

Professional Cooking and Baking



The mission of the Professional Cooking and Baking program is to provide training in the job-related social and technical skills needed for building a successful career in the Alaska Hospitality Industry.

Kevin Lane, C.E.C., A.C.E., Department Head

Telephone: (907) 224-6109

Fax: (907) 224-4405

E-mail: kevin.lane@avtec.edu

Elizabeth Fackler, C.E.P.C., C.E.C., A.C.E., Instructor

Telephone: (907) 224-6108

Fax: (907) 224-4405

E-mail: elizabeth.fackler@avtec.edu

Cheryl Lewis, C.C.C., Instructor

Telephone: (907) 224-6107

Fax: (907) 224-4405

E-mail: cheryl.lewis@avtec.edu

Length of Course: 1,490 hours, 212 training days

Enrollment: August and January

Training Hours: Depending on the training segment, classes may be scheduled as early as 6 a.m. or finish as late as 9 p.m. (a seven hour training day), Monday – Friday with some weekend classes. Approximately 10 hours a week of homework is required.

Certificate Level: Culinary Arts Technology

Occupational Levels:

- Culinary Baker
- Bakers Helper
- Cook/ Culinarian
- Cook's Helper/Prep Cook
- Food Service Worker

Industry Certifications: The Alaska Culinary Academy program has met or exceeded the program standards for the American Culinary Federation. In addition to the Culinary Arts Technology certificate, students can also prepare for and earn the following industry certifications:

- Certified Cook/Culinarian and/or Culinary Baker through the American Culinary Federation by **documenting school and work experience**
- Professional upgrades and certifications in ServSafe®

Prerequisites:

Mathematics and reading skills are essential ingredients for achieving the best paying jobs.

TABE test scores for this program **must be:**

Reading 579

Combined Math 579

Testing and grading is done electronically. Laptops are recommended because computer lab space is limited. Individual courses may be taken as professional upgrades. Prerequisites vary based on what portion of training a student wants to attend. For further information on prerequisites, please contact the Alaska Culinary Academy Department Head, Kevin Lane. Students are required to have professional knife sets, uniforms, hand tools, textbooks, and school supplies.

Physical requirements for hospitality occupations are to be able to lift and carry at least 50 pounds, be steady on feet for long periods of time, work nights and early morning shifts.

Professional Cooking and Baking

The Alaska Culinary Academy at AVTEC has a long-standing reputation for providing skilled, creative cooks and bakers for the hospitality industry. The demand for trained, qualified professionals far exceeds supply and the job prospects for graduates are excellent.

We are happy to announce that AVTEC offers the first—and only—culinary and baking programs in Alaska accredited by the **American Culinary Federation Accrediting Commission (ACF)**. This guarantees prospective students that AVTEC's program has met the highest standards for program, staff and facilities—the same standards met by top programs all over the United States.

Our program is designed for more than just getting a job but to give our graduates the skills they need to advance into kitchen, bakery, and restaurant management. Yes, cooking is creative and people oriented, but it is also a business. You need expertise in budgeting, purchasing, personnel management and menu planning to be successful.

The Alaska Culinary Academy's program is equal to the top programs in the nation!

The Alaska Culinary Academy's program has met or exceeded the program standards for the American Culinary Federation.

AVTEC's Alaska Culinary Academy program is loaded with options:

Start on your way to **professional certifications through the American Culinary Federation** – AVTEC graduates can certify as a Cook/Culinarian or Culinary Baker by documenting school and work experience. This is the first step to becoming a Chef or Pastry Chef!

Take advantage of our articulation agreement with the University of Alaska, Anchorage and **earn college credit for your training at AVTEC**. Professional Cooking & Baking graduates may earn 22 University of Alaska college credits towards the requirements of an Associate of Applied Science Culinary Arts Degree. Move on to the UAA Culinary Arts program for your Associates or Bachelors degree.

Busy industry professionals can sign up for individual courses for **professional upgrades and certifications in ServSafe®, Food Protection Manager**. Courses in menu management and supervision are assets for forward planning professionals.

AVTEC graduates can return to complete newly added courses, **obtain additional certifications** or obtain a new graduation level. Our program is accredited for BOTH cooking and baking.

AVTEC is also an **American Culinary Federation (ACF)** approved certification testing site. Chef Lane and Chef Fackler are both Approved Certification Evaluators (ACE).

The **American Culinary Federation (ACF)** does not endorse any one program as being better than another. It does ensure prospective students that the minimum standards have been met or exceeded by the programs it has accredited. The ACF offers program graduates that are student members of the ACF special consideration. Certification from the ACF as a Culinarian may be obtained by documenting graduation and combined school and work experience totaling two years.



Program Requirements

The department offers two areas of certification: Cook/Culinarian and Culinary Baker. The two areas of certification are almost identical with the differences being that the students, during the second half of their training, choose between the advanced baking classes (Advanced Pastry Arts and A la Carte Breads and Pastries) or the advanced cooking classes (Menu Development, Buffet Catering, International Cuisines and A la Carte Cooking). Each program has written and practical finals.

The students may also return after successful completion of one certificate for a **professional upgrade** to train for another certificate.

To qualify for this training you must meet the following requirements:

- Must have **successfully** completed the Cook/Culinarian or Culinary Baker program.

OR

- Provide documentation showing work experience in the industry within the past 12 months.

-AND-

- Receive instructor approval.

The Alaska Culinary Academy presents a competency-based training program. The majority of the training will be a "hands-on" food production approach, with the students working individually or in small groups. Additionally, to provide the basic groundwork, a great deal of time will also be spent in a classroom setting and in independent study. These two programs are set up in a progressive training format. Starting with the beginning basics class, each subsequent food production class becomes more advanced in its techniques and more extensive in the evaluation of the student.

Each area offers three levels of certification. Certifications are based on the successful completion of courses selected for each area. Levels reflect skill standards defined by the State of Alaska and certifications offered through the American Culinary Federation. The certificates and their required courses are:

Food Service Worker

Alaska State Food Handlers Card
Introduction into Professional Cooking I and II
First Aid
Culinary Math

Cooks Helper/Prep Cook

(In addition to Food Service Worker requirements)

A la Carte Breakfast
Culinary Baking Skills
International Cuisines
Interview Training
Serv Safe, Food Protection Manager
Resume Writing
Volume Food Production
Buffet Catering

Cook/Culinarian

(In addition to the Cooks Helper/Prep Cook requirements)

Nutrition for Culinary Professionals
Inventory and Purchasing
Management by Menu
Supervision in the Hospitality Industry
A la Carte Cooking
Dining Room and Beverage Service
Cook Certification Written exam
Cook Certification Practical exams

Baker's Helper

(In addition to Food Service Worker requirements)

Culinary Baking Skills
Advanced Pastry Arts
Serv Safe, Food Protection Manager
Interview Training
Resume Writing

Culinary Baker

(In addition to the Bakers Helper requirements)

Nutrition for Culinary Professionals
Inventory and Purchasing
Supervision in the Hospitality Industry
A la Carte Breads and Pastries
Dining Room and Beverage Service
Baker Certification Written exam
Baker Certification Practical exams

Industry Certifications

The Commission of the American Culinary Federation accredits the Alaska Culinary Academy. This is a nationally recognized accreditation of the training program and recognition of the students who graduate at the Cook/Culinarian or Culinary Baker certification level.

The individual certifications offered by the American Culinary Federation are in addition to those offered by the Academy. Students interested in receiving American Culinary Federation, nationally recognized certification, will need to be a member of the American Culinary Federation at the time of graduation, graduate at the Cook/Culinarian or Culinary Baker certification level and show documentation at the required level of work and durations to qualify.

Qualified students have the option to be tested to graduate at the higher certification levels offered by the American Culinary Federation.

Related Studies

Contact Hours: 57

Participate in school safety orientation, complete achievement tests, obtain First Aid and CPR card, participate in resume writing and job search training, and participate in interview and communications training.

Introduction to Professional Cooking I & II

Contact Hours: 239

Basic cooking theory and practical application of those theories, centering on the understanding and use of standardized basic cooking methods. This course also includes safety, communication, career opportunities, professionalism, math skills, knife skills, terminology, weights and measures, identification and use of equipment, knowledge/history of the hospitality industry.

ServSafe, Food Protection Management

Contact Hours: 36

The ServSafe class has become the industry standard in food safety and sanitation training and is accepted in almost all United States jurisdictions that require employee certification. This course has been developed using the most accurate, up to date information for all levels of employees on all aspects of safe food handling.

Culinary Math

Contact Hours: 52

Starting with basic math skills, moving into working with decimals, fractions, and multiplications, learn to incorporate with our system of weights and measures and in the application of standardized recipes; prepares the

Nutrition for the Culinary Professional

Contact Hours: 40

Provides the most accurate, up to date information for culinary students and professionals who need to use nutritional principles to evaluate and modify menus and respond to the customers' needs; covers characteristics of the major nutrients, how to maximize nutrient retention in food preparation and apply the principle of nutrient needs throughout the life cycle to menu planning and preparation.

A La Carte Breakfast

Contact Hours: 50

This progressive class begins instruction with how to flip eggs in a pan and ends with the operation of a full breakfast kitchen. During the first week, each day builds upon the next, covering such skills as omelet production, griddle work, breakfast cold foods and banquet style entrees. The second week consists of students rotating through stations preparing a full breakfast menu to order.

A La Carte Cooking

Contact Hours: 215

Designed to develop the skills needed to be able to work as a "line cook" in preparing menu items to order. This type of cooking skill is used primarily when working in restaurants, resorts, and hotels. Students rotate through various cooking stations depending on the methods utilized for a la carte. Along with cooking methods, instruction will focus upon mise en place, organization, timing, sanitation, safety, and plate presentation.

student for production, baking, purchasing and menu development labs.

Volume Food Production

Contact Hours: 123

Designed to develop the basic cooking skills and work habits needed for preparing and serving food in quantity. The training emphasis will first be on variations of the basic cooking methods and skills, which will then be applied to food preparations for 50 people or more. The styles of production will focus on skills used in banquets, catering, as well as the cafeteria-style set-ups. Also stressed are organizational skills, timing, sanitation, safety, and presentation.

Ala Carte Bread and Pastries

Contact Hours: 215

Designed to develop the skills needed to be able to work as a Baker/Pastry Chef primarily in restaurants, resorts and hotels. Students will be responsible for developing recipes and menu items, breads, pastries and desserts featured in the Academy Café. Along with production skills, instruction will focus on mise en place, organization, timing, team work, and sanitation, safety and plate presentation.

Dining Room and Beverage Service

Contact Hours: 65

This course offers culinary students an introduction to customer service, types of table service, and the skills necessary to achieve quality service goals. During the course students will examine the qualities of a professional server and how to exceed customer needs and create successful mise en place. A survey of industry segments and equipment is also covered and concludes with the nuts and bolts of table service and the role of managers in service.

This course also introduces students to the basics of beverage management and how to profitably manage a beverage operation. Study involves a survey of wine, beer, distilled spirits, and non-alcoholic beverages including coffee and tea. Instruction is provided in Techniques in Alcohol Management (TAMS) to insure that students are aware of the law and procedures relating to responsible alcohol service.

ALASKA CULINARY ACADEMY

Culinary Baking Skills

Contact Hours: 200

Cooks, especially in small operations and remote locations, are often required to produce a variety of baked goods, from breads to finished desserts. This course develops the basic baking skills commonly used in most kitchens. Skills in baking basics give the student a more balanced and marketable skill level.

International Cuisines

Contact Hours: 70

Focuses on exposure to typical recipes, products, and production techniques used in the preparation and presentation of International Regional Cuisines. This class will also explore the influences of international cultures and their cuisines on current culinary trends and menu development.

Buffet Catering

Contact Hours: 105

Focuses on developing the skills used in the garde manger kitchen in the production and presentation of buffet and catered events, pate and sausage preparation, canape' and hors d'oeuvre preparation, carved centerpieces, menu planning, organizational technique, and sanitation.

Management by Menu

Contact Hours: 88

Focuses on the development of various styles of food service menus, layout and design, basic menu planning; consideration of relationships between menu, nutrition, sales, purchasing, food and labor cost controls and facility; develop skills needed to work into management (chef) position within food service operation; smaller, remote operations may require the cook to plan the menu.

Inventory and Purchasing

Contact Hours: 80

Basic principles of inventory, purchasing and receiving food, beverage equipment, contract services and supplies; apply knowledge of quality standards and food product regulations to the purchasing function; primary focus is on inventory, product identification, supplier selection, and the subsequent ordering, receiving, storing, and issuing process.

Supervision in the Hospitality Industry

Contact Hours: 70

Designed to prepare the student for the transfer from employee to supervisor; focuses on developing skills in human relations, personal management, and evaluates styles of leadership; addresses the nuts and bolts of management: interviewing, communication, job descriptions, training methods, evaluations, conflict resolution, stress, time and organizational techniques.

Advanced Pastry Arts

Contact Hours: 268

Focuses on advanced baking skills used in restaurants, hotels, resorts and specialty bakeries, which feature signature desserts and breads; develop skills in chocolate artistry, basic sugar work, European hearth and bread production, frozen confections, dessert presentation, cold soufflés, advanced cake decorating, fresh pastas, and marzipan.