

ECHS Culinary Arts Program

HOSPITALITY & TOURISM CAREER PATHWAY

Your CAREER is Waiting for you...

Take the first step towards your future discovering a career in the Hospitality & Tourism Industry with our Culinary Arts program at East Central High School. Our sequence of courses are designed to put you first as you build your skills and grow your confidence so that you are prepared for college and the transition to life after high school. We want to help you be successful in fulfilling your dreams.

Why wait until graduation to start your career? Join our four-year program to gain real-world experience you can put on your resume. We pride ourselves on giving you a head start before you graduate by: networking with local colleges and employers, volunteering within the community to grow your skill set, showcasing your skills as you travel to compete for scholarships and awards, and interning with our on-campus catering and off-campus special events. Ask us how you can join our Culinary family today!

BUNUELO *Recipe to try with your family at home!*



Ingredients

- 3 cups flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup milk
- 1 egg
- 2 tablespoons lard, melted
- 2 teaspoons Vanilla
- Vegetable oil, for frying
- Cinnamon & Sugar, to coat

Directions

1. Mix dry ingredients: flour, sugar, baking powder, salt in bowl. Set aside.
2. Mix wet ingredients: milk, egg, lard, vanilla in another bowl.
3. Gradually add dry mixture to wet mixture stirring constantly to form dough then knead.
4. Divide dough into 16 equal piece balls.
5. Then roll out into 6-inch rounds.
6. Pour oil into skillet or saucepan to depth of 1 inch. Heat oil medium-high heat or 365°F to 370°F. Fry dough, 2 minutes or until golden and puffed, turning once using tongs.
7. Drain on paper towels. Sprinkle each fritter with cinnamon sugar. Serve with warm Anise Syrup, if desired.
8. *Makes 16 tortilla-size rounds*

{ Snap a picture of your dish and tweet us to win a prize! }

Meet Your Culinary INSTRUCTORS

CHEF Francis Falcon | Francis.Falcon@ecisd.net



Setting the world on fire with food.
 "All you need is love but a little chocolate doesn't hurt now and then" Charles Schultz
 Former Executive Chef, C.I.A trained - postGraduate Training, St. Philips Culinary School Alumna San Diego Comm. College Ca.
 Culinary and Baking Instructor

CHEF Courtney Mize | Courtney.Mize@ecisd.net



Helping students find their talent my jam! I have been teaching Culinary at ECHS for 4 years. I also mentor student from around the world every summer in New York and Australia. In the words of Chef Julia Child, "Find something you're passionate about and keep tremendously interested in it." My goal as an educator is to help

students find their passions. I am beyond thrilled to share my passion for cooking and baking with my students.

CHEF Miriam George | Miriam.George@ecisd.net



Taking "whisks" in the kitchen discovering your recipe for success is my passion! Whether you want to be a chef or just learn how to cook, I love teaching my students that I know and have fun along the way. I am a lifelong learner whose hobbies are to travel and take culinary classes around the world. Most notable is my time learning at culinary schools in Paris, Barcelona

Venice, and Le Cordon Bleu in London. As a former Job Coach for Crowne Plaza Hotel and H-E-B, I enjoy sharing my experiences to inspire students to never give up working towards their dreams.

FAMILY DINNER *Conversation Starters...*

- What are you most looking forward to as we begin the new year?
- If you could create a school dedicated to fun, what would be like? What classes would be taught there?
- What do you love most about being a part of this (or your family)?
- What is your favorite part of the day?
- If you had to eat one food for the rest of your life what would it be?

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Hospitality & Tourism Career Pathway | 2018 - 2019 COURSE SELECTION

PRINCIPLES OF HOSPITALITY & TOURISM | GRADE 9-12, 1 CREDIT

- ★ Explore the careers in the four major industries of Hospitality & Tourism.
- ★ Learn how to be successful in your future career as you work on communication, time management, and work ethic.
- ★ Learn about the expectations of employers and trends in the industry through fun projects.
- ★ Guest speakers who are professionals in the industries.
- ★ Travel Competitions with FCCLA.

If you are interested in learning more about careers in Hospitality & Tourism this is the class for you!



INTRODUCTION TO CULINARY ARTS | GRADE 10-12, 1 CREDIT

Must take Principles of Hospitality & Tourism first

- ★ Learn the basics of cooking and baking in groups.
- ★ Explore careers within the Culinary profession.
- ★ Guest speakers with cooking demonstrations as you learn about local Culinary Schools.
- ★ Local competitions and community service trips.
- ★ Travel competitions with SkillsUSA.

If you want to learn how to cook and bake this is the class for you!



CULINARY ARTS | GRADES 10-12, 2 CREDITS

Recommended you take Introduction to Culinary Arts first.

- ★ Learn the science behind baking and the art of cooking taking on challenging recipes.
- ★ Create food products to sell through on campus catering.
- ★ Tour local Culinary Schools.
- ★ Travel competitions with SkillsUSA.

If you want to learn how to cook for customers and gain work experience this is the class for you!



ADVANCED CULINARY ARTS GRADES 10-12, 2 CREDITS

Must take Culinary Arts first

- ★ Learn how to work in a fast-paced, high-expectation workplace.
- ★ Earn Dual Credit.
- ★ Off-Campus Internship
- ★ Assistance applying to Culinary Schools.
- ★ Cook & Service on and off campus catering events.

If you want to start a career in Food Service this is the class for you!

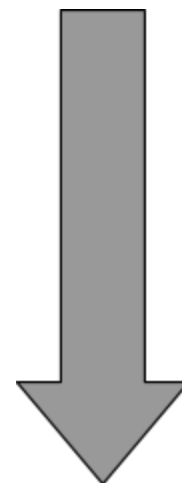


PRACTICUM IN CULINARY ARTS GRADES 10-12, 2 CREDITS

Must take Culinary Arts first.

- ★ Independent study gaining work experience through off-campus or on-campus internship in Culinary.
- ★ Focus on preparing you for Culinary School building a portfolio, resume, and interviewing.

If you want to become a leader in Food Service this is the independent study for you!



HOSPITALITY SERVICES | GRADE 11-12, 2 CREDITS - 2 PERIODS

Recommended you take Principles of Hospitality and Tourism first.

- ★ Learn how to plan and implement events with partners including schools, local businesses, and our community through hands-on work experience.
- ★ Earn Dual Credit.
- ★ Guest speakers and job shadow professionals in the industry.
- ★ On-campus internship.
- ★ Travel competitions with SkillsUSA.

If you want to learn how to plan events like Proms, Festivals, to community service projects and gain work experience in Hospitality & Tourism Industry this is the class for you!



PRACTICUM IN HOSPITALITY | GRADES 11-12, 2 CREDITS

Recommended you take Hospitality Services

- ★ Independent study gaining work experience through off-campus or on-campus internship in Hospitality.
- ★ Focus on preparing you for career and higher education in Hospitality building a portfolio, resume, and interviewing.

If you want to become a leader in Hospitality this is the independent study for you!