

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number: CUL 207 Credits: 3**

**Course Title: American Regional Cuisine**

**Course Description:**

Studies the distinct regional cooking styles of America and its neighbors. Emphasizes the indigenous ingredients, as well as the cultural aspect of each region's cooking style. Includes the preparation of the various regional foods. Prerequisites: CUL 220. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

**General Course Purpose:**

This course consists of the study of American regional cuisine and preparation of component

- Rocky Mountain cuisine
- Pacific Northwest cuisine
- Californian cuisine
- Hawaiian and Pacific Islander cuisine

**Effective Date/Updated:** August 1, 2024