

# FSS: FOOD SERVICE SYSTEMS

## Courses

	Credit(s)	Contact	Lab
<b>FSS 1050C. BAKING INGREDIENTS AND TECHNOLOGY.</b>	3	2	1
BAKING INGREDIENTS AND TECHNOLOGY Prerequisite and/or Co-requisite: FOS 2201 This course will focus on the range of baking ingredients in original, modified, and prepared forms as well as the theory and operation of large and small equipment used in bakeries and pastry shops. Students will learn to identify and select quality grains, dairy products, baking spices, flours, chocolates, fats, and oils used in the baking field. The costs, advantages, disadvantages, and operational requirements of various equipment will also be covered. (Special Fee: \$84.00).			
<b>FSS 1052C. SPECIALTY BREADS.</b>	3	1	5
SPECIALTY BREADS Pre-requisite or co-requisite: FSS 1050C This course covers the principles and techniques of preparing lean breads, multi-grain breads, sourdough, bagels, pretzels; and holiday, seasonal, and flat breads. Special emphasis will be placed on regional and ethnic breads; handling grains (such as soakers) for specialty breads; mixing, shaping, and finishing specialty breads; and learning innovative baking methods. (Special Fees: \$174.00).			
<b>FSS 1068C. ENRICHED ARTISAN BREAD.</b>	3	1	5
ENRICHED ARTISAN BREAD Prerequisite: Department approval This course teaches the traditional artisan mixing, kneading, folding, shaping and baking techniques used to produce a variety of sweet and soft artisan breads, including cinnamon buns, Challah, Croissants, Kugelhopf, Brioche, Babka and other buns and breads. (Special Fee: \$174.00).			
<b>FSS 1075C. RUSTIC ARTISAN BREADS.</b>	3	1	5
RUSTIC ARTISAN BREADS Prerequisite: Department approval This course explores rustic artisan breads in a wide variety of traditional styles, including baguette, miche, lavosh, focaccia, marble rye and ciabatta. Learn mixing, kneading, folding and shaping techniques as you make crusty hearth-style artisan breads using a range of grains, including wheat, rye, oats and spelt and GLUTen Free, and Non-GMO. (Special Fee: \$174.00).			
<b>FSS 1203C. QUANTITY FOOD PRODUCTION.</b>	3	1	5
QUANTITY FOOD PRODUCTION Prerequisite or Corequisite: FOS 2201 Student will acquire the fundamental concepts, skills and techniques involved in the management of resources, use of recipes, use and care of equipment, and evaluation of food products. Special emphasis is given to practical demonstrations in breakfast cookery, salads, dressings, cold sauces, sandwiches, and safety and sanitation principles. Student must successfully pass written and practical cooking examination covering a variety of techniques and procedures. (Special Fee: \$174.00).			
<b>FSS 1206C. QUANTITY FOOD PRODUCTION FOR HOSPITALITY &amp; RESTAURANT MANAGERS.</b>	3	1	5
QUANTITY FOOD PRODUCTION FOR HOSPITALITY & RESTAURANT MANAGERS Course includes skills needed for quantity food production. Students learn to apply skills and techniques of food preparation used in the food service industry. Students learn proper business and math skills needed for the food service industry. Introduction of basic food industry terminology and various equipment are also to be covered. (Special Fee: \$174.00).			

<b>FSS 1240C. CLASSICAL CUISINE.</b>	3	1	5
CLASSICAL CUISINE Prerequisites: FOS 2201, FSS 1203C Students prepare and learn the skills and management theories involved in classical dishes. Concentration is on the basics of classical cuisine, such as stocks, soups, and sauces. Attention is given to the management tasks of portion control, costing and presentation. Special emphasis is given to classics such as emulsion sauces, thickening agents, and sauces derived from the Mother sauces. Student must successfully pass written and practical examination covering a variety of techniques and procedures. (Special Fee: \$174.00).			
<b>FSS 1246C. BAKING AND PASTRIES I.</b>	3	1	5
BAKING AND PASTRIES I Prerequisite or Corequisite: FOS 2201 Students apply the fundamentals of baking science and pastry preparation to produce a variety of bread products and pastries. Special emphasis is given to the application of advanced techniques in bakery management and the use and care of equipment normally found in bake shops. Preparation of breads and rolls, classical cakes and icings. Student must pass written and practical baking examination covering a variety of techniques and procedures. (Special Fee: \$174.00).			
<b>FSS 1400. INTRODUCTION TO CULINARY AND PASTRY.</b>	3	3	0
INTRODUCTION TO CULINARY AND PASTRY Intended for students in culinary and pastry that are new to the program at Valencia, this course provides an overview of experience, academic and technical requirements for the hospitality industry. Learning activities are designed to ensure competence in oral communications, resume writing and interviewing, managerial and leadership skills, and the basic use of computers for the discipline.			
<b>FSS 2052C. WHOLE GRAIN ARTISAN BREADS.</b>	3	1	5
WHOLE GRAIN ARTISAN BREADS Prerequisite: Department approval This course teaches you the nutritional benefits of whole grain bread baking by giving you the opportunity to produce a variety of artisanal breads. Learning how the proper techniques for milling grain and preparing starters and soakers can help you extract the maximum flavor and nutritional value from such whole grains as wheat, rye, oats, spelt, millet, buckwheat and corn. You will be able to create a variety of breads from across the globe such as Finnish hapanleipa, Bavarian pumpernickel and Turkish flatbread. (Special Fee: \$174.00).			
<b>FSS 2054C. COOKIES, TARTS AND FRIANDISES.</b>	3	1	5
COOKIES, TARTS AND FRIANDISES Prerequisite: FSS 1052C An introduction to a variety of doughs, batters, fillings, and glazes with an emphasis on the formulas and skills involved in preparing unfilled and filled cookies, Friandises, and tarts. Topics to be covered include: methods of mixing, shaping, piping, baking, filling, finishing, storing, pricing, and distributing products. Students will prepare sliced, dropped, piped, rolled, and bar cookies; fruit, nut, and chocolate tarts; a variety of petit-fours; and other one-bite items. (Special Fee: \$174.00).			
<b>FSS 2055C. CONTEMPORARY CAKES AND DESSERTS.</b>	3	1	5
CONTEMPORARY CAKES AND DESSERTS Prerequisite: FSS 2061C An examination of cakes and desserts that are assembled and decorated with a modern approach using the latest technology and equipment. Topics to be covered include: small cakes decorated as a whole; cakes finished in molds or rings; and items that can be used for cakes, desserts, or individual pastries. Students will use specialized equipment, practice new presentation methods, and focus on fresh produce, simplicity of style, and ease of production. (Special Fee: \$174.00).			

FSS 2056C. PASTRY TECHNIQUES.	3	1	5	FSS 2060C. RESTAURANT AND PRODUCTION DESSERTS.	3	1	5
PASTRY TECHNIQUES Prerequisite: FSS 1052C/FSS 1052 This course introduces non-yeast, laminated doughs and the preparation of pastry products using a variety of methods: lamination, blending, creaming, foaming, and thickening. Students will combine these methods into new products to create savory items and frozen desserts and will use basic finishing methods by applying glazes, filling pastries, creating simple sauces, and presenting products for service. The course will also cover the fundamentals of heat transfer as applied to pastries by preparing creams, custards, souffles, butter creams, meringues, and flavored whipped creams. Additionally, students will create, taste, and test products and complete a research assignment. (Special Fee: \$174.00).				RESTAURANT AND PRODUCTION DESSERTS Prerequisite: FSS 2056C This course covers the preparation and service of hot and cold desserts with a focus on individual desserts, "a la minute" preparations, and numerous components within one preparation. Students will learn station organization, timing, and service coordination for restaurant dessert production. Products made will include frozen desserts, ice cream, sorbet, glazes, individual plated desserts, and desserts for function and banquets. During the course, students will develop a dessert menu from the perspective of variety, costs, practicality, and how well it matches the rest of the menu. (Special Fee: \$174.00).			
FSS 2057C. INDIVIDUAL AND PRODUCTION PASTRIES.	3	1	5	FSS 2061C. BASIC AND CLASSICAL CAKES AND PASTRIES.	3	1	5
INDIVIDUAL AND PRODUCTION PASTRIES Prerequisite or Corequisite: FSS 2056C This course explores the steps for planning and conducting quantity production for banquets and large functions. Students will learn how to scale recipes for large volume production, calculate yield, work brigade line as a pastry cook, and organize the preparation, storage, and delivery of volume production for pastry buffet tables and retail settings. The course will include products such as filled cakes, French pastries, birthday cakes, special occasion cakes, individual plated desserts and buffet desserts, as well as the study of basic sauces and plate design for banquet style desserts. (Special Fee: \$174.00).				BASIC AND CLASSICAL CAKES AND PASTRIES Prerequisite: FSS 2056C A review of creaming, foaming, and blending techniques with an emphasis on preparing simple to complex unfilled cakes and tortes. Topics to be covered include comparison of classical and modern preparations, classical cakes (such as St. Honore', Dobosh Torte, Linzer Torte, and Sacher); glazed, iced, molded, and cream filled cakes; tortes; and bombs. (Special Fee: \$174.00).			
FSS 2058C. CONFECTIONARY ART AND PRINCIPLES OF DESIGN.	3	1	5	FSS 2068C. GLOBAL ARTISAN BREADS.	3	1	5
CONFECTIONARY ART AND PRINCIPLES OF DESIGN Prerequisite: FSS 2061C An introduction to preparing and decorating display pieces and classical and contemporary wedding cakes. Topics include chocolate, sugar, and marzipan; finishing techniques using an air brush; use of molds and templates; and the "mise en place" of transporting and delivering special items. Students will prepare, cost, and price three-dimensional decorations, centerpieces, cakes for special events, and wedding cakes. The course also will cover the basic design concepts of line, texture, shape, balance, color, scale, movement, contrast, and unity. Students will learn the principles of two- and three-dimensional design and the language to analyze plate presentations, decoration, and displays on both visual and functional levels. Students also will also create stencils and molds and learn about silk screening and airbrushing. (Special Fee: \$174.00).				GLOBAL ARTISAN BREADS Prerequisite: Department approval. This course is designed to help you build an impressive repertoire of traditional artisan yeast and non-yeast breads from across the globe. The baker will learn essential bread-making techniques to produce bagels, dahlpourie, doubles, pita, empanadas, roti, naan and tortillas as well as other traditional breads from Turkey, Morocco, Mexico, Greece and the Caribbean. Expand your knowledge on how these distinctive breads are used as you produce accompaniments that you can pair with the breads to make complete dishes. (Special Fee: \$174.00).			
FSS 2059C. CHOCOLATES AND CONFECTIONS.	3	1	5	FSS 2074C. SOURDOUGH ARTISAN BREADS.	3	1	6
CHOCOLATES AND CONFECTIONS Prerequisites: FSS 2061C This course introduces the principles involved in tempering chocolate, creating chocolate sculptures, forming simple centerpieces, and preparing chocolates and other confections with soft, hard, and liquid centers. Students will learn to use both traditional and contemporary production methods in creating confections by hand and with special equipment. Efficient methods to increase productivity in this highly- specialized field will be highlighted. (Special Fee: \$174.00).				SOURDOUGH ARTISAN BREADS Prerequisite: Department approval. This course will teach you to culture and nurture your own starter so that you can enhance flavor in a variety of artisan breads. Explore the fundamentals of sourdough artisan bread-making, including mixing, kneading, folding, shaping and fermentation methods. The baker will also use your sourdough starter to produce English muffins, red grape tarts and specialty loaves, including pumpernickel, walnut sourdough, sprouted grain and whole grain sourdough. (Special Fee: \$174.00).			
				FSS 2080C. COMPLEX CAKE DECORATING.	3	1	5
				COMPLEX CAKE DECORATING Prerequisite: Department approval. This course is designed to develop the essential skills for working with marzipan, pastillage, rolled fondant and royal icing. Students will use different piping tips, practice creating the effect of fine lace pieces and beautiful brush embroidery. They will also learn to complement specialty cakes with cocoa painting, stenciling, quilting, flood work, and bas-relief to name a few. (Special Fee: \$174.00).			
				FSS 2081C. ADVANCED CAKE DECORATING.	3	1	5
				ADVANCED CAKE DECORATING Prerequisite: Department approval. This course is designed to take your cake decorating skills to the intermediate level. Through demonstrations and hands on practice, learn to design and produce tiered wedding cakes. Students will explore ribbon insertion, ruffling, pleating, draping, ruching, tufted billows and ribbon roses, as well as painting on sugar and basic isomalt work. (Special Fee: \$174.00).			

FSS 2082C. SPECIALTY CAKES.	3	1	5	FSS 2248C. GARDE-MANGER.	3	1	5
SPECIALTY CAKES Prerequisite: Department approval. Students will expand their decorating repertoire by learning to create novelty cakes. They will incorporate both structural and design elements as well as a range of decorating skills and techniques in cake construction. There will be production of established designs before working toward completing a cake of your own design. This course also includes gum paste techniques designing flowers with petal dusts and wiring arrangements. (Special Fee: \$174.00).				GARDE-MANGER Prerequisite: FOS 2201, FSS 1203C, FSS 1246C, FSS 2247C This course introduces three main focuses of the cold kitchen: reception foods, a la carte appetizers, and grand-buffet arrangements. Students learn to prepare canapes, hot and cold hors d'oeuvres, appetizers, pates, galantines, terrines, and salads. Curing and smoking techniques for seafood and poultry items are practiced. Modern decorating and food arranging techniques for practical and show purposes are emphasized. Students learn techniques on how to sculpture centerpieces using various mediums. Ice carving techniques are discussed. (Special Fee: \$174.00).			
FSS 2083C. SUGAR, SCULPTING, AND STRING WORK.	3	1	5	FSS 2284. CATERING AND BANQUET MANAGEMENT.	3	3	0
SUGAR, SCULPTING, AND STRING WORK Prerequisite: Minimum Associates degree in Baking and Pastry, or the equivalent of 2 years in a pastry shop, or department approval. Students will expand their knowledge in modeling pastes, and chocolate clay. They will learn to sculpt and model lively, colorful characters and accent pieces to final design. The course includes practicing delicate and elaborate string works known as gravity defying Oriental String work with royal icing, flo-gel, and chocolate. (Special Fee: \$174.00).				CATERING AND BANQUET MANAGEMENT Students will be taught the logistics of preparation, production, transportation, and implementation of the catered event, including analysis of typical banquet/event contracts. Students learn to determine cost of the project, including rental and transportation. Emphasis is given to menu planning for various types of banquets, theme buffets, and physical management of floor lay-out and table setup. Training techniques for supervisors in dining room and banquet service is practiced. Development of stewarding and production checklists is practiced.			
FSS 2204C. QUANTITY FOOD PRODUCTION II.	3	2	6	FSS 2500. FOOD AND BEVERAGE COST CONTROL.	3	3	0
QUANTITY FOOD PRODUCTION II Prerequisite: FSS 1203C Methods of vegetable, starch, meat, fish, and poultry cookery are practiced, including the basic cooking techniques: sauteing, roasting, poaching, braising and frying. Student must successfully pass written and practical examinations covering a variety of cooking techniques. (Special Fee: \$174.00).				FOOD AND BEVERAGE COST CONTROL Emphasis given to methods of menu pricing, systems of controlling and accounting for food and beverage costs and methods of controlling sales income, through both electronic spreadsheets and manual systems.			
FSS 2205C. QUANTITY FOOD PRODUCTION III.	3	2	6	FSS 2942. INTERNSHIP IN CULINARY MANAGEMENT.	3	3	0
QUANTITY FOOD PRODUCTION III Prerequisites: FOS 2201, FSS1203C, FSS 2204C Through lectures and demonstrations, the student will learn to identify primal cuts of meats and poultry; how they are processed into restaurant portion size cuts; to identify fish and seafood quality; cooler management; and butchery techniques. Speed scratch will be reviewed and practiced. Hot food preparations will be practiced. Student must successfully pass written and practical examinations covering a variety of cooking techniques. (Special Fee: \$174.00).				INTERNSHIP IN CULINARY MANAGEMENT Prerequisites: Satisfactory completion of all mandated courses in Reading, Mathematics, English and English for Academic Purposes; a minimum 2.0 institutional or overall GPA; and 12 credits including FOS 2201 and FSS 1203C and FSS 1240C. The Program Director/Program Chair/Program Coordinator or Internship Placement Office has the discretion to provide override approval as it relates to the waiver of required program/discipline-related courses. This course provides a planned work-based experience that will provide students with an opportunity to fine- tune skill sets learned in coursework and enhance workplace skills through supervised practical experiences related to their career objectives. Internship requires a minimum of 240 clock hours of work. May be repeated for credit, but grade forgiveness cannot be applied. (Internship Fee: \$10.00).			
FSS 2242C. INTERNATIONAL AND REGIONAL FOODS.	3	1	5	FSS 2943. INTERNSHIP IN BAKING AND PASTRY MANAGEMENT.	3	3	0
INTERNATIONAL AND REGIONAL FOODS Prerequisites: FOS 2201, FSS 1203C, FSS 1246C Emphasis is placed on learning to use various condiments and seasonings that are indigenous to different parts of the world in food preparation. Topics may include Far East cuisine, Middle Eastern, Mediterranean, North African cuisine, Continental cuisine. Lectures, demonstrations and preparations will also cover American regional cooking. Student must successfully pass written and practical examination covering a variety of cooking techniques. (Special Fee: \$174.00).				INTERNSHIP IN BAKING AND PASTRY MANAGEMENT Prerequisites: Satisfactory completion of all mandated courses in Reading, Mathematics, English, and English for Academic Purposes; a minimum 2.0 institutional or overall GPA; and 12 credits, including FSS 2056. This course is planned work-based experience that provides students with an opportunity to fine- tune skill sets learned in coursework and enhance workplace skills through a supervised practical experience related to their career objectives. internship will require a minimum of 240 clock hours of work. May be repeated for credit, but grade forgiveness cannot be applied. (Internship Fee: \$10.00).			
FSS 2247C. BAKING AND PASTRIES II.	3	1	5				
BAKING AND PASTRIES II Prerequisite: FSS 1246C The student will apply advanced techniques in the baking science and be able to demonstrate production management procedures in the pastry department. Students will prepare a variety of pies, tarts, and meringues. Modern trend low-fat desserts will be produced. Students must successfully pass written and practical pass written and practical examinations covering a variety of cooking techniques. (Special Fee: \$174.00).							