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Basically, I've never found such a comprehensive book on Chinese regional cookery. Dunlop explains everything from cutting techniques (very, very, very important, and often overlooked in Western cookery books), ingredients and acceptable substitutes, cooking techniques and flavour/texture combinations.

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Culinary Arts Courses HOT 111 (2-2-3) Food Preparation I. This course introduces students to the basic principles of food preparation. The topics covered include the theory and history of classical and modern culinary arts, the organization of the classical and modern kitchen brigades, and a basic understanding of environmental sustainability.

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The seafood is fresh as can be and the steaks are aged on the premises and individually cut into various sizes of ribeye, sirloin and filet mignon like its signature 14-ounce, four-inch hunk of filet.