



EAST CENTRAL COLLEGE

### East Central College

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Union, Missouri 63084  
(636) 584-6500  
www.eastcentral.edu

### Admissions Office

ECC Campus  
(636) 584-6636  
admissions@eastcentral.edu

### Division

Business and Industry  
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### Program Faculty

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Chef Mike Palazzola  
*Chef, Instructor*  
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Michael.Palazzola@eastcentral.edu

### Accreditations

The ECC Culinary Arts Program is accredited through the American Culinary Federation Education Foundation and is recognized as an Exemplary Program



East Central College is accredited by the Higher Learning Commission and a participant in the Academic Quality Improvement Program (AQIP)  
30 N. LaSalle St., Suite 2400  
Chicago, Illinois 60602-2504  
1 (800) 621-7440

## THE CAREER

A career in culinary arts marries the many tasks of food preparation with the care, attention and devotion of a well-trained cook. Throughout the history of classical culinary preparation, from the kitchens of famous French Chef Auguste Escoffier to today's modern restaurants, clubs, hotels and healthcare dining, the correct preparation of food is an active and exciting career. Understanding elements of sanitation, working with others as a team, proper ingredients and how to use them, as well as cooking with all five senses is all part of the kitchen.

Areas of specialty for professional culinarians can range from prep-cook, hot food cook, pastry and baking and garde manger (the cold kitchen). Types of jobs that can be found in the industry range from starting cook in a prep kitchen to executive chef. Often professional culinarians use the certification levels from the American Culinary Federation to define their level of experience and abilities. Annual salary levels--ranging from \$24,000 to \$85,000--depend on the amount of experience, ambition/responsibility and education of the individual, and vary per locale throughout the country.

## THE PROGRAM

East Central College Culinary Arts offers students a unique opportunity to prepare themselves for a long and successful career as a professional culinarian. Students start the program by learning elements of sanitation, cost control, business math and product identification before entering the kitchen and starting to cook. From the basics to advanced courses such as Garde Manger, Advanced Baking & Confections, and Advanced Culinary & Restaurant Operations, curriculum is offered in a progressive succession of block sessions.

Courses are taught by certified chef instructors in a kitchen built for instructional cooking. Specialized areas of the kitchen are a lecture/demonstration area, student stations, bakeshop and cold room for garde manger and charcuterie. Recently updated, the cold kitchen is equipped to offer students elements of forcemeats, sausages and smoking/curing foods. Also included is a large garden where students are involved with the daily care and harvest of vegetables for their own cooking.

*"We may live without poetry, music and art;  
We may live without conscience, and live without heart;  
We may live without friends, we may live without books;  
But civilized men cannot live without cooks."  
~ 1925 Missouri Farm Women's Cookbook*

## STUDENT OPTIONS

East Central College offers two opportunities in the study of culinary arts:

- Associate of Applied Science degree: about two years which includes advanced study in culinary preparation and management.
- Certificate of Specialization: a one-year study of the basics of culinary preparation.

## AT GRADUATION

At graduation, students are prepared for long and successful careers as professional culinarians and, in time, chefs. The education provides essential tools to start at the entry level in an active, modern kitchen. Graduates can enjoy quick upward movement into areas of the professional kitchen as line cooks, specialty department, sous chefs and chefs.

Upon graduation with their AAS degrees, students will have earned several certificates as well, including the ECC Certificate of Achievement, Culinary Arts; ServSafe Food Safety Certificate; First Aid; CPR-Basic; and ACF Certified Culinarian.

## ADMISSIONS REQUIREMENTS

Students must have completed:

- ✓ High school diploma or the equivalent (documentation must be sent to the registration office)
- ✓ Application for admission
- ✓ A placement test as specified by the college (some coursework requires minimum placement results)
- ✓ Application for admission to the Culinary Arts program
- ✓ Complete the Statement of Food Allergies/Vaccinations (students are required to have their Hepatitis A vaccination)
- ✓ A program interview

## TRANSFER OPTIONS

The AAS degree is designed for students seeking employment immediately upon graduation. However, many of the credits, particularly the general education electives received with this degree, may qualify as transfer credit at four-year schools.

These decisions are made solely by the bachelor degree-granting institution, not East Central. Students seeking to transfer are advised to contact the institution of their choice before beginning a program or reviewing other degrees and coursework offered through ECC.

■ **ROLLA**  
573-466-4100

■ **WASHINGTON**  
636-239-0598

■ **SULLIVAN**  
573-468-8287

■ **UNION**  
636-584-6588

■ **ONLINE**

www.eastcentral.edu

June 24, 2016

# CULINARY ARTS

## ASSOCIATE OF APPLIED SCIENCE

### PROGRAM OF STUDY

AAS Program: 64 credit hours

This program of study is for a full-time student; part-time study is also available. Students interested in the ECC Culinary Arts program are encouraged to contact the program coordinator to receive a tour of the culinary facilities and review the curriculum, admission requirements and career potentials. All academic schedules are subject to change. For the most current schedule, or to view our Certificate of Specialization (CS) program, visit [www.eastcentral.edu](http://www.eastcentral.edu).

## YEAR 1

### FALL SEMESTER

COURSE	HOURS
FS 1000 Campus Orientation <sup>CS</sup>	0
CUL 1003 Kitchen Fundamentals <sup>CS</sup>	3
CUL 1011 Food Safety and Sanitation <sup>CS</sup>	1
CUL 1005 Basic Culinary Methods and Technology <sup>CS</sup>	5
CUL 1103 Fundamentals of Baking <sup>CS</sup>	3
MT 1023 Business Mathematics <sup>CS</sup>	3
<b>Total Hours</b>	<b>15</b>

### SPRING SEMESTER

COURSE	HOURS
FS 1011 Foundation Seminar for Culinary Arts <sup>CS</sup>	1
CUL 1123 Concept Planning and Nutritional Menus <sup>CS</sup>	3
CUL 1133 Intermediate Culinary Methods and Technology <sup>CS</sup>	3
CUL 1142 Dining Room Management and Table Service <sup>CS</sup>	2
CUL 1151 Survey of Restaurant Cuisine and Cooking <sup>CS</sup>	1
EN 1223 English Comp I or EN 1233 Honors English Comp I	3
AR 1203 Art Appreciation	3
<b>Total Hours</b>	<b>16</b>

### SUMMER SEMESTER

COURSE	HOURS
CUL 1201 Culinary Internship	1
<b>Total Hours</b>	<b>1</b>

## YEAR 2

### FALL SEMESTER

COURSE	HOURS
CUL 2142 Meat and Fish Identification and Fabrication	2
CUL 2143 Garde Manger	3
CUL 2151 Elements of Banquets and Catering	1
CUL 2153 Fundamentals of Restaurant Operations Management	3
CUL 2162 Kitchen Supervisory Development	2
CUL 2232 Beverage Management	2
CH 1073 Chemistry of Food	3
CH 1071 Chemistry of Food Lab	1
<b>Total Hours</b>	<b>17</b>

### SPRING SEMESTER

COURSE	HOURS
CUL 2242 Advanced Baking and Confections	2
CUL 2212 International Cooking	2
CUL 2224 Advanced Culinary and Restaurant Operations	4
CUL 2291 Culinary Arts Comprehensive	1
HI 1000 Constitutions Study Module	0
PS 1000	
History or Pol. Science Requirement	3
General Education Elective	3
<b>Total Hours</b>	<b>15</b>

<sup>CS</sup> Courses are part of the Certificate of Specialization