

## Introduction to Gastronomy & Culinary Theory

<b>Course Title</b>	Introduction to Gastronomy & Culinary Theory			
<b>Course Code</b>	TCUA-100			
<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 1, A' Semester			
<b>Teacher's Name</b>	Dimitris Kouklos			
<b>ECTS</b>	6	<b>Lectures / week</b>	3	<b>Laboratories / week</b>
<b>Course Purpose and Objectives</b>	<p>The course exposes the students to the history and the development of national and international cuisines and the tasting profiles around the world. Through the course, students will gain an understanding of the revolution, development and progress of the profession. As a foundation for developing a professional skill level, students will learn about tools, equipment, basic cooking procedures, recipe structure, recipe use and basic kitchen sanitation and safety procedures. Emphasis is given to the structure and history of each group food, in order students to be ready to understand the different methods of cooking.</p>			
<b>Learning Outcomes</b>	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> <li>1. Define the history and development of national and international cuisines.</li> <li>2. Comprehend the different tasting profiles around the world.</li> <li>3. Recognize the dangers of working in a professional kitchen environment and explain procedures to avoid them.</li> <li>4. Develop a sense of professional responsibility to the public health by recognizing and practicing common sanitary procedures needed to prevent food borne illness.</li> <li>5. Become familiar with the tools, equipment and layout of the kitchen laboratory as a main back of the house support function in catering industry.</li> <li>6. Demonstrate a clear understanding of all the cooking methods and basic food qualities and standards</li> </ol>			

<b>Prerequisites</b>	None	<b>Required</b>	
<b>Course Content</b>	<ol style="list-style-type: none"> <li>1. Historical review of the national and international cuisine development.</li> <li>2. Tasting Profiles, food Culture and eating habits.</li> <li>3. Introduction to cooking, cooking - nutrition and healthy eating.</li> <li>4. Kitchen departments, their usage and planning, kitchen equipment, mechanical and small ware utensils, energy sources - use, function and safety, fire protection.</li> <li>5. The working environment, kitchen personnel, hierarchy (kitchen brigade), personnel duties, organization, staff scheduling, qualifications, duties and responsibilities, personal hygiene, basic knowledge for kitchen accidents.</li> <li>6. Professional and hygienic appearance.</li> <li>7. Food hygiene and kitchen hygiene regulations, HACCP.</li> <li>8. Importance of personal skills to work, personal, and family life. Leadership, communication skills, getting and keeping a job, interacting with customers and employees.</li> <li>9. Food storage, storage areas, cleanliness.</li> <li>10. Measurement units – use of metric systems.</li> <li>11. Methods of cookery.</li> <li>12. Gastronomic philosophy, gastronomy and society, gastronomy and civilization, genesis of grand cuisine, history of early European gastronomy, medieval and renaissance cuisine, fathers of European gastronomy (Escofier, Careme, Point), nouvelle cuisine, harmonious food and wine, changing nature of dining, influences on cuisines, modern European gastronomy and developments, gastronomy in the 21<sup>st</sup> century.</li> </ol>		
<b>Teaching Methodology</b>	The course is delivered through lectures, demonstrations 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. The Culinary Institute of America, Professional Chef, 8th ed., John Willey &amp; Sons, 2008.</li> <li>2. Practical Cookery, 12th ed., John Campbell, David Foskett, 2012</li> </ol>		
	<b>Recommended</b>		
	<ol style="list-style-type: none"> <li>1. Foskett, D., Campbell, J., and Caserani, V., Practical Cookery: Foundation Student Book Level 1.</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. Ferran, A., Modern Gastronomy: A to Z, CRC Press, 2009.</li> <li>5. Gillespie, C., European Gastronomy Intro The 21st Century, 2009.</li> <li>6. Johnson &amp; Wales University, Culinary Fundamentals, Kendall/Hunt, 2003.</li> </ol>		

<p><b>Assessment</b></p>	<p>The following assessment methods are employed to assess this course:</p> <table border="1" data-bbox="517 255 1369 512"> <tr> <td data-bbox="517 255 943 327">30 – 50 %</td> <td data-bbox="943 255 1369 327">Final Exam</td> </tr> <tr> <td data-bbox="517 327 943 398">20 – 40 %</td> <td data-bbox="943 327 1369 398">Mid –Term / Tests / Quizzes</td> </tr> <tr> <td data-bbox="517 398 943 470">10 – 30 %</td> <td data-bbox="943 398 1369 470">Assignments / Projects</td> </tr> <tr> <td data-bbox="517 470 943 512">0 – 10 %</td> <td data-bbox="943 470 1369 512">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>								