

## Foods of the World – Ethnic Cuisine

<b>Course Title</b>	Foods of the World – Ethnic Cuisine				
<b>Course Code</b>	TCUA-204				
<b>Course Type</b>	This course serves as both Elective and Requirement, according to the program.				
	Culinary Diploma/Higher Diploma		Requirement		
	All Programs		General Elective		
<b>Level</b>	Diploma (Short Cycle)				
<b>Year / Semester</b>	Year 2, A' Semester				
<b>Teacher's Name</b>	Marinos Kyriakou				
<b>ECTS</b>	6	<b>Lectures / week</b>		<b>Laboratories / week</b>	5
<b>Course Purpose and Objectives</b>	This course covers Ethnic Cuisine and exposes the student to culture, history, diversity in foods, and flavour profiles from around the world.				
<b>Learning Outcomes</b>	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the influences and the cultural history on the foods and cuisine of the various countries.</li> <li>2. Identify factors that influence eating patterns in a country.</li> <li>3. Locate foods that are made in various parts of the world and differentiate among the varying cuisines of the world.</li> <li>4. Demonstrate the various methods of cooking in the ethnic cuisine.</li> <li>5. Plan and prepare meals from the Ethnic Cuisine, using various methods of cooking.</li> </ol>				
<b>Prerequisites</b>	TCUA – 100 Introduction to Gastronomy & Culinary Theory	<b>Required</b>	N/A		

<b>Course Content</b>	<ol style="list-style-type: none"> <li>1. Buffet and plated food preparations from Africa, Asia, American Cuisine Appetizers, main courses and desserts and buffet preparations, Unique cooking methods and utensils, different spices and herbs that are recognized as the major representative of each country's cuisine. Prepare buffet displays covering food and pastry items.</li> <li>2. The Importance of food and food culture. Using dietary guidelines when planning.</li> <li>3. Preparing foods, menu applications, quantity food techniques, safety regulations and emergency.</li> <li>4. Food and production, food and bakery, ingredients. Identifying and categorizing ingredients</li> <li>5. Standards and procedures of measuring and weighing. Standard recipe procedures. Using correct techniques to produce consistent products and to adjust recipes. Cost effective food production.</li> <li>6. Preparing a variety of food items (pasta, fruit, vegetables, dairy-based products, soups, salads, meat, poultry, seafood, sandwiches, beverages)</li> </ol>
<b>Teaching Methodology</b>	The course is delivered through lectures, demonstrations, guest speakers and kitchen practice.
<b>Mode of delivery</b>	Face to face.
<b>Bibliography</b>	<b>Required</b>
	<ol style="list-style-type: none"> <li>1. Ceserani Victor, Foskett David, Campbell John, Practical Cookery, 11th ed., Oxford University Press, 2008.</li> <li>2. Kenehan K., European Cuisine: The best food in European, R&amp;R publication, 2005.</li> <li>3. The International Culinary Schools at the Art Institutes, International Cuisine, Wiley, 2008.</li> </ol>
	<b>Recommended</b>
<ol style="list-style-type: none"> <li>1. Foskett, D., Campbell, J., Ceserani V., Paskins P., Practical Cookery: Foundation Student Book Level 1, Hodder education, 2009.</li> <li>2. Ceserani Victor, Foskett David, Campbell John, Practical Cookery, 11th ed., Oxford University Press, 2008.</li> <li>3. Labensky S. and Hause A., On-cooking, 4th ed., Upper Saddle River, New Jersey, 2006.</li> <li>4. Kinton, R., Ceserani, V., The Theory of Catering, 11th ed., Trans-Atlantic Publications, 2007.</li> <li>5. The Culinary Institute of America, Professional Chef, 8th ed., John Willey &amp; Sons, 2008.</li> <li>6. Kitchen, L., The Butcher, Murdoch Books, 2008.</li> </ol>	

	<p>7. The Culinary Institute of America, Baking and Pastry: Mastering the Art and Craft, 2nd ed., John Willey &amp; Sons, 2009.</p> <p>8. The Culinary Institute of America, Garde Manger: The Art and Craft of the Cold Kitchen, 3rd ed., John Wiley &amp; Son, 2008.</p>								
<p><b>Assessment</b></p>	<p>The following assessment methods are employed to assess this course:</p> <table border="1" data-bbox="517 483 1369 741"> <tr> <td data-bbox="517 483 943 551">30 – 50 %</td> <td data-bbox="943 483 1369 551">Final Exam</td> </tr> <tr> <td data-bbox="517 551 943 618">20 – 40 %</td> <td data-bbox="943 551 1369 618">Mid –Term / Tests / Quizzes</td> </tr> <tr> <td data-bbox="517 618 943 685">10 – 30 %</td> <td data-bbox="943 618 1369 685">Assignments / Projects</td> </tr> <tr> <td data-bbox="517 685 943 741">0 – 10 %</td> <td data-bbox="943 685 1369 741">Class Attendance &amp; Participation</td> </tr> </table>	30 – 50 %	Final Exam	20 – 40 %	Mid –Term / Tests / Quizzes	10 – 30 %	Assignments / Projects	0 – 10 %	Class Attendance & Participation
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<p><b>Language</b></p>	<p>English</p>								