Welcome to FACS Food Science: Southern Cooking

This course is meticulously designed to align with state standards and targeted learning objectives, ensuring comprehensive coverage of essential knowledge and skills required for student success.

Course Description:
Immerse yourself in the soulful flavors of the South with this self-paced course exploring the science and art behind Southern cuisine. Students will discover the cultural heritage, techniques, and unique ingredients that define this beloved cooking tradition.

From perfecting biscuits to mastering the art of seasoning, this course combines hands-on cooking with an understanding of the science behind the recipes.

Syllabus

Unit 1: Introduction to Southern Culinary Traditions
- The cultural and historical roots of Southern cooking.
- Essential ingredients and pantry staples of Southern cuisine.
- Overview of iconic Southern dishes.

Unit 2: The Science Behind Southern Techniques
- Understanding baking science through classic Southern breads like biscuits and cornbread.
- Frying fundamentals: achieving the perfect crunch.
- Exploring slow-cooking methods for stews, braises, and BBQ.

Unit 3: Flavor Profiles of the South
- Balancing sweet, savory, and spicy elements in Southern cooking.
- The role of herbs, spices, and sauces in signature dishes.
- Creating traditional sides like collard greens, grits, and hush puppies.

Unit 4: Showcasing Southern Classics
- Preparing complete Southern meals, from appetizers to desserts.
- Highlighting regional specialties and family recipes.
- Exploring modern takes on Southern cuisine while preserving tradition.

Learning Outcomes
By the end of the semester, students will:
1. Demonstrate a foundational knowledge of Southern culinary history and traditions.
2. Apply scientific principles to cooking methods used in Southern cuisine.
3. Prepare a variety of Southern dishes with confidence and skill.
4. Appreciate the cultural significance of food in shaping Southern heritage.

Conclusion
FACS Food Science: Southern Cooking is the perfect blend of tradition and innovation, offering students a chance to explore Southern culture through its rich culinary legacy. Develop practical cooking skills, gain insights into food science, and create flavorful dishes that tell a story. Embark on a flavorful journey through the South and discover the secrets behind its most cherished recipes!