

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number:** CUL 207    **Credits:** 3

**Course Title:** American Regional Cuisine

**Course Description:**

Studies the distinct regional cooking styles of America and its neighbors. Emphasizes the indigenous ingredients, as well as the cultural aspect of each region's cooking style. Includes the preparation of the various regional foods. Prerequisites: CUL 220. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

**General Course Purpose:**

This course consists of the study of American regional cuisine and preparation of component dishes. The student will learn how various factors such as geographical location, climate, religion, economics, indigenous plants and animals, local seasonings, along with aboriginal and immigrant influences all combine to shape and produce dishes reflective of a region's cuisine.

**Course Prerequisites/Corequisites:**

Prerequisites: CUL 220

**Course Objectives:**

Upon completing the course, the student will be able to:

- Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, broil, roast, carve, skewer, gratiné, garnish, maintain temperature of, grill, or otherwise produce meats, vegetables, and starches reflective of American regional cuisines;
- Explain the diversity of regional cuisines;
- Illustrate how various factors such a geographical location, climate, religion, economics, indigenous plants and animals, local seasonings, and aboriginal and immigrant influences all combine to shape and produce dishes reflective of a regional cuisine; and
- Prepare dishes reflective of cuisines from the following regions: New England, Mid-Atlantic, Florida, Louisiana, Southwest, Rocky Mountain, Pacific Northwest, California, and Hawaii.

**Major Topics to be Included:**

- Diversity of cuisines through location, climate, resources, waterways, and indigenous ingredients.
- Fusion cuisines
- Regional cuisine
- Identification and influences of indigenous equipment, ingredients, and cooking techniques
- New England cuisine
- Mid-Atlantic cuisine
- Floridian cuisine
- Louisianan cuisine
- Southwest (Tex Mex) cuisine

- Rocky Mountain cuisine
- Pacific Northwest cuisine
- Californian cuisine
- Hawaiian and Pacific Islander cuisine

**Effective Date/Updated:** August 1, 2024