



Culinary

Kitchen Math

6 Hours

The HTA **Kitchen Math** class is designed for learners needing to strengthen or refresh their math skills. This hours-based course includes six hours of online classroom instruction and testing. The students must pass a comprehensive final exam. The class provides instruction in basic arithmetic and teaches students math skills for specific use in a professional kitchen. Students will demonstrate an understanding of fractions, decimals, percentages, ingredient portion cost, U.S. measurements, and recipe quantity conversion. Upon successfully completing the class and passing the final exam, the student will receive an HTA industry-recognized certificate.

Knife Cuts

4 Hours

The HTA **Knife Cuts** class is designed for inexperienced learners or those experienced learners who have not had formal knife skills training. This hours-based course includes four hours of online classroom instruction, demonstration and testing. Students must pass a knife cuts written exam. The class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology and acronyms used in the industry and an understanding of how to: identify all parts of a knife; use a knife safely; and clean, carry, sharpen, and store knives. Students will learn how to position their guiding hand correctly, and to cut foods into a variety of classical shapes and sizes: julienne, batonnet, brunoise, dice, and mince. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Kitchen Organization: Learning the Back-of-the-House

4 Hours

The HTA **Kitchen Organization: Learning the Back-of-the-House** class is designed for inexperienced learners who would like to become knowledgeable about the hospitality industry and the rudiments of organizing oneself while working in a kitchen. This hours-based course includes four hours of online classroom instruction and testing. Students must pass quizzes based on the information taught. The class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology and acronyms used in the industry,

kitchen work-station organization, and efficient use of time in a kitchen setting. It also provides an overview of the history of European and American cuisine, and organizational hierarchy in hotels and restaurants. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Preparing Stocks: The Basic Building Blocks of Cooking

4 Hours

The HTA: **Preparing Stocks: The Basic Building Blocks of Cooking** class is designed for inexperienced learners or those experienced learners who have not had formal training or would like to refresh their knowledge in stock preparation. This hours-based course includes four hours of online classroom instruction, demonstration and testing. Students must complete and pass quizzes related to the lessons taught. The class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology used in the industry and an understanding of basic stocks used as the foundational ingredient in creating soups and sauces. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Sauces: The Flavor Foundations of Cooking

6 Hours

The HTA **Sauces: The Flavor Foundations of Cooking** class is designed for inexperienced learners or those experienced learners who have not had formal training or would like to refresh their knowledge in sauce preparation. This hours-based course includes six hours of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology and acronyms used in the industry and an understanding regarding the creation of basic sauces used in refined cuisines. Students will demonstrate knowledge of thickening agents including roux, starch slurry, beurre manié, and liaison. Students will also demonstrate knowledge of mirepoix (the basic vegetable mix used in classic European cuisine) and its use, mother sauces and derivative sauces, and modern-style "reduction" sauces. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate. **Prerequisite:** **Preparing Stocks: The Basic Building Blocks of Cooking.**

Soups: Preparation of the Main Categories of Soups

6 Hours

The HTA **Soups: Preparation of the Main Categories of Soups** class is designed for inexperienced learners or those experienced learners who have not had formal training or would like to refresh their knowledge in soup preparation. This hours-based course includes six hours of related online classroom instruction, demonstration, and testing. Students must pass quizzes related to the lessons taught. This class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology and acronyms used in the industry and an understanding of how to create basic and complex soups. Students will demonstrate knowledge of classical soup classifications and construction including thick soups, clear soups, chowders, bisques, purées, and consommés. Students will also demonstrate knowledge of proper soup garnishes and presentation. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate. **Prerequisite:** **Preparing Stocks: The Basic Building Blocks of Cooking**

Beginning Cooking Techniques: Roasting, Sautéing, Frying, Braising, and Steaming

4.5 Hours

The HTA **Beginning Cooking Techniques: Roasting, Sautéing, Frying, Braising, and Steaming** class is designed for inexperienced learners or those experienced learners who have not had formal culinary training. This hours-based course includes four-and-a-half hours of online classroom instruction, demonstration, and testing. Students must pass quizzes related to the lessons taught. The class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology and acronyms used in the industry and the correct use of major cooking methods used in kitchens around the world. Students will demonstrate knowledge of the proper techniques to perform most cooking tasks required in the professional kitchen. Upon successfully completing the class, the student will receive an HTA completion certification.



Meat Knowledge, Fabrication and Cookery

16 Hours

The HTA **Meat Knowledge, Fabrication and Cookery** class is designed for inexperienced learners or those experienced learners who have not had formal training or would like to refresh their knowledge of meats, meat fabrication and preparation. This hours-based course includes sixteen hours of online classroom instruction, demonstration, and testing. Students must pass quizzes related to the lessons taught and a comprehensive exam at the end of the course demonstrating knowledge of meats, meat fabrication, and meat cookery techniques. This class is divided into four 4-hour learning units/modules. The first provides a general overview of four-legged meat animals and their muscle construction, meat inspection and certification, choice of meat cuts for each cooking technique, and determining doneness while cooking. The second teaches meat primals and production of fabricated cuts of beef and includes demonstrations of techniques and preparation methods for beef cookery. The third teaches meat primals and production of fabricated cuts for pork and includes demonstrations of techniques and preparation methods for pork cookery. The fourth teaches meat primals and production of fabricated cuts for veal and lamb and includes further demonstrations of techniques and preparation methods for veal and lamb cookery. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate. **Prerequisite: Beginning Cooking Techniques: Roasting, Sautéing, Frying, Braising, and Steaming**

Poultry Knowledge, Fabrication and Cookery

12 Hours

The HTA **Poultry Knowledge, Fabrication and Cookery** class is designed for inexperienced learners or those experienced learners who have not had formal training or would like to refresh their knowledge of poultry, poultry fabrication and preparation. This hours-based course includes twelve hours of online classroom instruction, demonstration, and testing. Students must pass quizzes related to the lessons taught and pass a comprehensive

exam at the end of the course demonstrating knowledge of poultry, poultry fabrication, and poultry cookery techniques. This class is divided into three 4-hour learning units/modules. The first provides a general overview of the various types of poultry, poultry classifications, and their muscle construction, poultry inspection and certification, choice of poultry type and cuts for each cooking technique and determining doneness while cooking. The second teaches poultry fabrication and includes demonstrations of techniques and poultry preparation methods. The third focuses on demonstrations of more advanced poultry cooking techniques and recipes. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate. **Prerequisite: Beginning Cooking Techniques: Roasting, Sautéing, Frying, Braising and Steaming**

Fish and Shellfish Knowledge, Fabrication and Cookery

12 Hours

The HTA **Fish and Shellfish Knowledge, Fabrication and Cookery** class is designed for inexperienced learners or those experienced learners who have not had formal training or would like to refresh their knowledge of fish and seafood fabrication and preparation. This hours-based course includes twelve hours of online classroom instruction, demonstration, and testing. Students must pass quizzes related to the lessons taught and a comprehensive exam at the end of the course demonstrating knowledge of fish and seafood, and seafood cooking techniques. This class is divided into three 4-hour learning units/modules. The first provides a general overview of the two main types of fish, proper techniques for cooking each type, and includes fabrication demonstrations for round and flat fish, both large and small. The second and third learning units include a demonstration of a variety of seafood cooking techniques, including broiling, grilling, sautéing, shallow poaching, and cooking fish wrapped in parchment "en papillote". Upon successfully completing the class and passing the final exam, the student will receive an HTA industry-recognized certificate. **Prerequisite: Beginning Cooking Techniques: Roasting, Sautéing, Frying, Braising and Steaming**

Rice, Potatoes, Pasta and Grains: Preparation 101

8 Hours

The HTA **Rice, Potatoes, Pasta and Grains: Preparation 101** class is designed for inexperienced learners or those experienced

learners who have not had formal training or would like to refresh their knowledge of starch preparation. This hours-based course includes eight hours of online classroom instruction, demonstration, and testing. Students must pass quizzes related to the lessons taught and a comprehensive exam at the end of the course, demonstrating knowledge of starches and starch cooking techniques. This class is divided into two 4-hour learning units/modules. The first provides a general overview of the various types of rice, potatoes, grains, and pasta production and preparation methods. Various rice cooking methods will also be demonstrated. The second learning unit includes demonstrations of a variety of potato and pasta cooking techniques. Upon successfully completing the class and passing the final exam, the student will receive an HTA industry-recognized certificate. **Prerequisite: Beginning Cooking Techniques: Roasting, Sautéing, Frying, Braising and Steaming**

Fruits and Vegetables: Preparation 101

8 Hours

The HTA **Fruits and Vegetables: Preparation 101** class is designed for inexperienced learners or those experienced learners who have not had formal culinary training or would like to refresh their knowledge. This hours-based course includes eight hours of related online classroom instruction, demonstration, and testing. Students must pass quizzes related to the lessons taught. This class is divided into two 4-hour learning units. The first teaches the various types of vegetables, their similarities and differences and a variety of cooking techniques that are possible with each type. Students will learn about fruit and fruit preparation methods. The second learning unit will explore demonstrations of a variety of vegetable and fruit cooking techniques. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Eggs, Dairy and Breakfast: Preparation 101

5 Hours

The HTA **Eggs, Dairy and Breakfast: Preparation 101** class is designed for inexperienced learners or those experienced learners who have not had formal training or would like to refresh their knowledge of egg, dairy and breakfast preparation. This hours-based course includes five hours of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The class prepares individuals to successfully enter



the hospitality industry with a knowledge of terminology used in the industry for eggs, dairy and breakfast and includes demonstrations of a wide variety of traditional breakfast dishes. Demonstrations cover preparing omelets, various fried eggs cooked to specific temperatures, frittatas, French toast, pancakes, and correct methods of cooking breakfast meats and potatoes. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Basic Baking Theory and Techniques

4 Hours

The HTA **Basic Baking Theory and Techniques** class is designed for inexperienced learners. This hours-based course includes four hours of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The class better prepares individuals to successfully enter the hospitality industry with a knowledge of terminology used in the industry for baked goods and the basic scientific concepts for successful baking. Students will learn about the various types of flours, yeasts, sweeteners, fats, and choices of baking liquids and will gain a fundamental understanding of gluten and gluten development. Demonstrations will cover preparations of dough production, quick bread, and yeast-risen bread, to help students gain basic knowledge of bakery production. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Salads, Salad Dressings and Sandwich Construction

4 Hours

The HTA **Salads, Salad Dressings and Sandwich Construction** class is designed for inexperienced learners. This hours-based course includes four hours of online classroom instruction, demonstration and testing. The students must pass quizzes related to the lessons taught. The class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology used in the industry for salads, salad dressings, and sandwiches. Demonstrations will include cold and warm salads and salad dressings and cooked or raw salad garnishes. Sandwich breads and other sandwich ingredients will be discussed and a rapid sandwich construction line will be demonstrated. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Buffet Presentation & Plating

4 Hours

The HTA **Buffet Presentation & Plating** class is designed for inexperienced learners. This hours-based course includes four hours of related online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology used in the industry for buffet presentation, including buffet table set-up, arrangement and décor. Basic plating techniques will be demonstrated for individual plates and for buffet platters. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Vegan, Vegetarian & Special Diets

5 Hours

The HTA **Vegan, Vegetarian & Special Diets** class is designed for inexperienced learners. This hours-based course includes five hours of online classroom instruction, demonstration and testing. The students must pass quizzes related to the lessons taught. The class prepares individuals to successfully enter the hospitality industry with a knowledge of terminology used in the industry and guest requirements for vegan, vegetarian, and special religious and medical diets. The various types of vegetarianism will be compared and contrasted and kosher, halal, Jain, macrobiotic, gluten-free, and raw foods diets will be studied. Students will learn about vegan proteins. A few vegan and vegetarian dishes will be demonstrated. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Wine 101

4 Hours

Wine has been around since 6,000 BC and has been a part of the story of human dining and food service. With the expansion of new types of grapes and regions growing grapes, it is critical for the server, bartender, and even casual diner to understand the terminology of wine and develop an appreciation for the varieties. The HTA **Wine 101** class will teach the fundamental definitions, concepts and techniques involved in wine sales and consumption. Lectures, along with demonstrations, teach the intricacies of wine.

Wine 102

4 Hours

After learning the basics of wine in Wine 101, in the HTA **Wine 102** class the student will learn more about the intricate nature of wine through an understanding of the different major types of wine produced throughout the world, along with the basics of developing a wine tasting regimen to help develop a greater appreciation of the wide variety in wine profiles. Proper wine storage will be discussed, and correct wine service will be demonstrated along with an understanding of choices of glassware for different wines. Major differences between Old World and New World wines will be explored, leading into a discussion of up-and-coming global wine regions. Wine and food pairing theory will also be further developed.

Liquor 101: Vodka, Gin, Whisky, Tequila, and Rum

4 Hours

Liquors and Spirits have been around since the 13th century and have been a part of the social and cultural dining experience ever since. It is critical for the server, bartender, and casual diner to learn drink recipes, bar terminology, and to develop an understanding of the intricacies of serving alcohol and/or mixed drinks. The HTA **Liquor 101: Vodka, Gin, Whisky, Tequila, and Rum** class will teach the fundamental definitions and terminology of liquor and the bar, the complexities of mixing drinks, recipes, proper glassware, and drink presentation. There will be a lecture, demonstrations, review of concepts and techniques involved in the process of making liquor and consumption, to teach the understanding of liquor.

For The Advanced Cook: High-level Asian Cuisine

5 Hours

The HTA **High-level Asian Cuisine** class is designed for experienced learners with at least three (3) years of professional line cook experience. This hours-based course includes five hours of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The class teaches the terminology used in the industry with an emphasis on the ingredients, flavors and unique cooking techniques that create the character of select Asian cuisines. Students watch and discuss demonstrations of how to taste and evaluate traditional dishes of China, Japan, Korea, Vietnam, and Thailand.



The focus will be on ingredients, flavor profiles, preparations, and techniques representative of these cuisines. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

High-level Japanese Cuisine

5 Hours

The HTA **High-level Japanese Cuisine** class is designed for experienced learners with at least three (3) years of professional line cook experience. This hours-based course includes five hours of online classroom instruction, demonstration and testing. The students must pass quizzes related to the lessons taught. This class teaches the terminology used in the industry with an emphasis on the ingredients, flavors and unique cooking techniques that represent the character of Japanese cuisine. Students watch and discuss demonstrations of how to taste and evaluate traditional dishes of Japan. Soup-bases (dashi), soups, sauces, tempura, sashimi and sushi, along with grilling, steaming and frying techniques, and rice cooking methods will be discussed and demonstrated. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

High-level Indian Cuisine

5 Hours

The HTA **High-level Indian Cuisine** class is designed for experienced learners with at least three (3) years of professional line cook experience. This hours-based course includes five hours of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The class teaches the terminology used in the industry with an emphasis on the ingredients, flavors and cooking techniques that represent the unique character of Indian cuisine and, to a lesser extent, Sri Lankan cuisine. Students watch and discuss demonstrations of how to taste and evaluate traditional dishes of Northern and Southern India and Sri Lanka. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

High-level Latin Cuisine

5 Hours

The HTA **High-level Latin Cuisine** class is designed for experienced learners with at least three (3) years of professional line cook experience. This hours-based course includes five hours of online classroom instruction, demonstration and testing. Students must complete and pass quizzes related to

the lessons taught. The class teaches the terminology used in the industry with an emphasis on the ingredients, flavor profiles and cooking techniques that represent the unique character of select Latin cuisines. Students watch and discuss demonstrations of traditional, regional dishes of Mexico and South America. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Modernist Techniques

6 Hours

The HTA **Modernist Techniques** class is designed for experienced learners with at least five (5) years of professional line cook experience. This hours-based course includes six hours of online classroom instruction, demonstration and testing. The students must pass quizzes related to the lessons taught. The class teaches the terminology used in the industry with an emphasis on the new culinary styles, restaurants, restaurateurs and chefs who are creating "Art Culinaire" and who are in the current industry spotlight. Their style, substance and quality will be discussed and examined. With cooking demonstrations, students will be exposed to specialty produce and products, and cutting-edge cooking and plating techniques that are being used in high-end, fine dining restaurants. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Disinfection In The Age Of The Pandemic

Workplace Disinfection, Sanitation, and Safety for Culinary Workers

4 Hours

Workplace Disinfection, Sanitation, and Safety for Room Attendants

4 Hours

Workplace Disinfection, Sanitation, and Safety for Guest Services

4 Hours

The HTA **Workplace Disinfection, Sanitation, and Safety** classes are designed to teach disinfection, not just cleaning, as pandemic prevention techniques to avoid the spread of diseases, such as COVID-19. Each of these courses include four hours of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. These classes focus on the training needs of different categories of employee within a hotel or food service setting. The classes emphasize both the basic skills and the tools needed to properly and safely serve customers under epidemic or pandemic conditions. Standard and regular sanitation and safety will be discussed prior to exploring the extra steps and precautions one must take under extraordinary pandemic conditions. Guidelines specific to each category of employee (culinary workers, room attendants, guest service workers) will be discussed, respectively, in each class to help protect the health of all staff and guests. Procedures for properly serving guests under quarantine will also be learned. The material utilized to teach the class will be taken directly from the Centers for Disease Control and Prevention (CDC) and the Los Angeles County Department of Public Health. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.



Certifications

ServSafe Food Handler Certification

6 Hours

The HTA **ServSafe Food Handler Certification** class is designed for inexperienced or experienced learners. This hours-based course includes six hours of online classroom instruction. Students take the ServSafe California Food Handler certification exam and will be required to pass the exam with a grade of 70% or better. The students must pass quizzes related to the lessons taught. This course is an introduction to environmental sanitation and safety in a food production area. Attention is focused on food-borne illnesses and their origins and on basic safety procedures followed in the food service industry. Food allergens and allergen safety are discussed. Students learn to:

- Recognize the risks faced by a food service establishment
- Assist in preventing the occurrence of unsafe habits that result in foodborne illness
- Protect food and food service equipment from contamination
- Identify the principles and practices involved in purchasing, preparing, storing, and serving food in a sanitary manner and be able to implement that knowledge in a kitchen environment.

Upon successfully completing the class, the student will receive an HTA industry-recognized certificate and the ServSafe California Food Handler certificate.

TiPS (Training for Intervention Procedures) Safe Alcohol Service

6 Hours

The HTA **TiPS Safe Alcohol Service** class is designed for inexperienced learners or experienced learners who require re-certification. This hours/skills-based course includes six hours of online classroom instruction with online student participation. It is a dynamic program designed to prevent intoxication, drunk driving and underage drinking by enhancing the fundamental "people skills" of servers, sellers and consumers of alcohol. TiPS gives individuals the knowledge and confidence they need to recognize potential alcohol-related problems and intervene to prevent alcohol-related tragedies. Students learn to:

- Help create and sustain a comfortable and relaxed atmosphere for patrons
- Influence aspects of drinking behavior to encourage responsible drinking

- Confidently intervene in and resolve troublesome situations
- Use the knowledge gained in this class to recognize if a guest is approaching intoxication or is already intoxicated

Upon successfully completing the class and passing the TiPS exam, the student will receive an HTA industry-recognized certificate and the TiPS certificate.

Dishwasher Skills

8 Hours

The HTA **Dishwasher Skills** class is designed for inexperienced learners. This hours-based eight-hour course is divided into two 4-hour learning units/modules of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The first unit emphasizes both the skills and the tools needed to become a successful dishwasher/steward and cover the fundamentals of working with a service team. There will be a demonstration of proper professional dishwashing techniques in a dish machine and in a three-compartment sink. The second learning unit includes a demonstration of cleaning service and kitchen equipment. There will also be a demonstration of maintenance procedures used to keep kitchens and common areas of hotels, restaurants and other hospitality operations in safe and sanitary condition. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Server/Busser Training

6 Hours

The HTA **Server/Busser Training** class is designed for inexperienced learners. This hours-based course includes six hours of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The class emphasizes both the skills and the tools needed to become a successful server/busser and will cover the fundamentals of working with a service team. There will be demonstrations of service techniques, serving wine, setting and clearing tables, polishing service-ware, folding napkins, carrying trays of various sizes and shapes, and the use of basic serving staff tools. The fundamental principle of sales techniques, proper service etiquette, customer interaction and customer service will be discussed. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Customer Service Training

6 Hours

The HTA **Customer Service Training** class is designed for inexperienced learners. This hours-based course includes six hours of related online classroom instruction, demonstration, and testing. Students must complete and pass quizzes related to the lessons taught. The class emphasizes both the skills and the tools needed to become a successful front-of-house hospitality worker and covers the fundamentals of providing exceptional customer service while working with a front-of-house service team. Topics of discussion include defining what comprises exceptional customer service and hospitality, constructive communication skills, professional conduct and deportment, teamwork, conflict resolution, and working with a diverse team of employees. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate.

Accounting Basics & Intermediate Restaurant Math

5 Hours

The HTA **Accounting Basics & Intermediate Restaurant Math** class is designed for experienced learners. This hours-based course includes five hours of online classroom instruction, demonstration and testing. Students must pass quizzes related to the lessons taught. The class helps students develop a basic understanding of the conditions that lead hospitality businesses to either show a net profit or loss and informs financial projections and decision-making processes. The basic components of a profit and loss statement are discussed and is computed during class discussions to discover operational prime cost as it relates to successful hospitality business practices. Upon successfully completing the class, the student will receive an HTA industry-recognized certificate. **Prerequisite:** Kitchen Math