

Culinary Arts



Student Handbook

Welcome

Welcome to the Oklahoma State University Institute of Technology Culinary Arts program. Our faculty and staff are dedicated to making your educational experience a meaningful learning adventure resulting in positive job placement upon your graduation. We are here to help you meet the challenges and responsibilities of earning a degree. Complete cooperation is essential; attending class everyday and working as a team are among the necessary ingredients. At this university, students with the "desire to succeed" attitude will be provided the opportunity to reach and exceed their goals.

If at anytime you have questions or need assistance, one of the faculty or staff will provide that assistance. Additionally, the Student Services office, currently located in the Grady Clack Student Success Center is readily available to assist you with financial aid, transcripts and money matters.

This handbook is provided to outline expectations and to assist you in transitioning to the college experience. You are expected to know the information in this handbook.

Thank you for choosing Oklahoma State University Institute of Technology School of Culinary Arts. We look forward to working with you.

Sincerely,

**The Faculty and Staff
Culinary Arts
Oklahoma State University Institute of Technology**

MISSION

The mission of the OSUIT Culinary Arts program is to educate students to become nationally competitive chefs and food service managers.

VISION

The Culinary Arts program will:

- ◆ Be student-centered and performance based
- ◆ Develop industry partnerships to address current and emerging industry needs at the local regional and national levels.
- ◆ Design and deliver customized educational offerings and services.
- ◆ Teach basic fine dining and gourmet cooking skills.

CORE VALUES

- ◆ Diversity - We respect others and value diversity of opinions, freedom of expression, and other ethnic and cultural backgrounds.
- ◆ Integrity – We are committed to the principles of truth and honesty, and we will be equitable, ethical, and professional.
- ◆ Service – We believe that serving others is a noble and worthy endeavor.
- ◆ Intellectual Freedom – We believe in ethical and scholarly questioning in an environment that respects the rights of all to freely pursue knowledge.
- ◆ Excellence – We seek excellence in all our endeavors, and we are committed to continuous improvement.
- ◆ Stewardship of Resources – We are dedicated to the efficient and effective use of resources. We accept the responsibility of the public’s trust and are accountable for our actions.

DIRECTORY

Culinary Arts Staff:

Chef Rene' Jungo	Division Chair	918-293-5026
Ms. Denise Conder	SR. Administrative Assistant	918-293-5030
Mrs. LaDonna Corn	Kitchen Steward	918-293-5016
Mr. Matt Flannery	Kitchen Steward	918-293-5016
Mr. Matt Corn	Kitchen Steward	918-293-5016
Mrs. Kaye Morris	Warehouse Manager	918-293-5016

Culinary Arts Faculty:

Chef Jason Marsh	Faculty	918-293-5022
Chef Grady Perryman	Faculty	918-293-5006
Chef Ron L'heureux	Faculty	918-293-5004
Chef Bill Leib	Faculty	918-293-5015
Chef Aaron Ware	Faculty	918-293-5008
Ms. Celia Henley	Faculty	918-293-5014
Chef Brenda Nimmo	Faculty	918-293-5141

Other Useful Numbers:

Culinary Fax Operator	dial 0 from any campus phone line or call	918-293-4618 918-293-4678
Campus Police	dial 0 from any campus phone line or call	918-293-4678
Admissions		918-293-4680
Bookstore		918-293-4950
Bursar		918-293-4681
Student Financial Aid		918-293-5290

Communications:

Culinary students are required to utilize campus email, **important communications regarding your education** as well as scholarship and job opportunities are emailed.

All currently enrolled OSUIT students are given an OSU email address. To select an email address, students should first set up their OKEY account at <http://okey.okstate.edu>
To check email, go to <http://mail.okstate.edu>

Enrollment Management:

The Administrative Assistant will advise you regarding your Plan of Study and will post any course drops or course additions. Semester enrollment begins after mid-term and you may enroll with the Administrative Assistant, on-line, or in Admissions.

Plan of Study:

The Plan of Study is a document that outlines the courses you will need and recommends a sequence and course load to accomplish your course work. It is your responsibility to be aware of classes needed for graduation. All program requirements must be complete and student must have a minimum 2.0 cumulative GPA in order to enroll in co requisites: Capstone and Internship.

OSU-IT Culinary Arts Typical Plan of Study w instate tuition costs				<i>Schedules are prepared semesterly, Times listed within are based on current schedules and could change.</i>		Finance - estimate				With Housing / Meals	Without Housing / Meals
Semester 1			cr		est Books	Housing	Meal Plan	est Tool	Semester Total	Semester Total	
CUA	1135	Skill Development I	5	MTWRF 0900-100PM	1st 8 wks	\$ 150.79					
CUA	1151	Food Safety	1	RF 0100-0200PM	1st 8 wks	\$ 100.00					
CUA	1102	Culinary Theory	2	MW 0100-0300PM	1st 8 wks	\$ 94.40					
CUA	1145	Skill Development II	5	MTWRF 0800-1200PM	2nd 8 wks						
GTGE	1111	College CornerStone	1	T 0130-0330PM	2nd 8 wks	\$ 36.90					
			14			\$ 382.09	based on prices for a 2 bdrm suite	based on price for declining balance meal plan	\$ 332.55	\$ 5,530.14	\$ 3,215.14
Semester 2											
CUA	1415	Dining Room Operations	5	MTWRF 900-0100PM	both	\$ 34.95					
CUA	1294	Breakfast Cookery	4	MTWRF 0600-0845AM	1st 8 wks	\$ -					
ENGL	1033	Technical Writing I (or)	3			\$ 100.00					
ENGL	1113	Freshman Composition I									
MATH	2003	Business Mathematics (or)	3			\$ 100.00					
MATH	1513	College Algebra									
			15			\$ 234.95	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 5,201.45	\$ 2,886.45
Semester 3											
CUA	1375	Bread and Pastry	5	MTWRF 0800-1200PM	Both	\$ 102.50					
CUA	2552	Purchasing	2	TR 8 - 1200 PM or MWF 930-1200	Both	\$ -					
PHIL	1213	Ethics	3			\$ 100.00					
CS	1013	Computer Literacy & Appls	3			\$ 100.00					
ENGL	2033	Technical Writing II (or)	3			\$ 100.00					
ENGL	1213	Freshman Composition II (or)									
SPCH	1113	Intro to Speech Comm									
			16			\$ 402.50	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 5,287.00	\$ 2,972.00
Semester 4											
CUA	2315	Buffet	5	TWRF 0800-0100PM	Both	\$ 77.90					
CUA	2415	Garde Manger	5	MTWRF 0900-100PM	Both	\$ 75.00					
BADM	2153	Marketing Principles (or)	3			\$ 100.00					
MGMT	2243	Small Business Mgmt									
PSYC	1113	Introductory Psychology (or)	3			\$ 100.00					
PSYC	2313	Psyc of Personal Adjust (or)									
SOC	1113	Introductory Sociology (or)									
NSCI	1113	Introduction to Nutrition									
			16			\$ 352.90	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 5,512.90	\$ 3,197.90
Semester 5											
CUA	2473	American Cuisine	3	MTWR 0130-0430PM	2nd 8 wks	\$ 56.60					
CUA	2575	International Cookery	5	MTWR 0800-0100PM	1st 8 wks	\$ -					
CUA	1311	Meat Fabrication	1	T 0130-0430PM	1st 8 wks	\$ 100.00					
CUA	1162	Food Service Management	2	MW 0100-0300PM	1st 8 wks	\$ 50.65					
HIST	1483	U. S. History to 1865 (or)	3			\$ 100.00					
HIST	1493	U. S. History Since 1865									
POLS	1113	U. S. Government	3			\$ 100.00					
XCE	0001	preInternship Meeting	0	TBA							
			17			\$ 307.25	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 5,155.75	\$ 2,840.75
Semester 6											
CUA	2809	Culinary Internship	9	tba	1st 8 wks						
CUA	2623	Culinary Arts CapStone	3	MTWRF8:00 - 1:00PM	2nd 8 wks						
			12			\$ -	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 4,287.00	\$ 1,972.00
										\$ 30,974.24	\$ 17,084.24

TRANSFER STUDENTS

OSU-IT Culinary Arts Typical Plan of Transfer students, in state cost				<i>Schedules are prepared semesterly, Times listed within are based on current schedules and could change.</i>		Finance - estimate				With Housing / Meals	Without Housing / Meals
Semester 1		cr			est Books	Housing	Meal Plan	est Tool	Semester Total	Semester Total	
CUA	1135	Skill Development I	5	MTWRF 0900-100PM	1st 8 wks	\$ 150.79					
CUA	1151	Food Safety	1	RF 0100-0200PM	1st 8 wks	\$ 96.40					
CUA	1102	Culinary Theory	2	MW 0130-0300PM	Both	\$ 94.40					
CUA	1145	Skill Development II	5	MTWRF 0800-1200PM	2nd 8 wks						
			13			\$ 341.59	\$ 1,815.00	\$ 500.00	\$ 332.55	\$ 5,354.64	\$ 3,039.64
Semester 2											
CUA	1415	Dining Room Operations	5	MTWRF 900-0100PM	both	\$ 34.95					
CUA	1375	Bread and Pastry	5	MTWRF 0800-1200PM	Both	\$ 102.50					
CUA	1294	Breakfast Cookery	4	MTWRF 0600-0900AM	1st 8 wks	\$ -					
			14			\$ 137.45	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 5,261.45	\$ 2,946.45
Semester 3											
CUA	2415	Garde Manger	5	MTWRF 0900-100PM	1st 8 wks	\$ 75.00					
CUA	2473	American Cuisine	3	MTWR 0130-0430PM	both	\$ 102.50					
CUA	2315	Buffet	5	TWRF 0800-0100PM	Both	\$ 77.90					
			13			\$ 255.40	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 5,185.90	\$ 2,870.90
Semester 4											
CUA	1162	Food Service Management	2	MW 0100-0300PM	1st 8 wks	\$ 50.65					
CUA	2575	International Cookery	5	MTWR 0800-0100PM	1st 8 wks	\$ -					
CUA	2552	Purchasing	2	TR 8 - 1200 PM or MWF 930-1200	Both	\$ -					
CUA	1311	Meat Fabrication	1	T 0130-0430PM	1st 8 wks	\$ 100.00					
XCE	0001	preInternship Meeting	0	TBA							
			10			\$ 150.65	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 4,300.65	\$ 1,985.65
Semester 5											
CUA	2626	Culinary Internship	9	tba	1st 8 wks						
CUA	2623	Culinary Arts CapStone	3	MTWRF 0915-0130PM	2nd 8 wks						
			12			\$ -	\$ 1,815.00	\$ 500.00	\$ 100.00	\$ 4,287.00	\$ 1,972.00
										\$ 24,389.64	\$ 12,814.64

ELECTIVES:		CUA 2123 Advanced Baking	3cr
CUA 1101Vegetarian Cooking	1cr	CUA 1243 Fruit and Vegetable Carving	3cr
CUA 2101 Exploring Wine	1cr	CUA 2213 Contemporary American Restaurant	3cr
CUA 2183 Showpieces	3cr	CUA 2285 modern Cuisine Experimental Kitchen	5cr

TOOLS AND SUPPLIES *Incoming culinary students should have/purchase*

Supply Item (Available at the Bookstore)	Cost	Quantity	Total
3 chef jackets	\$ 21.00	3	\$ 63.00
2 chef pants	\$ 26.60	2	\$ 53.20
3 white aprons	\$ 3.30	3	\$ 9.90
1 small pocket sized notebook	\$ 1.00	1	\$ 1.00
1 indelible marker	\$ 1.00	1	\$ 1.00
1 university approved knife set	\$ 127.00	1	\$ 127.00
1Small calculator	\$ 5.25	1	\$ 5.25
Pens and pencils	\$ 2.00	1	\$ 2.00
2 pkgs. small note cards 75 a pkg	\$ 1.00	2	\$ 2.00
Measuring cups	\$ 10.85	1	\$ 10.85
Measuring spoons	\$ 4.20	1	\$ 4.20
Department approved chef's hat	\$ 8.50	1	\$ 8.50
1 Roll of masking tape	\$ 5.45	1	\$ 5.45
Long Black Bistro apron (bookstore already carries)	\$ 10.00	3	\$ 30.00
OSU name tag from the bookstore	\$9.20	1	\$ 9.20
1 Stick lighter (NOT AVAILABLE IN THE BOOKSTORE)			
Total			\$ 332.55

- Not Available at the Bookstore: Black nonskid shoes and Black or White Socks

~~~~~**CHARGING**~~~~~

- Tools** may only be charged the **FIRST TWO WEEKS** of the semester.
- Students may begin charging **books 2 weeks prior** to semester begin **and for the first two weeks** of the semester.

**Dining Room Uniform Requirements**

*not available at the bookstore*

- Black slacks- (not skinny fit, or stretchy material)
- Plain white button up shirt (to be worn with an undershirt or camisole underneath)
- Solid Black tie (females and males)
- Black socks
- Black non-slip shoes
- Black belt



## UNIFORMS

Uniform jackets, trousers, hats, aprons are available in the Student Union Bookstore.

### Jacket:

A clean white chef jacket will be worn at all times. These are available for purchase in the bookstore. The jacket must be buttoned to the collar, with no other garments protruding from collar or sleeves.

Your OSUIT chef jacket **must be embroidered** using the following criteria:

- ◆ The embroidery must be placed below the OSUIT patch
- ◆ Font must be black and style must be “Poor Richard” or standard block lettering.
- ◆ The first line of text must contain, first and last name (no nicknames).
- ◆ Embroidery and Patch must be in place no later than the second week of class.

### Beggs:

Creative Stitching  
4454 Norfolk Ave.  
Beggs, OK  
918-267-5399

### Bixby:

Townsend Marketing, Inc.  
8312 J East 111th St. South  
Bixby OK 74008

Dan & Jean’s Embroidery  
7280 Brook St.  
Beggs, OK  
918-267-3701

### Tulsa:

Unique Stitches  
9435 E. 51st, Ste. B  
Tulsa, OK 74145  
918-794-5494

### Henryetta:

Embroidery Plus  
S. of City  
Call for directions  
918-6522117

### Tulsa:

Personal Expressions  
4107 S. Yale, Tulsa  
Upper level, Promenade mall  
918-660-0494

### Sperry:

Ladybugs and Leapfrogs  
918-231-2174

### Trousers:

Black and white checked uniform pants are available in the bookstore. At no time will sweat pants, blue jeans, fatigue pants, stretch pants or any other style or material deemed inappropriate by the instructor be permitted. Trousers must be clean.

### Shoes:

A heavy duty work shoe or boot with a non-skid sole will be worn by students at all times. Shoes must be made from black material-no other colors are permitted. It is expected that footwear will be clean, if not polished. Socks must be worn; black or white are the only permitted colors.

**Hat:**

The cloth chef’s hat is the only acceptable hair cover and is available for purchase in the bookstore.

**Apron:**

A clean white apron must be worn. A clean side towel should be draped over the apron strings.

**Jewelry:**

Certain pieces of jewelry are permitted. One and only one wedding band or engagement ring may be worn; it is suggested that the ring be as simple a style as possible. A wristwatch may be worn. Absolutely no earrings or any other form of jewelry may be worn in any piercing on or about the face. Bracelets and necklaces are not permitted.

**Fingernails:**

Must be trimmed, clean and worn without any polish or coating.

**Hands:**

Must be washed prior to handling or production of food, as well as following any break or use of rest room facilities. Wash your hands frequently.

**Hair:**

At the front of the head, hair must be pushed up beneath the cap; hair at the back of the head must be either tucked under the cap or restrained. Hair should be up and off of the collar.

Beards or mustaches may not be grown during the semester; it is mandatory to be clean-shaven. Sideburns cannot extend below the ear.

**General:**

Perfume and cologne are not permitted. Make-up is to be kept to a minimum. Lip gloss or subtle lipstick is permitted. All students must bathe or shower prior to class, and will in all instances strive to maintain the highest levels of personal hygiene, cleanliness and sanitation of their work areas.

**SUMMER SEMESTER 2013**

|                     |          |             |    |                                                                  |
|---------------------|----------|-------------|----|------------------------------------------------------------------|
| February 25 – May 3 |          |             |    | Enrollment                                                       |
| May 6               | Mon      | 7:30        | am | Classwork Begins                                                 |
| <b>May 6</b>        |          |             |    | <b>CULINARY INTERNSHIP BEGINS</b>                                |
| May 17              | Friday   |             |    | Last Drop with Refund                                            |
| May 27              | Monday   |             |    | Memorial Day Holiday                                             |
| June 11             | Tuesday  |             |    | 1 <sup>st</sup> -half-only, Last Withdrawal with Auto. “W” Grade |
| June 21             | Fri      | 4:30        | pm | Mid Semester                                                     |
| June 21             | Fri      | 4:30        | pm | Summer Break Begins                                              |
| July 8              | Mon      | 7:30        | am | Classwork Resumes                                                |
| July 8              | Mon      | 7:30        | am | Start 2 <sup>nd</sup> -Half-Only Classes                         |
| <b>July 26</b>      |          |             |    | <b>CULINARY INTERNSHIP ENDS</b>                                  |
| <b>July 29</b>      |          |             |    | <b>CULINARY CAPSTONE BEGINS</b>                                  |
| August 1            | Thursday |             |    | Last Withdrawal with Automatic “W” Grade*                        |
| August 12           | Monday   |             |    | 2 <sup>nd</sup> -half-only, last Withdrawal with Auto. “W” Grade |
| August 23           | Fri      | 11:30       | am | Instructional Period Ends                                        |
| August 23           | Fri      | 3:00 / 7:00 | pm | Graduation Exercises                                             |

## **FALL SEMESTER 2013**

|                         |                 |    |  |                                                                  |
|-------------------------|-----------------|----|--|------------------------------------------------------------------|
| May 20 – September 3    |                 |    |  | Enrollment                                                       |
| September 2             | Monday          |    |  | Labor Day Holiday                                                |
| September 3             | Tuesday noon    |    |  | Move-in Day                                                      |
| September 4             | Wed 7:30        | am |  | Classwork Begins                                                 |
| <b>September 4</b>      |                 |    |  | <b>CULINARY INTERNSHIP BEGINS</b>                                |
| September 17            | Tuesday         |    |  | Last Drop With Refund                                            |
| October 9               | Wednesday       |    |  | 1 <sup>st</sup> -half-only, Last Withdrawal with Auto. “W” Grade |
| October 18              | Friday 4:30     | pm |  | Mid Semester                                                     |
| October 22              | Tues noon       |    |  | Move-in Day For 2 <sup>nd</sup> -Half                            |
| October 23              | Wed 7:30        | am |  | Start 2 <sup>nd</sup> -Half-Only Classes                         |
| November 15             | Friday          |    |  | Last Withdrawal with Automatic “W” Grade*                        |
| <b>November 15</b>      |                 |    |  | <b>CULINARY INTERNSHIP ENDS</b>                                  |
| <b>November 19</b>      |                 |    |  | <b>CULINARY CAPSTONE BEGINS</b>                                  |
| November 27             | Wednesday       |    |  | Student Break                                                    |
| November 28/29          | Thursday/Friday |    |  | Thanksgiving Day Holidays                                        |
| December 2              | Mon 7:30        | am |  | Classwork Resumes                                                |
| December 2              | Monday          |    |  | 2 <sup>nd</sup> -half-only, Last Withdrawal with Auto. “W” Grade |
| December 13             | Fri 11:30       | am |  | Instructional Period Ends                                        |
| December 13             | Fri 2:00        | pm |  | Graduation Exercises                                             |
| December 16 – January 3 |                 |    |  | Student Break                                                    |

\*Courses not meeting for the full semester will have a different date

### **Deficiencies**

Students cannot have more than one (1) deficiency at the time of enrollment into the Culinary Arts program. Students who are enrolled in *future semesters* must pass deficiency courses or the core classes will be cancelled. Student transcripts will be checked to determine eligibility.

### **Dropping and Adding Classes:**

Prior to classes starting or prior to a student attending one class session, enrollment may be cancelled. However, once you have attended one class but no longer plan to continue taking any classes during that semester, you must withdraw. Students who withdraw **within the first 10 working days of a semester** will receive a **full refund** for tuition and fees. A student may drop one class or more, but to be considered a full time student you must maintain 12 credit hours. A student must be full time to live on campus.

### **Future Chef's Association:**

The Future Chefs' Association (FCA) is the student leadership organization for Culinary Arts. Membership in FCA provides many benefits including networking with other students and industry professionals, leadership opportunities, field trips and experience in catering and banquets.

### **Classroom Management:**

All students will have an equal opportunity to learn. Friendly, courteous, respectful behavior and positive attitudes are expected from all students at all times. Disrespect distracts from the educational process.

Students are expected to be in class everyday and on time. There is no tolerance for tardiness and there are no excused absences. You will be allowed to make up work

missed when participating in OSUIT school activities, jury duty or special circumstances. Faculty on our campus participates in the “Early Alert Warning System” to communicate attendance problems, which becomes part of your permanent record. Instructors have the right to remove unruly students from class. We require the student to have counseling before returning to class.

#### **Time in the Building:**

Students may not start class work or be in the labs unless an instructor is present. If you need to be in the lab outside of regular class time, you must have permission from your instructor.

#### **Personal Technology:**

With permission from the instructor, a tape player may be used in the classroom to record lectures. Cell phones and pagers must be turned off during class time and are not allowed in the kitchens.

#### **Field Trips:**

Field trips are arranged for learning experiences. When you are on an OSUIT sponsored field trip, you’re representing this department. For that reason, you are expected to adhere to OSUIT Student Rights and Responsibilities and dress appropriately. Appropriate attire for all field trips is the chef’s uniform. Occasionally, appropriate dress may be business attire, business casual or even formal wear. Shorts, faded, worn or torn jeans, tank tops and casual wear are never appropriate attire for a field trip.

Additionally, some field trips will require that you remove jewelry and watches and wear closed-toed shoes. Complete co-operation with the host company and its representatives is necessary. You must purchase liability insurance for field trips. The cost is 30 cents per day.

#### **Portfolio and Internship:**

All program requirements must be complete and student must have a minimum 2.0 cumulative GPA in order to enroll in co requisites: Capstone and Internship.

All students will complete an industry internship and prepare a portfolio. Work on your portfolio will begin in the Culinary Concepts course and culminate in the Capstone course. Students should obtain a location for internship the semester before graduation. Jobs opportunities are emailed to students. Approved sites can be arranged; however, you are encouraged to set goals and seek internships suitable to your needs and will lead to full time employment.

#### **Injuries:**

Please report any to your instructor, even those you consider minor or that include cuts, burns, falls, or other accidental injury. If you feel you need medical attention and/or

treatment, or if your instructor feels medical treatment necessary, we will transport you to the emergency room.

### **Kitchen Procedures:**

No beverages are allowed in the kitchens except plastic bottled beverages. Food is only tasted in the kitchen-no eating in kitchen. Clean as you go; use soap to clean and bleach to sanitize. Make a difference – know and practice proper sanitation. Stay to the right when walking through the kitchens and dining rooms. Practice “Cardinal Rules of Safety” and “Mise en Place.” Keep hot food hot and cold food cold. You are responsible for the sanitation of your work area and equipment. You will be trained and tested on equipment safety in each area.

### **Food:**

During your time at OSU Institute of Technology, we want you to learn as much as possible about food in 2 years. We want you to experience, learn about and enjoy food. However, that comes with responsibilities. Costs must be controlled. You must cooperate and work as a team, and you must clean up after yourself. No eating in the kitchens. Use disposable spoons for taste testing.

### **Customer Service and Guest Relations:**

This is a customer service industry. What differentiates food service businesses is their commitment to providing excellent customer service. Quality food served at the correct temperature is customer service. Going above and beyond what is expected is customer service. Treat guests the way you would want to be treated. Be prompt, clean and attentive to details. Do whatever it takes to make the customer happy. Don't say "NO" - offer alternatives instead. Greet each guest with "Hello" and a smile. Treat Culinary Arts employees and each other with respect and common courtesy.

We are committed to your education and success. If at any time you have questions or need assistance, please ask any staff member and we will provide answers or assistance.

**1801 East 4<sup>th</sup> Street  
Okmulgee, OK 74447  
1.800.722.4471  
918.293.5030**



## ***INSTITUTE OF TECHNOLOGY***

Breads, pastries, salads and dressings, soups, garnishes, presentation, service...you will be encouraged to add heaping teaspoons of creativity and craftsmanship to your basic skills and knowledge. Sprinkle generously with artistry.

Study international cuisines; sample the Orient, France, Italy, South America, India, the Caribbean, Polynesia and the Baltic nations.

Pastas one day, sauces the next. Grill swordfish. Bake Beef Wellington. Prepare shrimp scampi. Bake hearth breads and flaky French croissants. Create fabulous desserts including tortes, Napoleons and Italian Tiramisu.

**Whet Your Creative Appetite!**