

**Certified Sous Chef Apprenticeship Program, North Idaho College Culinary Arts**

	<b>Fall 2025</b>			<b>Spring 2026</b>	
<b>1<sup>st</sup> Sem.</b>	<b>CULP 101</b>	<b>5 credits</b>	<b>2<sup>nd</sup> Sem.</b>	<b>CULP 102</b>	<b>4 credits</b>
	<b>CULA 111</b>	<b>3 credits</b>		<b>CULA 130</b>	<b>2 credits</b>
<b>Gem 3</b>	<b>Math</b>	<b>3-5 credits</b>		<b>AAS IN Des</b>	<b>3-5 credits</b>
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		<b>11-13</b>		<b>9-11</b>	
	<b>Fall 2026</b>			<b>Spring 2027</b>	
<b>3<sup>rd</sup> Sem.</b>	<b>CULP 103</b>	<b>5 credit</b>	<b>4thSem.</b>	<b>CULP 201</b>	<b>5 credits</b>
	<b>CULA 180</b>	<b>1 credits</b>		<b>CULA 211</b>	<b>2 credits</b>
	<b>English</b>	<b>3-4 credits</b>		<b>Gem</b>	<b>3 credits</b>
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		<b>9-10</b>		<b>10</b>	
	<b>Fall 2027</b>			<b>Spring 2028</b>	
<b>5<sup>th</sup> Sem.</b>	<b>CULP 202</b>	<b>4 credits</b>	<b>6<sup>th</sup> Sem.</b>	<b>CULP 203</b>	<b>4 credit</b>
	<b>CULA 266</b>	<b>3 credits</b>		<b>CULA 265</b>	<b>2 credits</b>
	<b>CULA 267</b>	<b>3 credits</b>		<b>CULA 268</b>	<b>2 credits</b>
				<b>COMM</b>	<b>3 credits</b>

**60-65 Total Credits****CULP 101 – Culinary Apprenticeship Fundamentals**

This course is an introduction to the fundamental theory and practices of the professional kitchen. Students will explore the history of the professional kitchen, its organization, evolution, and current trends affecting the foodservice industry. An overview of safety, sanitation, nutrition, menus and recipes, kitchen staples and equipment identification and use will be presented. Further topics of exploration and practice will include a comprehensive study of knife skills, building flavor, savory cooking methods, basic Garde manger/cold food pantry skills, egg cookery, vegetable, starch, stocks, soups and sauces. Essential kitchen culture, organization, and efficiency practices will be discussed.

**CULA 111 – Food Safety and Sanitation**

This course provides a clear understanding of daily procedures required to ensure that food is handled safely, avoiding contaminants that cause serious food-borne illnesses. Students will prepare for the ServSafe Managers Examination, earning a certification with a score of 75% or higher. This course is the same as HOSP-111.

**CULP 102 – Culinary Apprenticeship Baking and Pastry Fundamentals**

This course introduces the specialized equipment and fundamental science behind the baking process and how it applies to the preparation of a variety of products. Students will explore the key ingredients and their functions in the baking process, learn various mixing methods, and discover techniques involved in using natural and chemical leavening to create artisan breads, quick breads, laminated pastries, pies, tarts and cookies. Processes behind pate a choux, meringues and batters will also be discussed and practiced.

**CULA 130 -Menu Planning and Procurement**

This course is an introduction to the fundamentals of menu construction. Emphasis is placed on the importance of the menu in creating a successful business. Students will examine and analyze various menu models and learn how changes to the menu can drastically increase/decrease sales, create interest, satisfy individual tastes and nutritional needs, and be used as an important sales and marketing tool. Principles of purchasing and the effect on profitability of hospitality operations will be explored.

**CULP 103 – Culinary Apprenticeship Proteins and Modern Techniques**

This course will take you on a culinary exploration of proteins, from poultry to fish, seafood, and various meats. In addition, you will gain insight into the art of fabrication and cooking methods for each protein category. Beyond traditional cooking, we will delve into the avant-garde world of contemporary cuisine, including sous vide, molecular gastronomy, vegan/vegetarian cuisine, gluten-free substitutions, fermentation, and more. This course will empower you to explore the diverse possibilities within the culinary world while building a strong foundation in classic protein preparation

**CULA 180 – Introduction to Customer Service**

This course will focus on the basics of customer service. Quality customer service will be at the center of all discussions. Covered topics are customer behavior, use of technology, diversity in customers, managing stress and time, ways to encourage customer loyalty, and how to communicate effectively with customers.

### **CULP 201 – Culinary Apprenticeship Advanced Baking and International Cuisine**

This course will cover advanced baking and pastry techniques associated with custards, cakes and frostings, dessert sauces, sugar, chocolate. Designing appetizers and buffet displays using hot and cold, savory and sweet hors d'oeuvres, carving stations, and other items involved in these types of presentations and food arrangements will be covered. In addition, students will discover and explore the unique and indigenous ingredients, historical influences, special cooking techniques, and flavors that define the cuisine and culinary heritage associated with several international countries.

### **CULA 111 – Culinary Nutrition**

This course is an introduction to the basic elements of nutrition. Nutritional menu planning, development of healthy recipes, and marketing nutrition in the food service industry will be discussed. The characteristics, functions, and food sources of the major nutrients and the procedures used to maximize nutrient retention in food preparation and storage will be examined. Students will learn the principles of nutrient needs throughout the life cycle as they apply to menu planning and food production.

### **CULP 202 – Culinary Apprenticeship Advanced Baking and Pastry and International Cuisine II**

This course focuses on furthering knowledge in baking/pastry to include churned, still frozen, and composed dessert production. Students will continue their exploration of international cuisines and learn the intricacies involved in the craftsmanship of artisan charcuterie items like cured salamis, fresh and aged cheeses. Additionally, there will be a review of topics involved in building exceptional guest relations and the essentials of front of house service.

### **CULA 266 – Restaurant Entrepreneurship**

This course features comprehensive, applications-based coverage of all aspects of developing, opening, and running a food operation in the capacity of management and/or owner.

### **CULA 267 – Purchasing and Cost Controls**

This course addresses the fundamentals of selection, procurement, storage, receiving, and cost controls used by food service establishments. Principles of purchasing and management cost controls will be examined for their effect on profitability of food service operations.

### **CULP 203 – Culinary Apprenticeship Capstone**

This capstone course covers the unique culinary traditions, cultural influences, and ingredients that have shaped American regional cuisine into a melting pot of tastes and traditions will be investigated. Further development of leadership skills will also be emphasized. Students will embark on a comprehensive overview of culinary and baking/pastry skills, as well as, menu planning, supervision, costing, implementing cost controls and marketing in preparation for the national written Sous Chef certification exam with the American Culinary Federation.

### **CULA 265 – Restaurant Supervision**

This course features comprehensive, applications-based coverage of all aspects of developing, opening, and running a restaurant. This includes topics such as staffing, legal and regulatory concerns, cost control and general financing, marketing and promotion, equipment and design, the menu, sanitation and concept.

**CULA 268 – Introduction to Wines, Beers, and Spirits**

This course provides an introduction to wine, beer and spirits. Along with a history of each type of beverage, this course also covers how these beverages are produced and manufactured, beverage varieties and styles, and food pairings. Cost, pricing, merchandising, marketing, storing, and table service are also reviewed.