

## Pasta, Grain & Vegetable Preparation

<b>Course Title</b>	Pasta, Grain & Vegetable Preparation				
<b>Course Code</b>	TCUA-108				
<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, B' Semester				
<b>Teacher's Name</b>	Marinos Kyriakou				
<b>ECTS</b>	5	<b>Lectures / week</b>		<b>Laboratories / week</b>	4
<b>Course Purpose and Objectives</b>	<p>This course is designed to provide students with a solid background and culinary education, in order to enhance their practical skills in cooking pasta, grains and vegetables. The varied food preparations of farinaceous products, grains and vegetables in cooking, made this food category highly important. Proper preparation and cooking of starches and vegetables is important, for the retention of colour, taste, texture and nutritional values. In this students will work on the methods and techniques used in preparing dishes from grains, starches to vegetables. The student will be able to identify the characteristics important to understanding the correct methods of cooking each of the types of ingredients.</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. Discuss quality standards for a variety of grains, legumes, pastas and starches.</li> <li>2. Prepare starches, vegetables, and pasta according to industry standards and specifications.</li> <li>3. Define the origins and backgrounds of pasta, grains and vegetables and identify their cooking properties.</li> <li>4. Outline the various menu applications and contemporary plating techniques</li> <li>5. Compare and contrast - vegetables and starches and their capabilities to build diverse menu selections</li> <li>6. State the traits and flavor profiles as well as the nutritional concerns of the different products</li> </ol>				

<b>Prerequisites</b>	TCUA – 100 Introduction to Gastronomy & Culinary Theory	<b>Required</b>	
<b>Course Content</b>	<ol style="list-style-type: none"> <li>1. Potatoes: identify varieties, purchasing and storing practices for potatoes, apply various cooking techniques (dry and moist cooking methods) and combine with various sauces.</li> <li>2. Grains: principles of rice cookery identify varieties, purchasing and storing practices for grains alternative rice varieties. Grains of the world: kasha, corn, and barley, crushed wheat-bulgur, quinoa, and millet.</li> <li>3. Vegetables &amp; dry legumes: identify fresh vegetables &amp; dry legumes varieties, purchasing fresh vegetables &amp; dry legumes, storing fresh vegetables &amp; dry legumes, preparing fresh vegetables &amp; dry legumes for cooking, apply various cooking techniques, herbs, spices and combining them with various sauces. Prepare vegetable and dry legume dishes.</li> <li>4. Pasta: identify pasta varieties, purchasing pasta, storing pasta, preparing pasta for cooking, applying various cooking techniques and sauces. Fresh and dry pasta. Pasta making. Al dente. Ribbon pasta (making of fresh pasta), filled pasta.</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. Practical Cookery, 12th ed., John Campbell, David Foskett, 2012</li> <li>2. The Culinary Institute of America, Professional Chef, 8th ed., John Willey &amp; Sons, 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> </ol>		
<b>Assessment</b>	The following assessment methods are employed to assess this course:		
	30 – 50 %	Final Exam	
	20 – 40 %	Mid –Term / Tests / Quizzes	
	10 – 30 %	Assignments / Projects	
	0 – 10 %	Class Attendance & Participation	
<b>Language</b>	English		

