

**Going Against the
Grain to Educate
Tomorrow's Chef**

**Suzanne Vieira, MS, RD, LDN
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Johnson & Wales University**



**The Evolution
of Grains in
Culinary
Education**

**In the
beginning.....**



There was Escoffier





**The Culinary World
was dominated by
refined grains**



**Culinary
Education
then**

Culinary Education Today



Whole grain cookery and the health benefits of grains are integrated throughout academic career of all Johnson & Wales Culinary Students





**Freshmen
culinary
students are
introduced to
whole grain
cookery in their
Nutrition &
Sensory
Analysis Lab**

CUL1375
Nutrition and Sensory Analysis

Grains

With the exception of pearled barley, kasha, and cornmeal, all grains should be rinsed prior to cooking. Pour 1 cup of grain into boiling water (see liquid measurements below), then cover, unless otherwise specified, and cook for the time specified in the following table.

Grain	Liquid	Cooking Time	Approx Yield
Amaranth	3 cups	25 minutes, simmering	1_ cups
Barley	3 cups	40 minutes, simmering	3 cups
Buckwheat groats	3 cups	8 minutes, low heat, let stand 5 minutes	3 cups
Bulgar	2 cups	10 minutes, low heat, let stand 10 minutes	2_ cups
Millet	3 cups	10 minutes, low heat, let stand 10 minutes	3_ cups
Oats	3 cups	10 minutes, simmering	2 cups
Cornmeal*	4 cups	20 minutes, low heat, stir constantly	3_ cups
Quinoa	2 cups	15 minutes, low heat, let stand 5 minutes	2_ cups
Brown rice	2 cups	45 minutes, low heat, let stand 5 minutes	3 cups
Wild rice**	2_ cups	1 hour, low heat	3 cups
Wheat berries	3 cups	1_ hours, low heat, let stand 10 minutes	3 cups

* Add cornmeal to cold liquid and THEN heat, or pour gradually, while stirring, into boiling liquid (water or stock)

** Technically, wild rice is NOT a grain, but it is a grass. We tend to serve it as a grain.

Whole Wheat Tortilla Production





Quinoa Stuffed Eggplant

Welcome to the world of Culinary Nutrition

Our program is all about great food

“A journey beyond flavor”



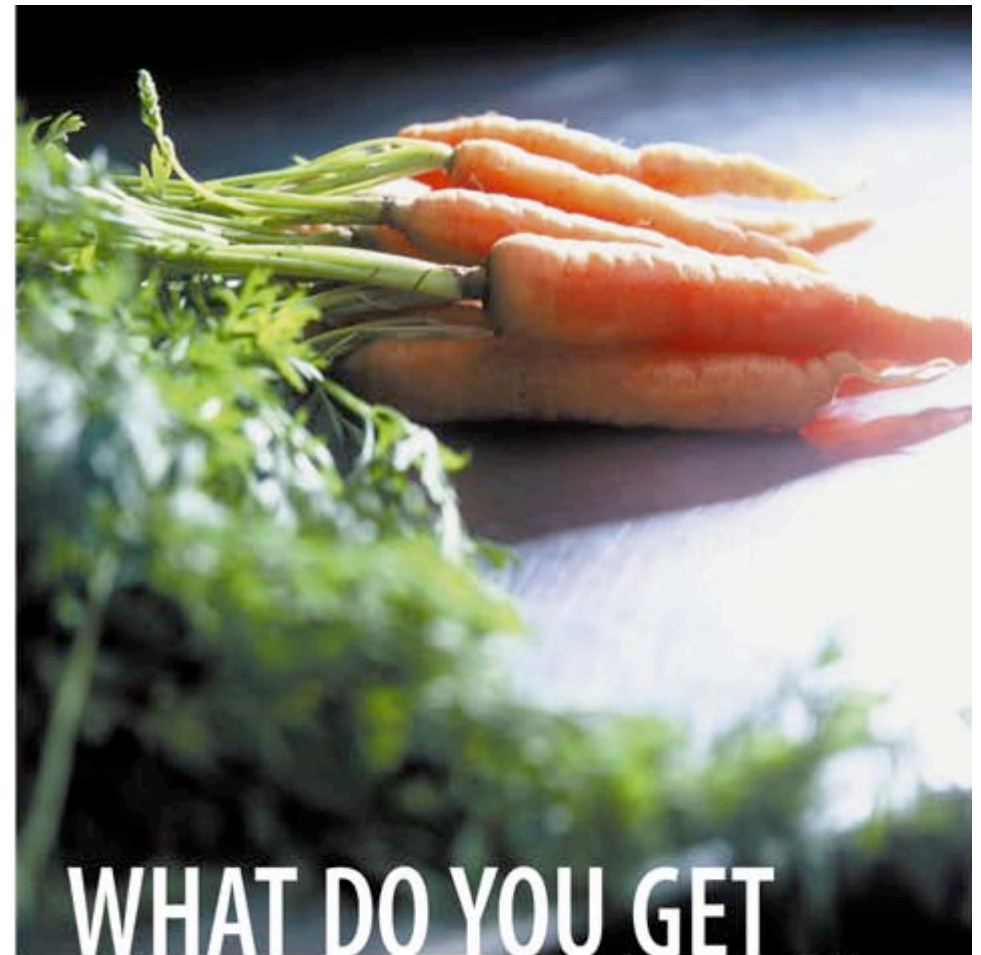
Bachelor of Science Degree in Culinary Nutrition

The curriculum for the first two years of the B.S. degree program in Culinary Nutrition is the Associate Degree program in Culinary Arts.

Junior Year		Quarter Credit Hours	
Term I	CUL3155	Vegetarian Cuisine	3.0
	FSM3040	Food Service Financial Systems	4.5
	PSYC2001	General Psychology	4.5
	SCI2032	Anatomy & Physiology II	4.5
Term II	ENG2010	Technical Writing	4.5
	FSM3025	Food Science	4.5
	MATH2001	Statistics	4.5
	NUTR3030	Nutritional Assessment	4.5
Term III	CUL3165	Lite & Healthy Desserts	3.0
	SOC2020	Culture and Food	4.5
	NUTR3050	Life Span Nutrition	4.5
	SCI3040	Biochemistry	4.5
Senior Year		Quarter Credit Hours	
Term I	CUL4175	Spa Cuisine	3.0
	NUTR4030	Medical Nutrition Therapy	4.5
	PHIL3040	Ethics of Business Leadership	4.5
	SCI3060	Food Microbiology	4.5
Term II	CUL4155	Athletic Performance Cuisine	3.0
	CUL4165	Product Research & Development	3.0
	FSM3035	Executive Chef Supervisory Development	4.5
	PHIL3020	Logic: Critical Thinking	4.5
Term III	CUL4098	Cooperative Education	15.0
	(or) CUL4298	International Study Abroad	15.0
Four-Year Total Quarter Credit Hours		192.5	
General Studies (35%)		63.0	

University Mission Statement

The mission of Johnson & Wales University is to empower its diverse student body to succeed in today's dynamic world by integrating general education, professional skills, and career-focused education. To this end, the University employs its faculty, services, curricula, and facilities to equip students with the conceptual and practical tools required to become contributing members of society and to achieve success in employment fields with high-growth potential.



WHAT DO YOU GET

*when you combine
the world's leading culinary educator
with the top minds in nutrition?*



JOHNSON & WALES
UNIVERSITY

America's Career University®



**Vegetarian Cuisine
Light & Healthy
Desserts
Spa Cuisine
Athletic Performance
Cuisine
Product Research &
Development**

Rye Grain

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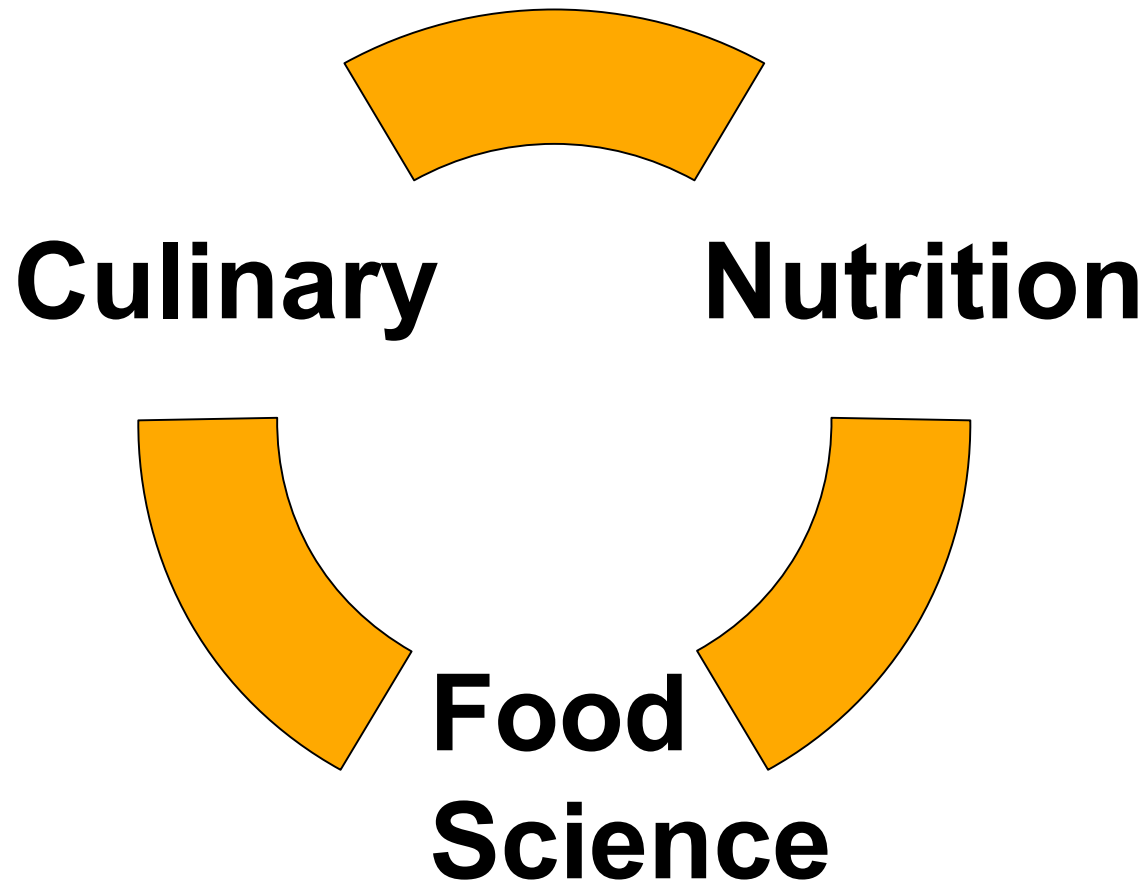
Light & Healthy Desserts



**Mystery Basket:
Pan Seared Tofu with
Soba Noodle Salad**



CULINARY NUTRITION GRAD



A photograph of a lush green wheat field. The wheat stalks are tall and dense, with some heads beginning to form. Several bright red flowers, possibly poppies, are scattered throughout the field, adding a pop of color to the green landscape. The lighting is bright, suggesting a sunny day.

**Whole grains
have also
become part
of the Baking
& Pastry
Program**

Today, grain origins and artisan techniques are being integrated in curriculum



Artisan Bread Class





**Baking
Science
Class
experiments
with various
whole grains**



**Baking classes do
product
comparisons**



**More
whole
grain
varieties
are
continued
to be
added to
the
curriculum**



**Y
E
S
T
E
R
D
A
Y**



Today



AND TOMORROW...

svieira@jwu.edu