

Modern European & Cypriot Cuisine

Course Title	Modern European & Cypriot Cuisine				
Course Code	TCUA-202				
Course Type	This course serves as both Elective and Requirement, according to the program.				
	Culinary Diploma/Higher Diploma		Requirement		
	All Programs		General Elective		
Level	Diploma (Short Cycle)				
Year / Semester	Year 2, A' Semester				
Teacher's Name	Marinos Kyriakou				
ECTS	6	Lectures / week		Laboratories / week	5
Course Purpose and Objectives	This course covers European cuisine and exposes the student to culture, history, diversity in foods, and flavour profiles from around the world with special reference to the Cyprus cuisine.				
Learning Outcomes	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the influences and the cultural history on the foods and cuisine of the various countries. 2. Identify factors that influence eating patterns in a country with special reference in Cyprus. 3. Examine foods that are made in various parts of the world and differentiate among the varying cuisines of the world. 4. Demonstrate the various methods of cooking in the international cuisine. 5. Plan and prepare meals from the international cuisine, using various methods of cooking. 6. Demonstrate knowledge of Cyprus cuisine terms and menu construction and obtain skills in Cyprus food preparation (appetizers, main courses and desserts). 				
Prerequisites	TCUA – 100 Introduction to Gastronomy & Culinary Theory			Required	

Course Content	<ol style="list-style-type: none"> 1. Cuisine and foods of Cyprus and Europe. 2. Preparing buffet displays covering food and pastry items of the European Cuisine. Appetizers, main courses and desserts and buffet preparations. 3. Cooking methods. Different spices and herbs that are recognized as the major representative of each country's cuisine. 4. Cyprus famous recipes and preparation, Cyprus tavern meze preparation, Buffet of Cyprus cuisine. Appetizers, main courses and desserts and buffet preparations. 5. International food preparation, distinct ingredients, cooking and preservative techniques. 6. Culture and food habits, nutrition and dietary guidelines. Using dietary guidelines when planning and preparing foods. 7. Menu applications: quantity food techniques, food production procedures, food, desserts and bakery ingredients, identifying and categorizing ingredients, standards and procedures of measuring and weighing. 8. Food preparation, using standard recipe procedures properly, using correct techniques to produce consistent products, using correct computations to adjust recipes, preparing and decorating bakery items, preparing a variety of food items (pasta, fruits, vegetables, dairy-based products, soups, salads, meat, poultry, seafood, sandwiches, and beverages). 9. Cost effective food production, estimating food and beverage cost, estimating labour and other costs.
Teaching Methodology	<p>The course is delivered through lectures, demonstrations, and kitchen practice.</p>
Mode of delivery	<p>Face to face.</p>
Bibliography	<p>Required</p> <ol style="list-style-type: none"> 1. Kenehan, K., European cuisine: The best food in Europe, R&R publication, 2005. 2. The International Culinary Schools at The Art Institutes, International Cuisine, Wiley, 2008. 3. Mourtzis M, Kopiaste, The Cookbook of traditional Cyprus food, K.P Kyriakou Books & Stationery Ltd, 1995. <p>Recommended</p> <ol style="list-style-type: none"> 1. The Culinary Institute of America, Professional Chef, 8th ed., John Willey & Sons, 2008. 2. Kitchen, L., The Butcher, Murdoch Books, 2008. 3. Foskett, D., Campbell, J., Ceserani V., Paskins P., Practical Cookery: Foundation Student Book Level 1, Hodder Education, 2009. 4. Labensky S. and Hause A., On-cooking, 4th ed., Upper Saddle River, New Jersey, 2006. 5. Kinton, R., Ceserani, V., The Theory of Catering, 11th ed., Trans-Atlantic Publications, 2007. 6. Johnson & Wales University, Culinary Fundamentals, Kendall/Hunt, 2003.

Assessment	The following assessment methods are employed to assess this course: <table border="1" data-bbox="517 255 1369 512"><tr><td data-bbox="517 255 943 322">30 – 50 %</td><td data-bbox="943 255 1369 322">Final Exam</td></tr><tr><td data-bbox="517 322 943 389">20 – 40 %</td><td data-bbox="943 322 1369 389">Mid –Term / Tests / Quizzes</td></tr><tr><td data-bbox="517 389 943 456">10 – 30 %</td><td data-bbox="943 389 1369 456">Assignments / Projects</td></tr><tr><td data-bbox="517 456 943 512">0 – 10 %</td><td data-bbox="943 456 1369 512">Class Attendance & 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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Language	English								