Students are responsible for registering with the Office of Students with Disabilities Services (SDS) in order to receive academic accommodations. Reasonable notice must be given to the SDS office (typically 5 working days) for accommodations to be arranged. It is the responsibility of the student to provide each instructor with a copy of the official Memo of Accommodation. Contact Information: Pat Lakey, Coordinator, 941-359-4714, plakey@sar.usf.edu, www.sarasota.usf.edu/Students/Disability/

E. Fire Alarm Instructions: At the beginning of each semester please note the emergency exit maps posted in each classroom. These signs are marked with the primary evacuation route (red) and secondary evacuation route (orange) in case the building needs to be evacuated. See Emergency Evacuation Procedures.

F. Religious Observances: USFSM recognizes the right of students and faculty to observe major religious holidays. Students who anticipate the necessity of being absent from class for a major religious observance must provide notice of the date(s) to the instructor, in writing, by the second week of classes. Instructors canceling class for a religious observance should have this stated in the syllabus with an appropriate alternative assignment.

G. Web Portal Information: Every newly enrolled USF student receives an official USF e-mail account. Students receive official USF correspondence and Blackboard course information via that address.